

This is our weekly newsletter for the 2025–2026 school year. Tune in each week for upcoming events or communications.

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Welcome to Tuesday Newsday!

Volume 35, 2025–2026 | Edition: April 28–May 4



4/30: Track Meet at Holy Cross College Track

5/6: Track Meet at Holy Cross College Track

5/13: Track Meet at Holy Cross College Track

5/16: SAT – Girls on the Run 5K

5/21: Festival of the Arts

5/25: No School – Memorial Day

HAPPY Birthday

Wednesday, April 29 – Teresa Elliot (Elm)
Wednesday, April 29 – Elijah O’Sullivan
Sunday, May 3 – Nora DiTillo (Dogwood)
Sunday, May 3 – Ellie Anderson (Redbud)
Sunday, May 3 – Jack Matthys (Cedar)
Monday, May 4 – Hazel Steinhofer (Silver Maple)

Reminder: Order Hot Lunch

Just a reminder—**Friday is May 1!** If you order hot lunch monthly, be sure to put your order in ASAP. 🍔 🍏

Order Today!

4/30 Meet & Track Team Fundraiser

The track team has a rescheduled meet on **Thursday, April 30**, at the Holy Cross College track. Runners should arrive between 4:15 and 4:30 p.m. Please note that if you plan to cheer on our team, spectators must stay along the fence (no one is allowed on the wooden tower). 🐏 Go Rams!! 🐏

Save-the-Date for a **Chipotle fundraiser** benefiting the track team! On **Monday, May 11**, from **5–9 p.m.**, at the **Eddy Street** Chipotle location, 25% of sales will be donated to the GSMS track team. You can **eat in** or **order**

online for pickup during the fundraising window! To qualify, you must show the flyer at the time of purchase or use this code when placing your online order: YE889W3. Click the image to view the full flyer.



Thank You for Earth Day Success!

A big THANK YOU to all the volunteers who came to help on Saturday's FPC Earth Day Project Day! Thank you for all the digging, hauling, weeding, and planting, and for spending some of your precious weekend hours at school on the urban farm.

4/29 Listening Workshop for Couples

Tomorrow, Wednesday, April 29, Good Shepherd is hosting therapist **Trey Duckett, LMHCA**, for a special workshop, **"Making Listening an Act of Love."** A licensed mental health counselor with Family Psychology of South Bend, Trey will lead couples through a **guided conversation** to reconnect and learn why good listening is transformative. Open to couples at all stages, from dating to married. Session runs from 6:30 to 8:30 p.m. [More details online.](#) Cost: \$20 per couple; proceeds will be donated to **Our Lady of the Road**.

Good Shepherd has partnered with Family Psychology to offer support to families through different stages of life. Counselors Sharon Bain, LCSW, and Dr. John Petersen, PsyD, are GSMS alumni parents.

Hot Lunch

Next Week's Menu

Monday 5/4 — Pizza Pie
Tuesday 5/5 — Sloppy Joes
Wednesday 5/6 — Vegetable Biryani
Thursday 5/7 — Butter Chicken
Friday 5/8 — Salad Bar



Order Today!

IN THE COMMUNITY

Mind Body Spirit Festival 5/2

Conscious Michiana ([website](#)) invites the community to its Mind, Body, and Spirit Festival on **Saturday, May 2**, from **11 a.m. to 5 p.m.** Back for its fifth year, this **free event** is about exploring what helps us feel our best—inside and out—while spending time with neighbors, friends, and new faces.

There will be **drop-in** activities, classes, and workshops led by local practitioners, including Pilates, yoga, and breathwork, as well as musical performances and vendors offering art, holistic goods, and (delicious) organic and sustainable food, and more.

There will also be a **shared labyrinth walk** in honor of World Labyrinth Day—an invitation to move mindfully, reflect gently, and experience the power of walking together, even in quiet moments.

Click the image to view the full flyer. Activity schedules and vendor listings are available [online here](#).



Summer Friendship Group for Ages 3 & 4

Family Psychology of South Bend is thrilled to offer a 6-week **Summer Friendship Group** series beginning on Tuesday, June 16. This group is geared towards 3- and 4-year-olds.

Children will learn and practice coping skills, cooperation with peers, and social confidence through developmentally appropriate, engaging, interactive activities. Space is limited to ensure a **small group experience**. This program will be facilitated by Brianna Worland, MS, LMHCA.

Click the image to view the full flyer.

familypsychology
OF SOUTH BEND

Skills for Making and Keeping Friends for 3 to 4 Year-Olds

"A friend is someone who helps you up when you're down, and if they can't, they lay down beside you and listen."—Winnie the Pooh

This group will help your child:

- connect with peers and plug into school more easily
- feel more confident about speaking up and less nervous about joining in
- discover new ways to cope and manage emotions within a small group of friends

In this series of Friendship Group meetings, facilitated by Family Psychology of South Bend's early-childhood therapist, Brianna Worland, LMHC-A, your child will learn and practice coping skills, cooperation with peers, and social confidence. They will practice these essential skills through engaging, interactive activities geared toward their developmental level, using the science of emotional regulation and play-based learning.

Registration: Please contact Sarah at Family Psychology of South Bend 574-280-8199.

MEETING DATES AND TIME:

6 Tuesdays at 8:45am-9:45am starting June 16th

LOCATION AND DIRECTIONS:

ECDC Saint Mary's College, Havican Hall Room 20
Enter the Saint Mary's College campus at the North entrance on Brother Andre Dr., near the Inn at St Mary's. Travel west, past the stop sign (do not turn onto Madeleine Dr.) Turn right into the 3rd entrance for the Science Parking Lot at Havican Hall. Enter Havican through the door next to the Early Childhood Center's garden, not far from the ECDC blue school bus.

COST: \$299 for all 6 sessions

Space will be limited to ensure small group experience.
Scholarships may be available.



Brianna Worland, MS, LMHCA trained with Sharon Bain, LCSW and continues the FPSB tradition of Adlerian child guidance. She facilitates guided conversation between parents and children and collaborates with them to solve problems and support development. She earned her Master of Science in Counseling and Human Services from Indiana University.

More family-life lectures and resources posted at familypsychology.com

Missed an issue? Visit the [Tuesday Newsday Archive](#).

To submit an item for this e-newsletter, email tuesdaynewsday@gsms.org by Monday mornings at 8:00 a.m.



Tuesday Newsday Archive



Good Shepherd
MONTESSORI SCHOOL

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