



ABERDEEN CATHOLIC SCHOOL SYSTEM

ABERDEENRONCALLI.ORG

CENTRAL OFFICE: 605.226.2100
MIDDLE/HIGH SCHOOL: 605.225.7440
ELEMENTARY SCHOOL: 605.229.4100
PRIMARY SCHOOL: 605.225.3460

NEWSLETTER

-Instilling Catholic values and promoting
academic excellence by nurturing
mind, body and soul.-



FR. SCOTT MILLER
RMS/RHS CHAPLAIN

SEPTEMBER 2025

"But the Lord answered her, "Martha, Martha, you are worried and distracted by many things, but few things are needed—indeed only one. Mary has chosen the better part, which will not be taken away from her." Luke 10:41-42

The 2025-26 school year has gotten off to a great start. For the first several days it was clear I was more excited to be at school than the students, but I think they are getting into a good rhythm now.

I am so privileged to be the chaplain of Roncalli Middle/High School! I have been welcomed with great enthusiasm and kindness, and for that I thank all of you students, staff, and parents. Little by little, I am getting to know the students. Showing up at various activities has been helpful and enjoyable.

My mom always told me as a child that "Nobody cares what you know until they know that you care." That has always proven true.

With the various activities of the school year, it is easy to be busy about many things while forgetting the one thing truly necessary.

That thing is not some thing but Someone: Jesus!

For this school year, president Tim Weisz has given us the charge to stay focused on, "The one thing truly necessary" (Lk 10:42). Jesus isn't asking us to stop activity altogether. That isn't possible and would be a denial of the demands of our respective vocations. Instead, Jesus asks us to do all that we do in His name and for His glory with the awareness that His Presence is everything we truly need.

Amidst the many activities of the year, may we grow together in an ever deeper awareness that the Lord is truly the one Thing necessary.

In Christ, our Hope- Father Miller

**MARIE CLEVELAND- 6-12 LIBRARIAN**

Marie is from Forestburg, SD, graduated from NSU, and is currently working on her Masters Degree. She has 13 years teaching experience. Marie and husband Craig have three grown children, Hannah, Sarah, Josiah. When asked what she is looking forward to, Marie shared "I'm excited to get to know the students, staff, and whole community of Roncalli and to be sharing my gifts and talents in a Christ-centered school. I'm anticipating some great discussions with students about the books they are reading, and I look forward to updating our library collection to be more relevant and appealing to them while fitting within the guidelines of our school's standards. I feel very grateful and blessed to be a part of this school! community as well."

**JORI EWART- PRESCHOOL**

Jori is from Aberdeen, is a Roncalli alum '20, and graduated from USD. She is in her first year of teaching. Her family consists of dad John, mom Judy, and sisters Jami and Jeci. She is also proud to be Mr. Mark Stone's niece. When asked what she is looking forward to, Jori shared "I am looking forward to being back at Roncalli as a graduate from here! I love the family feel at Roncalli and the support from the staff, families and Roncalli community!"

**HANNAH KIRWAN- KINDERGARTEN**

Hannah is from Lino Lakes, MN and graduated from the University of Minnesota Morris. This year marks her 7th year teaching. Hannah, husband Connor and sons Barrett and Myles (Roncalli preschooler) moved to Aberdeen from Vermillion. When asked what she is looking forward to, Hannah shared "I am so excited to share not only my love for teaching, but also my faith with my students. I am so blessed to be part of the Roncalli family and have already met amazing colleagues, families and students! We are excited to watch our boys grow up in the Roncalli community as well."

**ROSEMARY ROSE- 9-12 SCIENCE**

Rosemary is from Aberdeen and graduated from SDSU and NSU through the TAP program. She spent seven years as a SPED Educational Asst. and is in her first year of teaching. Rosemary and her husband have four daughters. When asked what she is looking forward to, Rosemary shared "Getting to know the kids and sharing my love of science."

Join Roncalli MathCounts!

Open to all
6th - 8th Graders

Practices - Wednesday
Mornings: 7:15 - 8am
Mr. Dix's Room

Begins
September 10th!

$$x = 7$$

$$(x_2 - y_1)^2 \quad y - y_1$$

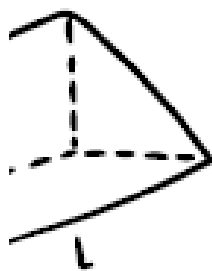
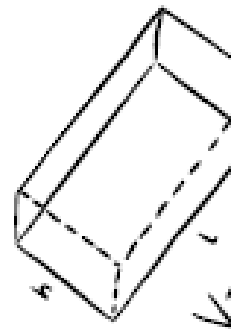
$$C = 2$$

$$\sqrt{b^2 - 4ac}$$

$$\frac{\sqrt{b^2 - 4ac}}{2a}$$

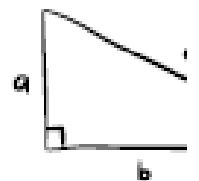
$$S = \frac{d}{t}$$

$$\frac{V_f - V_i}{t}$$

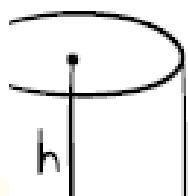


$$bhl$$

$$\cos(\theta) = \frac{\text{adj}}{\text{hyp}}$$



$$a^2 + b^2 = c^2$$



$$\frac{\sqrt{b^2 - 4ac}}{2a}$$



24-25 YEAR BOOKS FOR SALE

Buy your yearbook today. They will be distributed during Homecoming week, Sept. 29-Oct 3. They are \$60. Check or cash can be given to Mrs. Imberi in the RMS/RHS school office., 605-225-7440.

ACSS LUNCH PROGRAM

Free and Reduced Lunch Program

Have you ever considered applying for Free and Reduce Lunch? You could be surprised to find that you might qualify. We invite you to take a look at the guidelines below. If you qualify please consider completing an application. The application was attached to the newsletter email and can be found on our website at the link below.

Authorization for Direct Payment

If you are interested in having your child's lunch payment come directly out of your account each month then ACH is for you. The ACH form was attached to the newsletter email and can also be accessed at the link below.

Both of these forms can be completed and turned into the Business Office located in the Central Office at the RMS/RHS campus.

<https://www.aberdeenroncalli.org/parents/lunch>

INCOME ELIGIBILITY GUIDELINES [Effective from July 1, 2025 to June 30, 2026]

Household size	Federal poverty guidelines	Reduced Price Meals—185%					Free meals—130%				
		Annual	Monthly	Twice per month	Every two weeks	Weekly	Annual	Monthly	Twice per month	Every two weeks	Weekly
	Annual										
48 Contiguous States, District of Columbia, Guam, and Territories											
1	15,650	28,953	2,413	1,207	1,114	557	20,345	1,696	848	783	392
2	21,150	39,128	3,261	1,631	1,505	753	27,495	2,292	1,146	1,058	529
3	26,650	49,303	4,109	2,055	1,897	949	34,645	2,888	1,444	1,333	667
4	32,150	59,478	4,957	2,479	2,288	1,144	41,795	3,483	1,742	1,608	804
5	37,650	69,653	5,805	2,903	2,679	1,340	48,945	4,079	2,040	1,883	942
6	43,150	79,828	6,653	3,327	3,071	1,536	56,095	4,675	2,338	2,158	1,079
7	48,650	90,003	7,501	3,751	3,462	1,731	63,245	5,271	2,636	2,433	1,217
8	54,150	100,178	8,349	4,175	3,853	1,927	70,395	5,867	2,934	2,708	1,354
for each add'l member	5,500	10,175	848	424	392	196	7,150	596	298	275	138

As we approach a new school year, the school counseling offices would like to emphasize to parents the importance of SLEEP and good nutrition as well as monitoring their children's screen time. The basic needs of quality sleep and good nutrition are often overlooked and can cause detrimental effects at school. Students need to treat school as if they were going to a job!

This is an expectation that will prepare them for the real world of work.

We encourage parents to take a moment to look at the important information found on the following link.

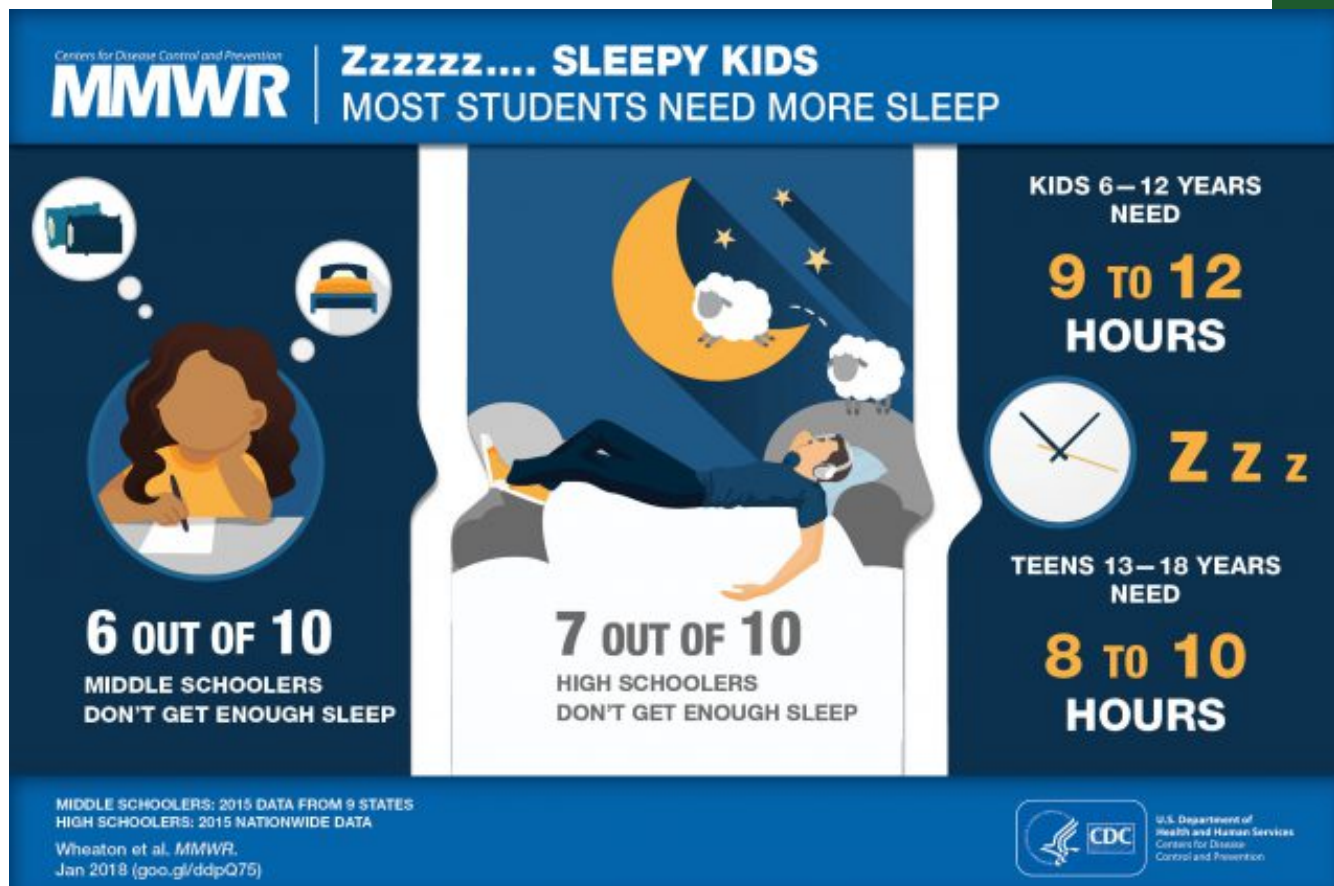
https://www.goodinside.com/free-anxiousgenerationguide-lp/?utm_source=copied_link&utm_medium=referral&utm_campaign=free-anxious-generation

We also shared several other links in the newsletter email relating to student health and safety in regard to sleep, social media and phone use.

Jackie Braun- K-5 School Counselor, jackie.braun@aberdeennroncalli.org

Elise Cardella- 6-8 School Counselor, elise.cardella@aberdeennroncalli.org

Cal Nygaard- 9-12 School Counselor, cal.nygaard@aberdeennroncalli.org



Free the Anxious Generation



For Parents



The Problem: The New Phone-based Childhood

Adolescents are in a mental health crisis. Major depressive episodes among American teens have more than doubled since 2010 as their social lives moved onto smartphones loaded with social media apps. Self-harm and suicide rates are way up too.

The only available explanation for why this happened in many countries at the same time is that the ancient “play-based childhood” was replaced by the “phone-based childhood” in the early 2010s. Specifically, children and adolescents began to spend much more time on smartphones, social media, video games, and porn, and much less time doing healthy activities such as face-to-face interactions with friends and family, sleep, exercise, and reading books.

Many parents feel hopeless or resigned. They don’t want their child to spend all day swiping at a screen, but they are afraid to let their kids have adventures in “the real world.” And they are also afraid to take away their kids’ phones or social media, lest they consign their child to isolation, because “everybody else” is spending all day online.



The Solution:

Parents can coordinate with each other to establish four new norms that will roll back the phone-based childhood, improve family life, and protect their children’s mental health.



Take the steps!





Take the steps!

1

No smartphones before high school

There's strength in numbers. Link up with the parents of your child's friends to commit together to waiting until high school (at least) before giving a smartphone. Nostalgia is big right now; bring back the flip phone! It did no harm to the millennials!

- If you live in the U.S., see [this list](http://waituntil8th.org) from waituntil8th.org of smartphone alternatives.
- If you live in the UK, see [this list](http://delaysmartphones.org.uk) from delaysmartphones.org.uk.

2

No social media until 16

Social media platforms expose children to a wide variety of harms, including sextortion, feelings of inadequacy, and contact with ill-intentioned strangers; there is no way to make it appropriate for children. Link up with the parents of your child's friends to commit together to not allowing your children to open social media accounts until 16.

3

Advocate for phone-free schools

Policy changes follow public opinion. If other parents in your kids' schools share your concerns (and they do!), then gather them together to sign and send a petition to the school's leadership asking for the school to go phone-free and to offer more free play and independence. When children are in school they should be paying attention to their teachers and to each other, not to their phones.

4

Give more independence, free play, and responsibility in the real world

Kids develop social skills and overcome anxiety naturally through independence and unsupervised play. This means letting them do more activities and errands on their own, unsupervised, in the real world. From second or third grade on, kids can walk to school (ideally in a group, which is more fun), or they can walk or ride a bicycle to a nearby store to buy a few groceries. Teens can grab pizza with friends or get part-time jobs. Schools can help parents to foster this independence by assigning The Let Grow Experience (which gets kids doing new things on their own) and starting a Play Club for students in K-8: keeping the playground open before or after school as a no-phone-zone for mixed-age free play with minimal adult intervention.

Note that the cost of these measures, combined, is essentially zero.

To learn and do more, check out these resources:

AnxiousGeneration.com for more about the problem and what schools can do to help. Sign up for our mailing list.

[The Anxious Generation](#): Buy the book!

LetGrow.org to find manuals for teachers to implement the [Let Grow Experience](#) and [Play Club](#).

PhoneFreeSchools.org and PhoneFreeSchoolsMovement.org for support in implementing phone-free policies.

AnxiousGeneration.com/aligned to see our allied organizations

ConstructiveDialogue.org to try out the Perspectives Program, to teach skills of productive disagreement to high school students.

Subscribe to Jonathan Haidt's free Substack: AfterBabel.com.

RONCALLI CAVALIER 2025 FOOTBALL



AUG 22
CLARK/
WILLOW
LAKE



SEPT 12
MOBRIDGE-
POLLOCK



OCT 3
GROTON
AREA
(HOMECOMING)



AUG 29
CHAMBERLAIN



SEPT 18
MILLER
(NATIONAL
GUARD BOWL)



OCT 10
MILBANK



SEPT 5
DEUEL



SEPT 26
WEBSTER
AREA

OCT 17
BYE WEEK

HOME

AWAY

RONCALLI CAVALIER 2025 VOLLEYBALL



HOME GAMES

08/28 REDFIELD

09/02 MILLER

09/11 GROTON

09/13 HAMLIN

09/22 ABR CHRISTIAN

09/25 SISSETON

09/30 WARNER

10/14 MOBRIDGE/POLLOCK

10/20 FAULKTON

10/24 DEUEL

NORTHWESTERN **08/26**

TIOSPA ZINA **09/04**

FLORENCE/HENRY **09/09**

WEBSTER **09/18**

CLARK/WILLOW LAKE **10/02**

BRITTON/HECLA **10/09**

MILBANK **10/21**

HERREID/SELBY **10/28**

REDFIELD **10/04**

NORTHWESTERN **10/11**

AWAY GAMES

TOURNAMENTS

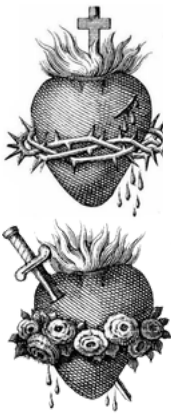
Preschool Peeks

Did you know that learning is achieved through play and active exploration in their environment! One way that children can explore in the classroom is through a sensory table. Sensory tables are a staple in preschool classrooms and can be beneficial for children in many ways.

Some of these ways include:

- Cognitive development: Children can learn to count, organize, match, and label objects. They can also sort hidden items by size.
- Language development: Children can learn vocabulary by attaching words to objects. Sensory tables can also be a great conversation starter.
- Social and communication skills: Children can learn to take turns, cooperate, and communicate with others. They can also share materials and engage in conversations about their sensory experiences.
- Motor skills: Children can develop fine motor skills that are necessary for everyday tasks like holding a pen or using scissors.
- Emotional development: Children can learn more about their own emotions and those of others.
- Creativity and imagination: Sensory tables can inspire curiosity and foster creativity.
- Brain development: Sensory play can help build nerve connections in the brain's pathways.





Community Blood Drive @ Sacred Heart, 9/2, 3:30-6pm

Sacred Heart Bazaar, 9/7, 11am-6pm

St. Mary's Family Education starts, 9/7, 10am

St. Mary's Fall Festival, 10/12-7pm

FALL BAZAAR

SACRED HEART CHURCH

Sunday, September 7

11 AM-6 PM



CONCESSIONS | SWEET SHOP | BOOKS & BLOOMS ROOM
CHANCE & SILENT AUCTION | CAKE WALK
MIDWAY GAMES | BINGO | AND MORE!

4 PM-6:30 PM

ROAST PORK DINNER

ADULTS \$13 | KIDS 6-12 \$8 | 5/UNDER FREE

DELIVERY MEALS AVAILABLE
CALL 605-225-7065 BY NOON
ON FRIDAY, SEPTEMBER 5.

TAKE OUT MEALS SUNDAY
AT 4 PM, NORTH SIDE OF
PARISH HALL ON 2ND AVE



HIGH SCHOOLERS

YOUTH GROUP



**SMALL
GROUP**



**DISCIP-
LESHIP**



PRAYER

WEDNESDAYS AT 7 PM

**ZACK@BLESSEDSAC
RAMENTPARISHES.ORG**