



RAIDER REPORT

WEDNESDAY, APRIL 22, 2020

Student Daily Newsletter



Reminder: Please update your IOS software on your iPad so your apps will stay up-to-date



Come on Raiders... Let's **SHOWER** Mrs. Feldner with our Love and Good Wishes
GET CREATIVE * BE INSPIRED * BE THE GOOD IN HER WORLD TODAY

Create a Get Well CardWrite a Note....Share a story.



Send all cards to:
Mrs. Amber Feldner
C/O Quincy Notre Dame High School
1400 South 11th St.
Quincy, IL 62301

We would like to give her some positive vibes that she can hold on to and read over and over as she recovers. Keep the prayers coming. She needs us now.

It is time to submit your **SENIOR AND BABY PICTURES** for your 2020 Graduation Video. Photos need to be turned in by April 24th in order for Mr. Cann to get it on the video. I only have **131 of the 168 photos** turned in so far. **WE ARE almost There! LET'S GO SENIORS!**

If you received an email from me on Friday and haven't responded, please do so soon. **REMINDER:** Mrs. Untiedt can NOT share your yearbook photo with me, so please send to: cbozarth@quincynotredame.org



when you feel ANXIOUS

- GO OUTSIDE
- ASK FOR HELP
- CREATE SOMETHING
- DRINK WATER
- WRITE ABOUT HOW YOU FEEL
- TAKE A DEEP BREATH
- LISTEN TO SOOTHING SONGS
- STAY PRESENT
- FIND A POSITIVE DISTRACTION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/20/2020	4/21/2020	4/22/2020	4/23/2020	4/24/2020
PERIOD 1 8:00 - 8:45	PERIOD 5/6 8:00 - 8:45	PERIOD 1 8:00 - 8:45	PERIOD 5/6 8:00 - 8:45	PROFESSIONAL DEVELOPMENT
15 MINUTE BREAK				
PERIOD 2 9:00 - 9:45	PERIOD 7 9:00 - 9:45	PERIOD 2 9:00 - 9:45	PERIOD 7 9:00 - 9:45	PROFESSIONAL DEVELOPMENT
15 MINUTE BREAK				
PERIOD 3 10:00 - 10:45	PERIOD 8 10:00 - 10:45	PERIOD 3 10:00 - 10:45	PERIOD 8 10:00 - 10:45	FAITH FORMATION
15 MINUTE BREAK				
PERIOD 4 11:00 - 11:45	HELP TIME 11:00 - 11:45	PERIOD 4 11:00 - 11:45	HELP TIME 11:00 - 11:45	HELP TIME 11:00 - 11:45
15 MINUTE BREAK				
HELP TIME 12:00 - 1:00	HELP TIME 12:00 - 1:00	HELP TIME 12:00 - 1:00	HELP TIME 12:00 - 1:00	HELP TIME 12:00 - 1:00



"You can do it Mrs. Feldner"



BIRTHDAY CORNER

MONDAY** AUSTIN HASKINS *BROOKE HOLMAN *IAN BRUECK

TUESDAY** MICHAEL STUPAVSKY *SERINA FARAH

WEDNESDAY** ALEX CONNOYER *SPENCER ARNOLD

THURSDAY** NONE

FRIDAY** NONE

SATURDAY** LANDON PRITTS

SUNDAY** JAKE SCHISLER

MATH TUTORING AVAILABLE

Mrs. Strieker will be available for Math tutoring during the "help time" and other times if needed. Students can email or text if they need some math help:
lstrieker@quincynotredame.org or 217-316-4590