



HOLY ROSARY

NOTES & QUOTES

Mr. Mullis' Letter

September 24, 2025

It seems like now is a very important time to make sure our children learn how to handle disagreements. Disagreements are a natural part of life for children (and adults). Whether it's arguing over whose turn it is to play a game, how to share toys, or differences in opinions, conflicts are inevitable when children interact. How they handle these disagreements can shape their relationships, emotional development, and social skills. Teaching children healthy ways to navigate peer conflicts is one of the most valuable lessons they can learn. Our counselors and teachers work with our students on this throughout the year. Here's how children can approach disagreements with mature and calm responses.

Stay Calm and Take a Deep Breath: When emotions run high, it's easy to say things we don't mean. Encouraging children to pause and take a few deep breaths when they're upset helps them regulate their emotions before responding. This simple step can prevent a small disagreement from turning into a major argument. As parents and teachers, we should practice calming techniques with children regularly, such as counting to ten, squeezing a stress ball, or using simple relaxing exercises.

Use "I" Statements Instead of Blame: Children often start sentences with "You always..." or "You never..." during conflicts. These statements can sound accusatory and escalate the situation. Teaching them to express how they feel using "I" statements can help reduce defensiveness. For example, instead of "You never let me play!" try "I feel left out when I don't get a turn." This approach fosters communication but it's not aggressive.

Listen to Understand, Not Just to Respond: Children sometimes listen just long enough to form a comeback. Encouraging them to truly hear what the other person is saying builds empathy and respect for differing perspectives. You can practice "active listening" by role-playing where one child speaks and the other must repeat what they heard before responding.

Find Common Ground and Compromise: Conflict resolution isn't about winning, it's about finding a solution that works for everyone. Children should be helped to identify what each person wants and then brainstorm ways to meet in the middle. For example, if two kids want to play with the same toy, they could take turns or choose a different activity they both enjoy.

Know When to Walk Away: Not every disagreement can be solved right away. Sometimes the best choice is to take a break and discuss it later with a clearer mind. Children should be taught that it's okay to walk away from someone who is being unkind or isn't being respectful.

Get Help from a Trusted Adult When Needed: Children shouldn't be expected to solve every conflict alone. If a disagreement turns into bullying, involves physical aggression, or makes them feel unsafe, they should know it's okay, and important, to ask for help. As adults we need to be a safe space. We need to listen without immediately jumping in to "fix" things unless necessary. Sometimes, asking "guiding" questions can help children reach their own solutions.

Reflect After the Conflict: After the situation is resolved, it's helpful for children to reflect on what happened and what they could do differently next time. This helps build self-awareness and emotional intelligence over time. Reflection questions might include; "What made me feel upset?", "How did I handle the situation?", and "What could I do better next time?"

Disagreements don't have to be negative experiences. When handled constructively, they can teach children valuable skills; like communication, empathy, patience, and problem-solving, which students can use throughout their life. Adults play an important role by modeling healthy conflict resolution, guiding children through tough situations, and creating environments where respectful dialogue is the norm. With the right tools, children can learn to navigate disagreements not with fear or frustration, but with confidence and care.

Have a great week!

Darren Mullis
Darren Mullis
Principal

Dates to remember

September

26 - Picture Day
27 - Chili Cook Off
29 - Spirit Week Begins

October

3 - Field Day
3 - Half Day - dismiss @ noon
6-10 - Fall Break - no school

In today's newsletter...

September lunch menu
October lunch menu
Chili Cook Off
Cheerleaders & Chocolate
Spirit Week
Wednesday Night Dinner
Class with Fr. Weber
Pop Up Spirit Store
Player of the week.
TLC Shirt order
Annual Fund
Spirit Wear
One Club Challenge
Whiskey, Words, & Winning
OLQP retreats

Go



RAMS!



Wednesday News

This Friday.

SAY CHEESE!



School Day Pictures!

at

Holy Rosary School

Wear regular clothes
per handbook
regulations.

No uniforms today.

Photos will be taken....

Friday
September 26, 2025

** No money will be required on the day pictures are taken. You will receive an email notification with your child's photo for ordering within 1-2 weeks. Should you not receive a link, please contact our studio!



Holland Studio of Photography
7632 Poplar Pike
Germantown, TN 38138
(901) 362-1818
anne.fortwengler@hollandstudio.net

See you on picture day!!!
Welcome Back!!



Time to stock up . . .

Next Tuesday -

last day to buy World's Finest Chocolate
from the cheerleaders!!!

\$1 bar

See flyer for details!



Calendar reminders -

October 3 - Field day - Half day - Noon dismissal

Pre K dismisses @ 11:30. No aftercare today.

October 6 - 10. Fall Break - No school.



Please add our phone number to your phone contacts.

When we try to call you during the day, it is usually because we have a child that is not feeling well or it is an emergency. We need you to see that it is the school calling.



HRS
901-685-1231



NEW DISMISSAL POLICY

**YOU MAY NO LONGER CHECK OUT
30 MINUTES BEFORE ANY DISMISSAL.**

When we dismiss @ 3:00,
There will be no check outs
between 2:30 - 3:00PM for K - 8
between 2:00 - 2:30PM for Preschool

Tuesdays and half days still keep to the 30 minutes before rule.



September



Monday	Tuesday	Wednesday	Thursday	Friday
No School! 	Chicken Sandwich Fries Rice Krispie Bar 	French Toast Cheese Omelet Sausage	Cheese Pizza Salad Yogurt 	Fair Day Corn Dog Funnel Cake Apples.
Chicken Nuggets Mashed Potatoes w/gravy Green Beans Roll 	Ravioli Salad Garlic Toast 	BBQ Nachos Corn Fiesta Beans 	Sloppy Joes Waffle Fries Grapes 	Pepperoni Pizza Salad Oranges
Hot Ham & Cheese Fritos Yogurt	Pancakes Hashbrown Sausage Links 	Meatball Sub Chips Salad	Turkey & Cheese Roll up Salad Grapes	Hot Dog Chips Cookie
Hot Pocket Curly Fries Baby Carrots w/ Ranch	Tacos Lettuce/Cheese Corn Jello	Chicken Nuggets Mac N Cheese Peas Roll 	Salisbury Steak Mashed Potatoes w/gravy Green Beans Roll	Picture Day. Hamburger Smile Fries Orange Smiles
Chicken Sandwich Tater Tots Applesauce 	Grilled Cheese Tomato Soup Blue & Gold Treat			





Monday	Tuesday	Wednesday	Thursday	Friday
		1 Breakfast Wrap Hashbrown Yogurt	2 Pizza Salad Banana Pudding	3  Half Day
 				
13 Chicken Sandwich Chips Cookie	14 Beef Pot Pie Applesauce Biscuit	15 Nachos Corn Churro Jello 	16 Chicken Nuggets Mashed Potatoes & Gravy Lima Beans Roll	17 Pizza Salad Grapes
20 Corn Dog Smile Fries Carrots w/ Ranch 	21 Pancakes Sausage Stars	22 Chef Salad Pretzel Apples	23 Chicken Tenders Mashed Potatoes Green Beans Roll	24 Hamburgers Fries Cookie
27 Mini Corn Dogs Mac N Cheese Apple Sauce	28 Taco Stix Chips & Sals Grapes 	29 Veggie Beef Soup Grilled Cheese Oranges	30 Spaghetti Salad Garlic Bread 	31 Halloween Lunch





CHILI COOK-OFF & TAILGATE PARTY

SATURDAY

SEPTEMBER 27, 2025

FOLLOWING THE 4:30PM MASS

Join us at the Holy Rosary Athletic Field for chili, hotdogs, football, and more! Bring your lawn chair or blanket, watch the game on the jumbo screen, and enjoy fellowship with your Holy Rosary family.

Spice Up the Competition!

**SIGN YOUR TEAM UP TODAY TO ENTER
YOUR CHILI AND BE PART OF THE
TASTIEST EVENT OF THE YEAR.**



SPONSORED BY

THE HOLY ROSARY MEN'S CLUB



Spirit Week

Sept 29 – Oct 3
RAMS rock!!

Sept. 29 Mix up Monday!

Pattern palooza - ie...striped pants & floral shirt. Fleece or flannel pj pants may be worn.

Sept. 30 Top hat Tuesday!

Wear your favorite hat to school.

Oct. 1 Who are you rootin' for Wednesday

Wear your favorite team jersey over your uniform.

Oct. 2 Totally Blue & Gold Thursday! Pep Rally @ 1:30

Spirit shirt or any blue/gold(yellow) shirt with blue jeans and tennis shoes.
(not just any HRS shirt. Must be blue/gold.)

Oct. 3 FIELD DAY!! HALF DAY! - We dismiss at noon.

Field Day shirt with PE shorts.

Spirit Selfie - all week!

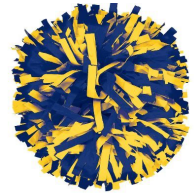
We would like students to attend as many sporting events during this week as they can, to show their school spirit. Students must take a selfie at the event and send it, along with your name and homeroom, to Coach Bre at bre.austin@holynosarymemphis.org. More than one student may be in the picture, just include their names and homerooms. You must take a picture of something that proves you are there (scoreboard, coach, etc.) Prizes will be awarded to the class with the best attendance.

Classes will receive 100% participation awards IF all students come to school ready for the days.

Please make sure all outfits are appropriate for school - Nothing too short or tight! (We don't want to have to call parents for a change of clothes.)



Go Rams!!



We love when our cheerleaders cheer on our campus and at all of our games.

They do a great job of representing Holy Rosary and showing our school spirit.

Starting today these cheerleaders will be selling

Worlds Finest Chocolate candy bars
to raise money to buy cheer jackets!

Just \$1 a candy bar!

Please help support our cheerleaders by buying some yummy chocolate.

At just a \$1, you can grab a few to stash for yourself and give away to family or friends!

***** Notice of change:** Due to the content of Almonds in most of the candy bars, the Cheerleaders will not be selling World's Finest Chocolate during school.

They will only be selling to parents, after school at the blue awning, Tuesday 9/30. They can sell outside school anytime they want.



Wednesday Night Supper is Back!



THERE'S A CHAIR WAITING FOR YOU

WEDNESDAY

Supper

Join us for dinner and fellowship on
Wednesday, September 24, at 5:30pm in the
school cafeteria for Wednesday Supper!

What: Wednesday Supper

When: September 24th

Time: 5:30pm - 7:00pm

Where: Holy Rosary Cafeteria

Cost: \$15 per meal or \$40 per family



Class

with Father Weber



Church History: Ecumenical Councils and Divisions

Join Fr. Weber for classes on
Church History: Ecumenical Councils and Divisions
following the Wednesday Night Supper.

- **When: September 24th**
 - **Time: 7:00pm**
 - **Where: Cafeteria**

PLAYER OF THE WEEK

HOLY ROSARY

**1ST/2ND
SOCCER**

**LINCOLN
MARABLE**

Lincoln plays on one of our 1st and 2nd grade girls' soccer teams. Her team went 1-1 this week and she scored an impressive 4 goals in games against St. Francis and St. Louis. Lincoln's intensity and love for the game shine every time she steps on the field. She is a fierce competitor who never backs down from a challenge and consistently leads her team with determination and heart! Lincoln's dad also coaches 3rd and 4th boys and she is always on the sidelines encouraging the team and assisting where she can.

PLAYER OF THE WEEK

HOLY ROSARY

5TH/6TH
FOOTBALL

JEREMIAH
TAYLOR

Jeremiah Taylor plays on our 5th/6th grade football team. They battled hard this week but fell short. Thanks to Jeremiah's effort, the Rams stayed in the fight until the very last buzzer. Jeremiah is not only a fantastic athlete but also a kind and supportive teammate. His work ethic pushes him, and his team into better positions every game. Small but quick, Jeremiah has a knack for finding the gap and making something happen. His determination and grit truly set him apart!

HOLY ROSARY POP-UP SPIRIT CART

The spirit cart will be making the rounds for spirit week! Students can bring exact change on Monday, September 29th or Wednesday, October 1st for the chance to shop either during lunch or in their classroom during a break. Go Rams!



\$5

**CROC CHARM
SMALL NOTEBOOK
BLUE OR YELLOW CRAZY HAIR
LARGE MAGNET
LARGE DECAL**

\$3

**SUNGLASSES
STICKY NOTES
BLUE PONYTAIL HEADBAND
FOOTBALL KEYCHAIN**

\$1

**PENCIL
BOOKMARK
POMPOM
BLUE CUP
TATTOO
SMALL MAGNET
SMALL STICKER**

\$2

**BOOM STICKS
HAND CLAPPERS**



The Learning Center - Holy Rosary

T-Shirt Order Form

Name _____ Phone Number _____

Child's Name _____

\$20

YOUTH SIZES			
Small	Medium	Large	X Large
☐	☐	☐	☐
QTY	QTY	QTY	QTY

ADULT SIZES				
Small	Medium	Large	X Large	2X Large
☐	☐	☐	☐	☐
QTY	QTY	QTY	QTY	QTY

Please make checks out
to Holy Rosary School
with "TLC" in the memo.

Venmo to
@HolyRosary-School with
"TLC" in the notes.

Orders due Oct. 3

Wear RED
for Dyslexia Day
on October 20



Annual Fund

Why does Holy Rosary School have an Annual Fund?



1 WHY GIVE TO HOLY ROSARY?

As a Catholic school, Holy Rosary strives to keep tuition affordable and accessible to all. Tuition alone does not cover the full cost to educate a Holy Rosary student each year. When you give that gift, it allows us to continue to offer the most for your child/children.

2 WHAT IS THE ANNUAL FUND?

Gifts made annually to support essential needs. The annual fund bridges the gap between tuition and the actual cost to educate a student.

3 WHO GIVES TO OUR SCHOOL?

YOU!



GRANDPARENTS

ALUMNI

PARENTS

Teachers & Staff

School Advisory Board

Parishioners



Financial Goal

\$100,000

How Are the Annual Fund Dollars Spent?

Scholarships & Financial Aid

Gifts will be award to over 75 students

Technology

Up-to-date software, devices and classroom tools.

Safety & Security

Robust security protocol that includes an on duty guard, cameras and other measures to ensure the safety of everyone on campus.

Professional Development

Training for faculty and staff to deepen their knowledge and skills.

HRPO Spirit Wear

Orders will be sent to production on the 1st and 15th of each month. Once the order is submitted, please allow approximately 2 weeks for production before items are ready for pickup or delivery.



Rams Headband
\$25.00



HRS Headband
\$25.00



Mini Bow Headband
\$12.00



Knotted Headband
\$15.00



Light Blue HRS Bow
\$15.00



Navy HRS Bow
\$15.00



Blue Rams Bow
\$15.00



Plaid HRS Bow
\$15.00



Plaid Scrunchie
\$10.00



Scan the QR code or Visit
the HRPO Website to Order:
<https://holyrosaryparentsorganization.membershiptoolkit.com/store/11452>

HOLY ROSARY MENS CLUB PRESENTS

ONE CLUB GOLF CHALLENGE

BENEFITING GIFTS OF HOPE AND HOLY ROSARY ATHLETICS

11 OCTOBER 2025

\$85 Per Player - Two-Man Teams, Best Ball

Registration at 10:00 AM

Shotgun at 11:00 AM

Overton Park 9 Golf Course

2080 Poplar Ave

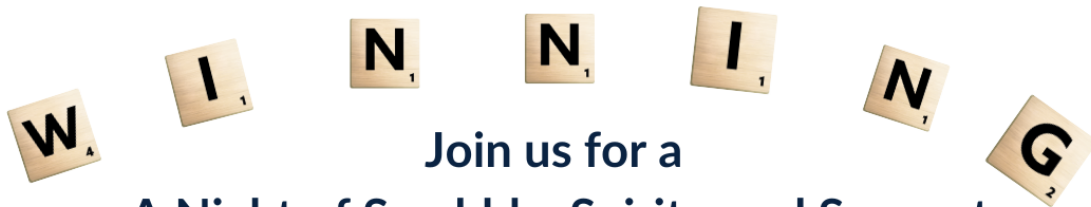
Memphis, TN



Hole sponsorships available \$125
For more information contact -
Kent Hansom - kenthansom@aol.com
Mike Fletcher - vergilsboy1@gmail.com



Words, Whiskey, & Winning Tailgating For The Learning Center



Join us for a
A Night of Scrabble, Spirits, and Support

Whiskey
Pull

Heavy
Hordoeuvres

Scrabble

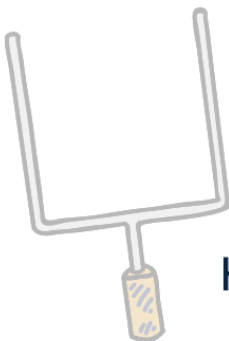
Beer &
Wine

Silent &
Live
Auctions

Benefiting



Tickets: \$50
Whiskey Pull: \$30



Saturday, November 08, 2025
6:00 pm - 10:00 pm
Holy Rosary Parish Life Center



Wear your team's Favorite Colors!

"Every word played builds a brighter future."



<https://tinyurl.com/mvp44yz8>



The Learning Center

UPCOMING RETREATS + EVENTS

OUR LADY QUEEN OF

peace



OCTOBER
FRI. 31—SUN. NOV. 2

FAMILY FUN STAY-CAY

Budget-Friendly
Safe + Educational
All Hallow's Eve,
All Saints Day +
Día de los Muertos



NOVEMBER
FRI. 14—SUN. 16

BUILDING A CATHOLIC HOME

PARENTS, learn practical ways to incorporate prayer, reflection, witnessing, and catechesis into your daily routine.



OCTOBER
FRI. 17—SUN. 19

MARRIED COUPLES RETREAT

with
Fr. Jacob DuMont, LC
Deepen your spiritual
connection and renew
your faith together.



DECEMBER
FRI. 12—SUN. 14

ADVENT RETREAT

Come, break away from the holiday rush. Sleep in heavenly peace. Prepare your heart and mind.



NOVEMBER
SAT. 1
**CAMINO
A LA PAZ**

3rd Annual "Way of Peace." Vigil Mass with Eucharist Procession + Dinner.

Once you go...
you'll know



olqpretreats.com

SHARE US with your
family and friends!



Steve Fracchia | (901) 351-9832
steve.fracchia@olqp.cdom.org

Field Day

Friday - Oct 3

This is a half day.

Dismissal is @ 12:00

Pre-K dismisses @ 11:30

Parents - you are welcome to join us for the fun.
Bring a chair if you want to sit and watch.

Feel free to check out your students when they
are done.

Remember to put your Field day shirts away so you
will have them again for Race Day in April.