

Connections

Edition #8 - May 2021

Nurses are Superheroes!

In the month of May, we celebrate Nurse Appreciation Day. On May 6th, 2021 people around the world showed their appreciation for nurses who work in all healthcare settings.

Nurses are modern day superheroes. With an abundance of knowledge, vast variety of skills, the ability to express care and compassion to their patients, there is so much a nurse can do. Nurses can be found in many different fields of health care including: being a travel nurse or a military nurse, working in the Emergency Room (ER), the Intensive Care Unit (ICU), the Operating Room as a scrub nurse, Obstetrics, Pediatrics, Geriatrics and so many more fields. Nurses around the world work long hours, many days a week but they always put their patients first. Whether it's holding their hand during labor, assisting them with the bathroom, or putting clean dressing on an open wound, nurses are always present for their patients.

In this month's edition of the McDonell Ambassadors' Connections newspaper, this article will focus on a special field of nursing: Geriatric Nursing.

Geriatric nurses assess the physical, mental, and emotional well being of elderly patients. They treat their patients with respect while helping them with their independence and dignity. Nurses give medications and provide treatment for chronic conditions such as heart disease or diabetes. They also discuss health concerns, talk about personal safety to prevent falls or accidents, and recommend extra help such as long term care, assisted living or other specialized facilities for the elderly. Geriatric nurses must be compassionate, patient, and reliable.

Nurse Appreciation Day was established back 1982 by President Ronald Reagan. Almost 10 years later, the American Nurses Association expanded Nurse Appreciation Day to a week-long celebration. This year in 2021, we celebrate this special week starting on May 6th and ending on May 12th. On behalf of all the people who have felt the tender touch of a nurse, we THANK them. God bless them.

Written by McDonell Senior Lizzy Wedemeyer



Mother Goose

Mother Goose is a fictional character who shares fairy tales. She was first introduced as an author of French fairy tales and later English nursery rhymes. Mother Goose has become a name known all around the world. The imaginary author is given lots of credit for nursery rhymes we all know and love. Some of her nursery rhymes are Humpty Dumpty, Baa Baa Black Sheep, and Hickory Dickory Dock. Mother Goose has many different authors with no specific “owner”. Each author has different stories but all used the name mother goose. Some of their names might be very familiar like Little Red Riding Hood and Cinderella. Mother Goose also comes in many forms; she is known as a female goose and a mother who rides a goose to share her stories to children. A very well known story of Mother Goose is she goes broke and is forced off her land then a goose friend named Priscilla shows up and lays golden eggs. This theory also comes with the idea that a fairy sent Priscilla to save Mother Goose because she wanted her nursery rhymes to be spread. It is called mother goose because of Charles Perrault's fairy tales and the origins have spread. Mother Goose has two specific looks. One is an elderly woman who rides a goose around and is usually in a purple shawl. The other form of Mother Goose is a woman who rides a goose often wearing a bonnet and holding books. Mother Goose many seem a mystery but she is a creator of joy for so many children. Each year, on May 1, Mother Goose is honored for her collection of fairy tales and nursery rhymes that she contributed to children’s literature.



Written by Notre Dame 8th grade student Lily Edison

Mother’s Day Prayer

Bless every mother, grandmother, and step mother with the finest of your spiritual blessings today. Confirm in her heart and spirit the work of her hands and the love that she has so freely given to those children under Your care. Validate her worth daily so she has no reason to doubt whether she is loved, valued, and cherished in the eyes of her Heavenly Father.

Remove any guilt, false or real, and replace them with Your amazing grace and forgiveness. Help her see her children or grandchildren through Your eyes, knowing that in Your hands is the safest place they can ever be. Calm every doubt, and strengthen her confidence in the Only One who can bring good out of any situation.

Teach her that she cannot meet every need of her child’s life, but that You can. Give her wisdom and guidance to train those precious children in Your path, and then to leave the results to You, Lord. Help her to love without limitations, to pray without ceasing, and to live without regrets.

Let her joy be contagious; let her passion be pure; and let her life overflow with all the blessings she deserves—on special days, and on every day of her life.

In Jesus’ name, Amen

Provided by 8th grade student Lauren Misfeldt



Polka Dance

The polka dance is one of the dances that a lot of people fell in love with. It started out in the 19th century in Europe, but it became very popular after World War II. The word polka comes from the Czech word “pulka”, which refers to the lively, fast-paced, and jumpy kind of dance and music. Unlike many other dances, the polka has a clear historical origin that many people know. A lady named Anna Slezakova was the woman who “started” the version of polka. She was dancing to a song called “Madera”, which had a very fast and lively tempo to it. Her music teacher noticed this and recorded the dance with the music. Her teacher then started to teach it to other younger people, which was its beginning to becoming famous.

Shortly after that, the dance spread across Europe, Bohemia, and Prague. It was danced in ballrooms, bedrooms, pretty much anywhere where people could dance. Eventually, in Vienna, the polka was danced in ballrooms during parties.

It was a kind of dance that spread where the people went. When the Polish were starting to migrate, the dance came with them. The polka easily spread this way throughout Europe and then to the United States. The polka became very popular in ballrooms across the United States during and after World War II. Even the soldiers were learning it when they were stationed in Europe.

The dance took place in many popular dances like cotillion and contredance in the United States. The dance was quite simple to Americans because there were other dances that had the same steps and some of the same rhythm, like the gallop. It was a dance that stuck with people for a very long time, until jazz started to appear. Eventually the polka was called the “national dance” of the time. It will remain in people’s hearts forever.

Written by McDonell junior Sydney Flanagan



Me Want Cookie

Frank Oz is a man of many talents but is most famous for being a puppeteer. The character he plays is the one and only Cookie Monster! Frank was born on May 25, 1944 in Hereford, England. When Frank was around 13, he and his family moved to Oakland, California. Four years after he moved, he showed others his interest in being a puppeteer, and people noticed how talented he really was. When he was 17, he worked at a Children’s Fairyland amusement park and did a lot of puppeteering there and this is where his career started. Jim Henson, a famous puppeteer, filmmaker, and director saw how good Frank was and knew he could make him famous. Two years later Frank moved to New York with Jim and started on his first movie, “The Muppets”. His career didn’t really kick off until 1969 when he took his role as Cookie Monster on “Sesame Street”. Cookie Monster is a very lovable character, who has a big appetite for cookies! It is hard to say no to this fella when he says, “Me want cookie!”. Frank played this character for more than 30 years! Cookie Monster’s birthday is November 2 which is funny because that is considered national eating healthy day too! Frank Oz’s birthday is coming up on May 25 so Cookie Monster basically has two birthdays. The cool thing about Frank Oz is that he loved his job and he brings so much joy to kids and adults just playing a part as a monster who loves cookies.

Written by Notre Dame 7th grade student Delaney Smiskey








Determine the phrase portrayed in each box.

Answers are on page 6.

FUN
AND
GAMES



1 Get it Get it Get it Get it	2 Jack	3 Somewhere 	4 DOOR
5 <u>READ</u>	6 Blood Water	7 Beeeeee	8 CANCELED
9 once 	10 Egg Egg HAM	11 Try Stand 2	12 TOWN
13 Nl bumpGHT	14 Aid ← Aid Aid	15 Mill1on	16  3.14
17 ice ³	18 R O G O N C I K 	19 Think 	20 GROUND feet feet feet feet feet feet
21 1 KNOWS	22 Big Big ignore ignore	23 RAKEN	24 KNEE light light

JOKES PROVIDED BY LUKE NEWTON, graduating senior!

I didn't graduate with honors. I was honored just to graduate.

Graduation was the first time that the school actually gave me something I wanted to read.

Graduation: where you trade the agony of writing term papers for the agony of writing resumes.

After twelve years of carrying books to school, you're well prepared for a career in backpacking.

One good thing about graduation is that you get to wear a funny hat that makes your brain look larger than it actually is.

Why did the students study in the airplane?

Because they wanted higher grades.

Graduations are so immature, you can hardly get to the end without any name calling.

2020-2021 McDonnell High School Student Ambassadors



2020-2021 Notre Dame Middle School Student Ambassadors



On behalf the MACS Student Ambassadors, we want to say how much we enjoyed providing you with this monthly communication during the pandemic. While we were not able to meet you personally, we felt that we did make a connection with you.

The students are winding down their school year. The nice weather makes it hard for them to stay focused, but the teachers keep pushing them forward. It has been a hard year for the students, with having school through their computers some days, wearing masks, and limiting their activities. We know that it is nothing like what you have been experiencing. You have made a tremendous sacrifice by isolating, and having restricted visitors and activities.

We hope you have enjoyed these newsletters. We wish you a pleasant summer filled with sunshine, blue skies, smiles, and lots of social activities.

Mary Jacobson, MACS Student Ambassador coordinator

Answers to the Puzzle:

- | | | | |
|--------------------------------|---------------------------------------|---------------------------------|---------------|
| 1. Forget It. | 2. Jack in the Box | 3. Somewhere over the Rainbow | |
| 4. Back door | 5. Read between the lines | 6. Blood is thicker than water. | |
| 7. Belong | 8. Cancelled check (or tick off) | 9. Once upon a time. | |
| 10. Green eggs and ham. | 11. Try to understand. | 12. Downtown | 13. |
| Bump in the night. | 14. First Aid | 15. One in a million. | 16. Apple Pie |
| 17. Ice Cube | 18. Rockin' around the Christmas Tree | 19. Think outside the box. | |
| 20. Six feet under the ground. | 21. Won by a nose | 22. Too big to ignore | |
| 23. Half baked. | 24. Neon Lights | | |