



Parent Handbook

PREP

(Parish Religious Education Program)

Pre-School-5th Grade

Forming Joyful Disciples

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Welcome!

PROGRAM GOAL

To form joyful disciples of Christ who have a loving relationship with God and each other and who understand and love practicing our faith.

PROGRAM OBJECTIVES

- Provide a joyful program of formal religious instruction for the children of the parish.
- Support parents in their role as primary catechists of their children.
- Give the children a positive experience of the Church as community.
- Offer sacramental preparation for children as they become ready to receive the sacraments of Eucharist and Reconciliation.
- Help the children discover the richness and challenges of Scripture and the teachings and traditions of the Catholic Church.
- Build a strong Catholic Identity among the children of the parish.
- Deepen the prayer life of the children.
- Motivate the children to live lives rooted in charity and justice based on the moral teachings of the church.
- Expose students to the liturgical and sacramental richness that is part of our Catholic Tradition.

THE ROLE OF PARENTS

At your child's Baptism the following was asked of you:

You have asked to have your child baptized. In doing so you are accepting the responsibility of training him (her) in the practice of the faith. It will be your duty to bring him (her) up to keep God's commandments as Christ taught us, by loving God and our neighbor. Do you clearly understand what you are undertaking? Parents respond: We do.

The Parish Religious Education program is here to help parents with this responsibility.

- Be Registered members of the parish.
- Attend Mass weekly with his/her child.

To ensure a quality program for all, the Parish asks that the families of the children enrolled in the Religious Education program:

- Share our faith and make sure the child/ren does any required follow up to the lessons taught in class.
- Teach their child the traditional prayers of the Church and pray with them at home.
- Maintain an open line of communication with their child's catechist.
- Bring their child to class at least 5 minutes before the start of class and pick them up no later than 5 minutes after the end of class.
- Bring his/her child to class ready to participate. (i.e. use the restroom first, have a snack before class)
- Attend parent meetings when requested. *Specifically, as required by the Diocese of Boise, parent/child meetings before preparation for the Sacraments of Reconciliation and before preparation for the Sacrament of First Eucharist.*
- Provide the parish with information regarding the child's baptism and other sacraments if applicable.

CATECHISTS

All Catechists teaching in the Religious Education program are volunteers. We ask that you support these volunteers in any way you can. If any problems arise, however, please communicate and try to resolve issues promptly with the Catechist. If your concern is not resolved, contact the program coordinators.

We are always looking for new catechists. Please consider volunteering for the program now, or in the future.

Catechists and other volunteers working with children in the Diocese of Boise must attend a Safe Environment Workshop and complete a background check.

All Catechists are encouraged to achieve "Basic Catechist Certification" through the Diocese of Boise or working toward certification.

LEARNING PRAYERS

In the curriculum used at Holy Apostles, students are exposed to many forms of prayer. Memorizing the traditional prayers of our Catholic faith is one form.

Helping a child memorize a prayer is one of the greatest gifts you can give them and that they can receive. These prayers will be with them, and they will call upon them, for the rest of their lives. As Catholics we often pray these traditional prayers in communion/together. Therefore, we are obliged to teach our children these prayers so they can fully participate.

In the Catholic Catechism it is explained this way:

*2688 The catechesis of children, young people, and adults aims at teaching them to meditate on The Work of God in personal prayer, practicing it in liturgical prayer, and internalizing it at all times in order to bear fruit in a new life. Catechesis is also a time for the discernment and education of popular piety. **The memorization of basic prayers offers an essential support to the life of prayer, but it is important to help learners savor their meaning.***

We will help the children to understand the prayers or “savor their meaning”... but memorization takes praying them frequently at home.

You are encouraged to pray the traditional prayers with your child any chance you get...while you're driving to school or sports...before meals...before bedtime... anytime!

CLASS ATTENDANCE

Attendance: Children who are enrolled in the parish catechetical program are expected to be in attendance each week. Please notify the Religious Education Office if your child must be absent.

To report an absence, call 208-888-1182 ext. 3017 – or email bhutson@holypostles.net

If a student is regularly absent without an excuse, the child's catechist or program coordinator will contact the family out of concern for the child and the wellbeing of the family.

Children preparing to receive sacraments: Because classes are held only once a week and each class builds on the material covered in preceding classes, the child who is absent misses a lot of important information. Therefore, it is necessary for the child to complete missed lessons at home with parents or family members. It is understood that preparing to receive sacraments is a high priority with the family, and the children should not miss more than 2 classes within the year.

CLASS SCHEDULE

Each class session is one hour long.

- Pre-K & Kindergarten meet twice a month on the 2nd and 3rd Sundays for approximately 15 sessions.
- Grades 1-5 meet on Mondays/Tuesdays for approximately 26 sessions.
- Grades 1-5 follow the Meridian Traditional School Calendar for holidays. If there is no school on Monday due to a holiday, there is no RE class scheduled that week.
- Please see *the appropriate calendar* for your child's schedule. <http://www.holypostlesmeridian.net/education>

ARRIVAL & DISMISSAL

- Classes are held in the classrooms.
- Parents are asked to bring their children to the classroom at least 5 minutes prior to their class start time.
- Parents are asked to come into the building to pick their children up no later than 5 minutes after class has ended. Our catechists are volunteer parents who are also on schedules and need to leave once their classrooms are ready for the next session.

To ensure their safety, children are to be dropped off and picked up at their classrooms (not in the parking lot) by parents or their designee. **Parents are asked to notify the Catechist if someone other than the parent or designee is to pick up their children.**

Please use the entrance next to the RE office. The door on the east side of the building is locked.



DISCIPLINE

In order to provide a safe and well-ordered program in which students and catechists can learn and follow Jesus' call to love, some rules for behavior are necessary. Each catechist will compose some general rules for their specific classroom and the following rules apply to everyone:

- Respect is to be shown for all catechists and other adults in leadership roles. Respect for fellow students is expected as well.
- Students are expected to display Christian values in the way they dress, speak and behave.
- Students are to avoid behavior that disturbs the learning environment or that is disrespectful or dangerous to others.

Process for dealing with inappropriate behavior:

Catechists will handle discipline problems in a positive manner.

- Initially, catechists will handle any discipline problems in their own classroom and talk to parents after class.
- Students whose behavior becomes a continual problem in the classroom will be sent to the program coordinator.
- Anytime a student is sent from class for discipline reasons, his/her parents will be contacted either by phone, in person or in writing.
- If the student's behavior continues to be a problem, the student will be removed from the class and the parent will be contacted again. In order to return to the classroom, the student and parent will meet with the catechist and coordinator to resolve the issues.
- If the student's behavior does not improve, the parish reserves the right to ask the student to withdraw from the program.

CANCELLATION OF CLASSES

In cases of severe or inclement weather or other conditions, classes may be cancelled. If local schools are cancelled or dismissed early, there will be no religious education classes. Last minute cancellations will be posted to the parish facebook page by 2pm that day. Also, an email will be sent to the email address supplied with the child's registration.

SICKNESS AND INJURY

Sickness: If a student becomes ill during class, his/her parent will be contacted. If the parent is unavailable, attempts will be made to reach the emergency contact person. The coordinator or other responsible adult will make every effort to keep the child comfortable until he/she is picked up.

Injury: Catechists are asked to report any injury to the coordinator immediately. If an injury occurs, basic first aid will be administered and the parent will be contacted. If the injury requires immediate medical attention, the coordinator will call the appropriate emergency services.

CURRICULUM

Textbooks and other materials used in the classroom are in conformity with the teachings found in *The Catechism of the Catholic Church* and are approved by the Diocese of Boise. Parents may examine the text material in the RE office or visit the publisher websites. (see below)

Publisher websites include resources for parents and interactive tools for children and we encourage you to visit these sites.

Presently, the textbooks used in the program are:

Stories of God's Love for PreK-K by **RCL Benziger** www.rclbstoriesofGodslove.com Each class, the children are introduced to a new Bible Story of God's love from the Scriptures. A corresponding Life Story related to the child's life reinforces the Scriptural theme. Each level also provides eight seasonal lessons that: introduce children to holy days, holidays, feasts and liturgical seasons; build Catholic identity; provide stories, activities & prayers; and offer ways to extend the celebrations into the home.

Be My Disciples for 1st through 5th Grades by **RCL Benziger** www.bemydisciples.com *Be My Disciples* helps children know and live their faith through loving service to others. Week by week, children gather to:

- **Grow in Knowledge:** Through the unique spiral structure, children are introduced to Scripture, Catholic Tradition and the liturgical year and reinforce and extend their knowledge year by year.
- **Connect Faith with Their Experience:** Through a process of presentation, application reflection and decision, children relate knowledge of the Catholic faith to their life experiences and commit themselves more deeply to the person and mission of Jesus Christ.
- **Practice the Skills of Discipleship:** By learning the gifts and qualities of discipleship and practicing its habits and virtues, children learn the skills required to follow Jesus.

Call to Celebrate Reconciliation & Eucharist for 2nd Grade & Sacramental Prep by **Our Sunday Visitor**. www.osvcurriculum.com

Our Catholic Heritage for 3rd-5th graders who are also preparing to receive sacraments of First Reconciliation and First Eucharist. www.BeMyDisciples.com

Exploring the Bible for additional 5th Grade knowledge of the Bible by **St. Mary's Press**.—The Bible study sessions offer practical hands-on experiences that invite the students to become comfortable using the Bible. It is found that young people who experience a sense of ease and competence with the Bible will be in a position to deepen their knowledge and use of it as they mature.

Prayers to Learn

- PreK3 & PreK4: How to Genuflect, The Sign of the Cross, Grace Before Meals, Angel of God
- Kindergarten: All of the above + The Our Father
- 1st Grade: All of the above + Hail Mary, Glory Be
- 2nd Grade: All of the above + Act of Contrition
- 3rd Grade: All of the above + Apostles' Creed, Intro to the Rosary
- 4th Grade: All of the above + Mysteries of the Rosary, Hail Holy Queen, Ten Commandments
- 5th Grade: All of the above + Way of the Cross

SIGN OF THE CROSS

We make the SIGN OF THE CROSS by touching with the right hand:

A. The forehead "In the name of the Father"

B. Then the breast "And of the Son,"

C. And then from the left shoulder to the right "And of the Holy Spirit. Amen."

The sign of the cross shows that we are Christians because it expresses our belief in the chief mysteries of our Catholic faith: the mystery of the Blessed Trinity and the mystery of the Incarnation and Redemption. The words we say show that God is one in Three Divine Persons. The sign of the cross we make reminds us that Jesus Christ, the Son of God, died for us on the Cross.

HOW TO MAKE A GENUFLECTION

In making a genuflection with one knee, three things are to be observed:

Bend the right knee to the floor alongside the ankle of the left foot;

Hold the head and the upper part of the body erect, not inclined;

Rise again without delay.

In genuflecting with both knees, bend the right knee first and then the left: thereupon make a medium bow of the body and rise.

GRACE BEFORE MEALS

Bless us, O Lord, and these Thy gifts
Which we are about to receive
From Thy bounty,
Through Christ our Lord. Amen.

ANGEL OF GOD

Angel of God, my guardian dear,
To whom God's love
Entrusts me here;
Ever this day (or night)
Be at my side,
To light and guard,
To rule and guide. Amen.



GLORY BE (DOXOLOGY)

Glory be to the Father,
And to the Son,
And to the Holy Spirit.
As it was in the beginning,
Is now, and ever shall be,
World without end. Amen.

OUR FATHER

Our Father,
Who art in heaven,
Hallowed be thy name;
Thy kingdom come;
Thy will be done on earth
As it is in heaven.
Give us this day our daily bread;
And forgive us our trespasses
As we forgive those
Who trespass against us;
And lead us not into temptation,
But deliver us from evil. Amen.

HAIL MARY

Hail Mary, full of grace!
The Lord is with you;
Blessed are you among women,
And blessed is the fruit
Of your womb, Jesus.
Holy Mary, Mother of God,
Pray for us sinners,
Now and at the hour of our death.
Amen.

ACT OF CONTRITION

O my God I am heartily sorry
For having offended You
And I detest all my sins
Because of Your just punishment,
But most of all
Because they offend You, My God,
Who are all good and
Deserving of all my love.
I firmly resolve
With the help of Your grace
To sin no more and to avoid
The near occasion of sin. Amen.

THE APOSTLES' CREED

I believe in God, the Father almighty,
Creator of heaven and earth.
And in Jesus Christ, his only Son, our Lord,
He was conceived by the power of the Holy Spirit and born
of the Virgin Mary.
He suffered under Pontius Pilate,
Was crucified, died, and was buried.
He descended to the dead.
On the third day he rose again.
He ascended into heaven,
And is seated at the right hand of the Father.
He will come again to judge the living and the dead.
I believe in the Holy Spirit,
The holy catholic Church,
The communion of saints,
The forgiveness of sins,
The resurrection of the body,
And the life everlasting. Amen.

HAIL, HOLY QUEEN

Hail, Holy Queen, Mother of Mercy, our life, our
sweetness, and our hope! To you do we cry, poor
banished children of Eve; to you do we send up our sighs,
mourning and weeping in this vale of tears. Turn, then,
most gracious advocate, your eyes of mercy toward us;
and after this our exile, show unto us the blessed fruit of
your womb, Jesus. O clement, O loving, O sweet Virgin
Mary! Pray for us, O holy Mother of God, that we may be
made worthy of the promises of Christ. Amen.

THE TEN COMMANDMENTS OF GOD

I am the Lord your God, you shall have no other gods
before me.
You shall not take the name of the Lord your God in vain.
Remember to keep holy the Sabbath Day.
Honor your father and mother.
You shall not kill.
You shall not commit adultery.
You shall not steal.
You shall not bear false witness against your neighbor.
You shall not covet your neighbor's wife.
You shall not covet your neighbor's goods.

THE SEVEN SACRAMENTS

Baptism
Reconciliation
Eucharist
Confirmation
Matrimony
Holy Orders
Anointing of the Sick

CORPORAL WORKS OF MERCY

Feed the hungry
Give drink to the thirsty
Clothe the naked
Visit the sick
Shelter the homeless
Visit the imprisoned
Bury the dead

SPIRITUAL WORKS OF MERCY

Warn the sinner
Instruct the ignorant
Counsel the doubtful
Comfort the sorrowing
Bear wrongs patiently
Forgive all injuries
Pray for the living and the dead



MYSTERIES OF THE ROSARY

The mysteries of the Rosary are scenes from the life of Jesus and Mary. We say the prayers of the rosary while meditating on the mysteries.

Joyful Mysteries

The Annunciation-*The angel Gabriel asked Mary to be the mother of Jesus.*

The Visitation-*Mary visited her relative Elizabeth to help her.*

The Nativity-*Jesus was born in Bethlehem.*

The Presentation in the Temple-*Jesus was offered to God.*

The Finding of Jesus in the Temple-*After 3 days Mary & Joseph found Jesus teaching in the Temple.*

Sorrowful Mysteries

The Agony in the Garden-*Jesus suffered at the thought of what would happen to him.*

The Scourging at the pillar-*Jesus suffered as the soldiers whipped him.*

The Crowning with thorns-*The soldiers made fun of Jesus by placing a crown of thorns on his head..*

The Carrying of the Cross-*Jesus carried his cross to Calvary.*

The Crucifixion-*Jesus was nailed to the cross and died.*

Glorious Mysteries

The Resurrection-*Jesus arose from the dead on Easter Sunday.*

The Ascension into Heaven-*Jesus returned to heaven as Lord.*

The Descent of the Holy Spirit-*Jesus sent the Holy Spirit to the apostles and Mary.*

The Assumption-*After Mary's life on earth, she was taken, body & soul, to heaven.*

The Crowning of Mary-*Mary is Queen of Heaven and Earth.*

Luminous Mysteries

The Baptism in the Jordan-*Jesus was baptized by John the Baptist.*

The Wedding at Cana-*Jesus performed his first miracle turning water into wine.*

The Proclamation of the Kingdom-*Jesus came to Galilee preaching the gospel of God., "...the kingdom of God is at hand; repent, and believe.."*

The Transfiguration-*As Jesus prays, his appearance changed and his garments become dazzling white...And a voice came out of the cloud, saying, "This is my Son, my Chosen; listen to him!"*

The Institution of the Eucharist-*Jesus took bread, blessed and broke it and gave it to his disciples and said, "Take and eat; this is my body."*

THE STATIONS OF THE CROSS

The "Stations of the Cross" is a devotion which consists of following the Passion of Our Lord Jesus Christ by recalling the fourteen prominent events that took place from the time of the trial under Pontius Pilate until his death and burial on Mount Calvary.

First Station: *Jesus is condemned to death.*

Second Station: *Jesus carries his cross.*

Third Station: *Jesus falls the first time.*

Fourth Station: *Jesus meets his afflicted mother.*

Fifth Station: *Simon of Cyrene helps Jesus to carry his cross.*

Sixth Station: *Veronica wipes the face of Jesus.*

Seventh Station: *Jesus falls the second time.*

Eighth Station: *The daughters of Jerusalem weep over Jesus.*

Ninth Station: *Jesus falls the third time.*

Tenth Station: *Jesus is stripped of his garments.*

Eleventh Station: *Jesus is nailed to the cross.*

Twelfth Station: *Jesus dies on the cross.*

Thirteenth Station: *Jesus is taken down from the cross.*

Fourteenth Station: *Jesus is buried in the tomb.*

Fifteenth Station: *Jesus rises from the dead on the third day, Easter Sunday.*

