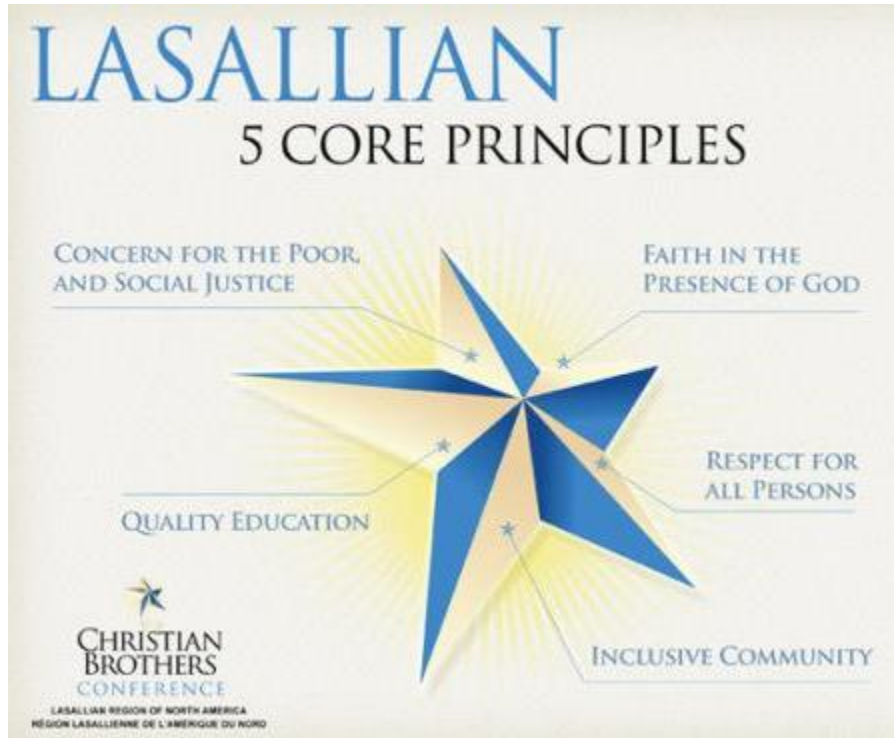


Lasallian Digital Retreat Day- Living the Lasallian Star

During our transition to CBA's Digital Learning Program, it is also important to take time to "disconnect" from technology and fully "re-connect" to our Lasallian principles. "Digital Retreat Day" is a day when we are encouraging all students to disconnect from technology and instead, replace that time with opportunities to reflect on, and live out, the core principles of Lasallian education. There will be no assignments from teachers for Monday, March 30 and no structured class time. Monday, March 30 is the "remote" version of the grade level retreats that all students experience at CBA.

Prior to describing the day's activities, here are some words of advice...

- 1) Like anything in life, you get what you put into it.
- 2) At the end of the day, nobody will be checking to make sure that you followed the day's activities. Only you will know.
- 3) Education is not merely the academic subjects. Intelligence without core values and principles is a gift that is wasted.



Throughout the day, we want you to live out each point of the Lasallian star. Each point of the star has two options to fulfill that core principle. Throughout the day, work your way around the star. Make it fun, be creative, and invite others in your home to join you! If you have pictures or videos, please share them with Ms. Salamone at jsalamone@cbasyracuse.org.

Faith in the Presence of God

The Lasallian school nurtures belief in the living presence of God in our world. Faith in the presence of God calls all students into a deeper awareness of their saving relationship with a caring and loving God and to see the world through the "eyes of faith." This core principle is reflected through this Lasallian expression of faith: "Let us remember that we are in the Holy Presence of God."

Option 1: Write a handwritten prayer, in your own faith tradition, that is meaningful to you. Leave this prayer in a place where you will see it consistently - reminding you that you are always in the presence of God.

Option 2: Take a walk, unplugged from music, and listen to the sounds of creation. Talk with God – thanking Him for the blessings in your life.

Respect for All Persons

The Lasallian school engages in a concerted effort to respect the dignity of all persons. Respect-filled relationships are at the heart of Lasallian education and are a key expression of the acknowledgement of each other's identity as children of God. This core principle is reflected through the Lasallian expression of faith: "Live Jesus in our hearts...Forever."

Option 1: For 7th and 12th grade students, write a note to your "buddy." You may use the myCBA directory to find addresses.

Option 2: Using your own gifts and talents in either art, poetry, or writing – reflect on a relationship for which you are grateful. Your reflection can be in the form of journaling, creating artwork, or writing a poem.

Inclusive Community

Option 1: Call three people that either live alone or are vulnerable during this epidemic.

Option 2: Handwrite and mail three letters/cards to people that either live alone or are vulnerable during this epidemic.

Quality Education

The Lasallian school provides an education that prepares students not only for college and career but also for life. This education advances the students' abilities to use their talents to critically examine the world in light of the message of the Gospels and to take greater responsibility for their own education. This core principle is expressed through the Lasallian ideal: "Teaching Minds and Touching Hearts."

Option 1: Find a children's book in your home from when you were a child. Read the book again, now with your current lens, and reflect on the message. Share and discuss that message with a family member.

Option 2: Complete a puzzle or lead your family in a game of scrabble.

Concern for the Poor and Social Justice

The Lasallian school calls its members to an awareness of the poor and victims of injustice and responds to their needs through programs of community service, advocacy, and justice education. This core principle is expressed through the Lasallian ideal: "Enter to Learn, Leave to Serve."

Option 1: Go through your closet or storage and pick three items that you no longer need and place them into a bag that will be donated to someone in need when we return to school.

Option 2: Fast during lunch today and take the time to reflect on, and pray for, those who have very little to eat.