

UPCOMING EVENTS AND ACTIVITIES

Wednesday:

Stop by the GriffinTHON Expo – Free Lunch!

As the end of the GriffinTHON year is quickly approaching, the entire Fontbonne Community is invited to the Expo today from 9AM-6PM. From 9AM-11AM, we'll be selling doughnuts for \$1. Then, at 11AM – we're offering a free BBQ lunch to anyone that chooses to come by. Learn more about our amazing Miracle Kids and support the cause if you're willing and able. Registered Participants will also need to stop by to pick up their Main Event gear and make sure their fundraising pages are ready to go for Saturday's Main Event! Can't make it to campus but still want to support the kids? [Click here](#) to donate and help GriffinTHON raise \$30K for Children's Miracle Network of Greater St. Louis before 4/10/2021. Contact Blake Klenke (wklenk00302@fontbonne.edu) with questions.

Saturday:

GriffinTHON Main Event: *Oh the Places We'll Go – 2021*

After a year of community building and fundraising **for the kids** with Children's Miracle Network of Greater St. Louis, our GriffinTHON Main Event is here! From 10AM-10PM, participants will be in the Side Parking Lot striving to break our goal of \$30,000 raised for our children's hospitals! [Click here](#) to donate and help GriffinTHON raise \$30K for Children's Miracle Network of Greater St. Louis before 8PM 4/10/2021. And be sure to following GriffinTHON on Instagram to see the big total reveal at 9:30PM. Contact Blake Klenke (wklenk00302@fontbonne.edu) with questions.

ANNOUNCEMENTS AND UPDATES

G.A.P. -Griffins Achieving Progress

Griffins Achieving Progress is seeking students of color to apply to be a mentor for the upcoming Fall 2021 and Spring 2022 school year! Applications are due April 16th! Click the link below to register:

https://forms.office.com/Pages/ResponsePage.aspx?id=B0hl-YTnSUy0iCRpmvdAXczqyy80dkhKqIk_FhFVxXhUQIVVVkYxWTFVV1IFVU0zVFRVUEtPVTIEVY4u

Reach out to Deanna Williams (dwilliams@fontbonne.edu) or Armani Wilder (awilder@fontbonne.edu) if you have any questions!

Fontbonne Day of Giving and Decorated Car Contest

Date: Monday, April 19th

Location: Horseshoe Drive

Time: 11am – 1pm

Enter the [Decorated Car Contest](#) as an individual or with a team or student organization to show off your Fontbonne Pride! Every contestant group will receive coffee and donuts the morning of April 19th, compliments of Old Town Donuts.

Theme: Grateful Griffins

Register your entry [here](#), by April 16

All decorated cars will be parked along the horseshoe drive for this reverse parade as donors drive-through and vote for their favorite car. Donate any amount for your chance to vote for your favorite car! Decorators of the winning car will receive a catered meal (\$150 limit) for their next meeting and bragging rights! Contact Wendi Valenti at wvalenti@fontbonne.edu. Sponsored by [Fontbonne Community Connection](#) and [Old Town Donuts](#)

Fontbonne Service Week

My name is Amy Ingold, and I serve as the Graduate Assistant for Service and Community Engagement at Fontbonne University. On behalf of the Office of Leadership and Community Engagement, I would like to invite you to join us for Service Week 2021. In Lieu of Fontbonne Day, we are inviting organizations, departments, athletics, or any other student or faculty member to participate in a week-long service competition (Monday, April 12 through Friday, April 16th). If you would like to participate, you can sign up your team by using the following form, where you will then receive additional formal information about the week. At each event, there will be a sheet where members can sign-in and earn points for their team. The more participants, the greater number of points accumulated. If a member attends all five events an additional 5 points will be awarded to the team, there is no limit to how many members can attend all five events. Each team will need to provide a comprehensive list of current active members, staff, athletes, etc. If a member is not included in the list sent to the Service Week Coordinator (Amy Ingold), their attendance will NOT be counted. The grand prize of the week will be additional funds to your budget for next year! Individual prizes will be awarded throughout the week by using the hashtag #FBUServiceWeek2021 and tagging @fontbonneservice on Instagram. The events for the week are included in the PDF attached to this email. If you would like to sign up to create a team for this competition, please use the form below. If you have any questions comments or concerns, feel free to send me an email: aingol02901@fontbonne.edu. We would love to have you join us and help continue to serve the dear neighbor. Thank you!

<https://forms.office.com/Pages/ResponsePage.aspx?id=B0hl-YTnSUy0iCRpmvdAXdpmrc2Jyp1Fhc41qOcmn8dUNVIFNIFTU042MkFONEQ5TFRJUEpDNU01NC4u>

First Friday Fire Alarm Test Postponed

This The first Friday fire alarm testing for April was postponed due to the campus being closed on April 2, 2021. The next fire alarm testing is scheduled for Friday April 9. Academic buildings will begin testing at 7:00 am. Residential Halls will begin testing after 9:00am.

First Dollars for Diapers

Dear Campus Community, several of our St. Louis Spanish speaking Sisters of St Joseph are driving to El Paso on April 14th to volunteer at Annunciation House which is an organization that offers hospitality to migrants, immigrants, and refugees on the border. <http://AnnunciationHouse.org> A donation request has gone to support the Dollar for Diapers Drive. If you are interested in donating to this cause, please drop your donation off at one of the red donation boxes around campus (Library and Dining Halls). Thank you for considering this request

Squashing the COVID-19 Vaccine Myths

This video describes important myths and information surrounding the COVID vaccine. If you want to further educate yourself, take a look at this video! <https://covidvaccine.mo.gov/facts/>

Do you plan on getting the Vaccine? Let us know with this anonymous survey!

<https://www.surveymonkey.com/r/COVIDAprStudent>

STAY CONNECTED

Submit Event Flyers/Images to post on the “FontbonneEvents” Instagram Account

The @FontbonneEvents Instagram account aims to post information the day of an event taking place or a registration beginning. If you would like to have something featured on the Fontbonne Events Instagram page, [please fill out this form](#)

Kinkel Center Update to Students

The Charles Jeffers Glik Testing Center will provide proctored examinations by appointment only. To schedule an appointment, contact the Kinkel Testing Center at kinkeltesting@fontbonne.edu or 314-889-4682. Please schedule your appointment 48 hours in advance. Kinkel Center appointments for writing support, peer academic coaching, student accommodations, and tutoring in math, computer science, biology, and chemistry can be made online at <https://fontbonne.mywonline.com>. Online tutoring in other subject areas can be accessed 24/7 through Thinking Storm in Canvas.

Taylor Library Live Chat

Got questions? 24/7 Chat is now available. Look for the chatbox on the library website: <https://library.fontbonne.edu>.

FONTBONNE STRONG FROM COUNSELING AND WELLNESS

Stress Less - 4-Step Plan

1. Move, move, move - Exercise is one of the best stress relievers. Try: dance, Pilates, Spin, running, yoga, and walking!
2. Inhale, Exhale - Deep breathing can lower your heart rate to reduce tension. Try: Breathe in through your nose, inhaling deeply so your belly rises. Focus on your breath, then do a long exhale through your mouth. Repeat for 45 to 60 second.
3. Five Senses - Soothe yourself through your senses. Try: Scented body lotion, walk in nature, sip your favorite tea, take a shower/bath, or put on your favorite playlist.
4. Feel the feels - talk about what's bothering you. The more you push down stress, the more it will show up in your body. Try: Talk with a friend, family member or schedule a session with a counselor at Fontbonne Counseling and Wellness. Externalize your thoughts using a journal or a notes app on your phone.

Interested in making an appointment? Email us at counselingappts@fontbonne.edu

LIVING OUR MISSION

Amongst these challenging times, we must continue to live our mission and serve thy dear neighbor.

Volunteer From Home: There are volunteer-from-home opportunities (such as reading newspapers for individuals who are visually-impaired, writing grants, creating websites, calling isolated senior citizens, etc.) which can be found at <https://www.stlvolunteer.org/volunteerfromhome>. The United Way

continues to update this site as more organizations are offering virtual volunteer opportunities. If a Fontbonne Community member does not already have an STLvolunteer account, the attached document describes how to sign up!

Pause for Peace: Campus Ministry is continuing the "Pause for Peace" program via social media and email. We invite people to spend 1 min in silence to reflect on internal, local, national, and international peace from noon - 12:01 on Mondays.

Mass: Join us for Sunday Mass each week at 7PM in the Doerr Chapel. Masks and Social Distancing are required.

Prayer during this Difficult Time: Holy One, I need You in this time of turmoil. I ask that You would grant me that peace that surpasses understanding. I need that kind of peace that rules over my mind and heart despite the fear I experience due to the pandemic and the intense social unrest. I know I cannot go through all of this on my own, and I know that with You, nothing is impossible. Always remind me that You are always there beside me, Holy One wherever I am and whatever comes my way.

Stay informed about **Campus Ministry** news and events [here](#).

Stay up to date with the most recent communications about our Griffin Return Protocols and resources available to you by clicking [here](#)

**Have news to share in an upcoming issue of this mailer?
Email Janelle Julian at jjulian@fontbonne.edu by Fridays at noon.**



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