

9/1/10

Dear Families of Lower School Students,

I hope you found last Friday's special email update to be helpful to your family's busy schedule. These past two weeks of school have been filled with learning, building friendships, and having fun and we want to share news with you through bi-weekly updates. Below is the September 2 bi-weekly update for your information and planning.

As always, please do not hesitate to contact me with any questions.

With God's grace,
Jan White

Lower School Update for September 1, 2010

Back to School Night is scheduled for Thursday evening, September 2, 6:30 a.m. The evening will begin promptly at 6:30 p.m. in the theater with Principal Steve Hammond, followed by time for visits with classroom and specialty teachers, as well as representatives at our information tables. Sharpen your pencils and come to school, parents! Note: We are unable to provide childcare on site for this event. Thank you for your understanding. See attachment, *Back to School Night*.

Weather Watchers Be Aware of Hurricane Earl and associated weather conditions that may impact our community early Friday morning. If any school activities need to be rescheduled because of the weather, we will announce this information on our web page, main office voice mail, email, and local news channels as necessary. Saint Patrick Catholic School does not follow local school district or area schools when making decisions about inclement weather delays and closings.

Larchmont Elementary School begins Tuesday, September 7. We are aware that Larchmont has changed their dismissal time to 3:20 p.m. and that this will impact our school's dismissal traffic. We have asked for support and a traffic assessment from the City of Norfolk. We appreciate your patience as we aim to make the journey down Bolling Avenue as safe as possible.

Snapshots at Saint Patrick Catholic School begin again on September 9th at 8:00 a.m. These Snapshots are brief gatherings where we share our school's story with friends in the community. For more information, please visit http://www.stpcs.org/tour_stpcs.html

Parent Networks are starting this month. This grade level parent support group, facilitated by STPCS parents, is a great opportunity to share information and to feel "connected." The schedule for these networks are attached, *Parent Network Update*

Strings classes for violin, viola, cello, and guitar (acoustic, electric, bass) begin September 12. If you have a Yo Yo Ma or a Carlos Santana in grades 1-8, please encourage them to join this early morning group. See attachment: *Zero Bell Strings*

After School Activities online registration begins Sunday, September 5. For more information and to sign your child up for fall activities, please see the attachments: *Fall LS After School Activities, Fall 2010 Chinese Program, spcsregform, and StPatrick'sdanceflyer.*

“Captain, My Captain!” The Returning Thanks Breakfast is scheduled for Tuesday, November 16 at 8:15 a.m. If you have committed to be a table captain or are interested in hosting a table, please join the “kick-off” to this important fundraising event on September 14 at 7:45. Please email Charlotte Chandler, cchandler@stpcs.org to let her know if you will attend. If you are interested in hosting as Table Captain for the Returning Thanks Breakfast, please contact Charlotte or Cathy Thaden at cthaden@stpcs.org.

Athletics Update – The fall sports season is underway and includes tennis, volleyball, cross country, soccer and more for our students. For information about athletics or to volunteer as a coach, please contact Director of Athletics Amy Lynch at alynch@stpcs.org. See also attachment: *Athletic News and Updates September*

The Petits Chanteurs and Chamber Ensemble of Holy Trinity Music School and Philharmonic Orchestra of Port-au-Prince, Haiti. The proceeds from the concert at Saint Patrick Catholic School Theater will help to rebuild the church and school destroyed by the Haitian earthquake. A \$10 (or more) donation is requested for tickets that can be secured from The Church of Good Shepherd (7400 Hampton Blvd), Gray's Pharmacy (4712) Hampton Blvd. or Saint Patrick Catholic School, all of Norfolk. See attachment *Haiti Boys Choir*.

Sacramental Preparation for children is beginning at local parish churches. As the primary educators of children, parents are involved in preparing their children to celebrate the Sacrament of First Eucharist and First Reconciliation. Please contact your local parish for more information on the necessary steps for this journey.

Blessed Sacrament- Phone: 423-8305, Contact Sr. Regina

Our Lady of Victory – Phone: 444-7361

Sacred Heart Church - Phone: 625-6763 (Note: Parents of children preparing for their sacraments through Sacred Heart Church are asked to attend three sessions, beginning October 20. Students in grade 2 and older are welcome to enroll)

Saint Mary's Basilica of the Immaculate Conception – Phone: 622-4487

Jan White, M.Ed., Ed.S
Director of Studies and Lower School
Saint Patrick Catholic School
1000 Bolling Avenue
Norfolk, VA 23508
757-213-0843

*Saint Patrick Catholic School Faculty & Staff
invite all parents to attend the*

Saint Patrick Catholic School Back to School Night for Lower School Thursday, September 2nd

When

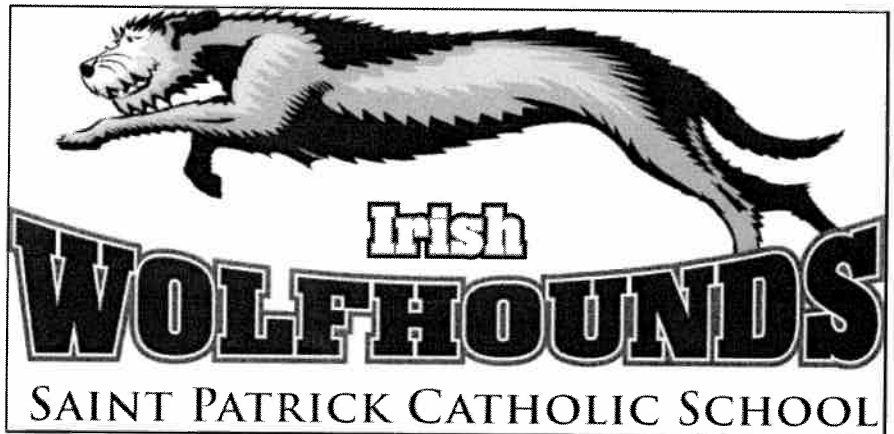
Thursday, September 2nd
at 6:30 p.m..

Where

Performing Arts Theater
followed by two sessions in the
pre-kindergarten to fourth
grade classrooms.

What

- Introduction & comments by
Principal Steve Hammond
promptly at 6:30 p.m.
- Classroom information
6:50-7:15 Session I
7:25 –7:50 Session II
- Please plan to visit our art,
music, physical education,
library, and foreign language
teachers, as well as our
information booths in the
connector.



*Sharpen your pencils and come spend
the evening learning about your
child's educational
experiences while meeting our
exceptional teaching staff!*

Mark Your Calendars:

Thursday, September 2nd

*Program starts promptly
at 6:30 p.m. in the Performing Arts Theater*

*Please note: This is an adult event. We are unable to
provide childcare on site for this event.*

Thank you for your understanding.

St. Patrick Catholic School
Zero Bell Music Options 2010-2011 School Year



Title: Strings

Grades: 1-8

Instruments: Violin, Viola, Cello

Levels: Beginner (0-1 Years Experience)

Intermediate (2+ years Experience)

Days of the Week: Tuesday-Beginner, Wednesday- Intermediate, Friday – Both Together

Cost: \$60/month (8 sessions offered per month and make-ups will be held in the event of school closings on scheduled days)

Time: 7:15am

Teacher: Dionne Wright, dwright@stpcs.org

Title: Guitars

Grades: 3-8

Instruments: Acoustic or electric guitars, bass guitar (acoustic guitar is preferred)

Days of the Week: Monday (Grades 3-4) Wednesday (Grades 5-6) and Thursday (Grades 7-8)

Cost: \$30/month (4 sessions, make-ups will be held in the even of school closings on scheduled days)

Time: 7:15am

Teacher: Mike Finn, mfinn@stpcs.org

Rental Information:

Quality Music
Chesapeake, VA
(757)512-7552

Calamas Musical Instrument
Norfolk, VA
(757) 622-2148

Music and Arts Center
Chesapeake, VA
(757) 366-0666

*CLASSES WILL BEGIN SEPTEMBER 12. Please contact us if there are problems with transportation.

Saint Patrick Catholic School
Fall LS Semester Student Activities Online Registration

Ciao Parents,

Please find the confirmed schedule of fall LS activities and descriptions of each attached. To register your child, please complete on-line registration as follows:

Online registration process:

Start Time: Sunday, 5 September at 2PM

End Time: Wednesday, 8 September at 2PM

If your child is interested in participating in one or more of the fall activities on the below list, please send an **email to:** sjessen@stpcs.org with the following information:

1. **Subject line: “name of club”.**
2. Child(ren)’s name, grade, teacher
3. State if enrolled in After Care on the day of the week the activity will be taking place
4. Parents name, phone number and emergency information (name, relationship to child, phone number).

Please remember, if your email is sent outside the timeframe stated above, it will not be counted.

Again, “grazie mille” for your support for our fall activities! If you have any questions, please do not hesitate to contact me.

Sincerely,

Sheila Jessen
Extended Care Director
213-0945

Chess – Rules, Strategies & More

Students learn the basics of the game and then start to expand their knowledge through chess challenges and games. Facilitated by a former Virginia State Champion, students of all ages are welcomed to participate.

Grades: K – 4th grade
Day & Time: Tuesday, 3:15 – 4:15PM
Club Fee: \$90
Months: September – December
Start Date: TBD

Chinese – Culture & Language

Come experience and learn the various aspects of Chinese culture and language. Brought to you by an Early Childhood Education specialist who speaks English, Mandarin, Malay, Hokkien and Cantonese – this activity is an introduction to basic writing, pronunciation, numbers and cultural history. This club will be limited to 15 students.

Grade: Pre-K – 6th grade
Day & Time: Monday, 3:15-4:15PM
Club Fee: \$90
Months: September – December
Start Date: Monday, 13 September

Message in Motion – Ministry Dance

Pre-K

This creative movement class is designed for children to explore movement and worship through dance, while being introduced to a variety of dance forms including Ballet, Tap, Hip Hop, and Jazz. Students will have the opportunity to present their dances at school programs. This class is open to boys and girls. Tap shoes required. Psalm 149: 3- "Let them praise His name with dancing."

Grade K-4 Class

Through a variety of dance forms including Hip Hop, Jazz, Tap, and Modern dance- learn to share God's message through the art of dance. This class is open to boys and girls with all levels of experience. Students will have the opportunity to minister their dances at school programs. Tap shoes required. Psalm 149: 3- "Let them praise His name with dancing."

Grade: Pre-K grade
Day & Time: Tuesday, 3:15-4:15PM
Club Fee: \$105

Grade: K – 4th grade
Day & Time: Thursday, 3:15-4:15PM
Club Fee: \$105

Months: September – December
Start Date: TBD

Months: September - December
Start Date: TBD

M&M for Kids: Movement & Mindfulness Yoga

M&M's for kids classes incorporate yoga postures, energy balancing techniques, visualizations....and a lot of FUN! Balancing the brain and yoga both have been shown to improve mental focus, increase relaxation, decrease stress and promote self-awareness and confidence both physically and mentally. 1st-3rd grade club will be limited to 10 students. 4th-8th grade club will be limited to 12 students.

Grade: 1st – 3rd grade

Day & Time: Wednesday, 1:15 – 2:15PM

Club Fee: \$90

Months: September – December

Start Date: Wednesday, 22 September

Grade: 4th – 8th grade

Day & Time: Wednesday, 2:30-3:30PM

Club Fee: \$90

Months: September – December

Start Date: Wednesday, 22 September

ESDA Karate Club

This hands-on program teaches the style of Tang Soo Do, a Korean decent form of martial arts which focuses on blocking, hand strikes, kicks, self defense and joint manipulation. Along with muscles, intensity and endurance, ESDA provides lessons for life and believes martial arts is more than fighting. The curriculum is designed to incorporate core values of focus, concentration, dedication, work habits, strong ethics as well as a well-rounded Martial Arts course of instruction.

Grades: Pre-K – 8th grade

Day & Time: Tuesdays and Fridays, 3:30-4:30PM

Club Fee: \$150

Months: September – December

Start Date: Friday, 10 September

Li'l Sprouts Garden Club

This hands-on club will allow your children to explore the wonders of learning about where vegetables come from, how to plant them from seeds and small plants and how composting benefits the planet. Each week our Li'l Sprouts will meet to plan, plant and tend their garden. When the vegetables are mature, they will be donated to a local charitable community organization for distribution to the needy. This club will be limited to 15 students.

Grades: Pre-K – 4th grade

Day & Time: Thursday, 3:15-4PM

Club Fee: \$30 (students currently enrolled in After Care on the scheduled day - \$15)

Months: September – December

Start Date: TBD

Sewing A B C's

Learn to sew one stitch at a time. This beginner hand sewing club will teach you stitching basics and help you develop your skills and enjoyment for sewing through fun, hands-on weekly sessions. This club will be limited to 12 students.

Note: There will be a one time supply fee of \$5.00

Grades: 3rd-6th grade

Day & Time: Wednesday, 1:30PM – 2:30PM

Club Fee: \$90

Months: September – December

Start Date: Wednesday, 23 September

Homework Helper

If you are a student who needs individual assistance with homework, a quiet place to focus on homework after school or improvement in your study habits, look no further. Homework Helper is your club. Since this club is designed to meet the specific needs of individual students, registration will be limited to preserve adult-to-student ratios. This club will be limited to 6 students per day.

Grades: 2nd - 4th grade

Day & Times: Monday, Tuesday, Wednesday & Thursday, 3:15-4:45PM

Club Fee:

- 1 session per week: \$40/month (students currently enrolled in After Care on the scheduled day - \$20/month)
- 2 sessions per week: \$70/month (students currently enrolled in After Care on the scheduled day - \$35/month)
- 3 sessions per week: \$110/month (students currently enrolled in After Care on the scheduled day - \$55/month)
- 4 sessions per week: \$150/month (students currently enrolled in After Care on the scheduled day - \$75/month)

Months: September – December

Start Date: TBD

Ballet Classes

We're excited to announce ballet classes are back! Whether you are experienced in ballet or just strapping on your ballet slippers for the first time, this club will be perfect for you. For registration information regarding ballet, please contact Lisa McCarty at 213-0856 to enroll.

Saint Patrick Catholic School
Parent Network Gatherings

Please join fellow parents to discuss age and grade-appropriate topics!
Questions? Please contact Cathy Thaden at cthaden@stpcs.org

Sept.13	Sixth Grade	Media Center	7 PM
Sept. 15	Kindergarten	Media Center	7 PM
Sept. 22	Fourth Grade	Media Center	7 PM
Sept. 23	Fifth Grade	Media Center	7 PM
Sept 23	Third Grade	Admissions Area	8 PM
Sept. 28	Second Grade	Media Center	7 PM
Sept. 29	Seventh Grade	Media Center	6:30 PM
Sept. 30	Eighth Grade	Media Center	7 PM
Oct. 1	First Grade	Burlingame's	6 PM

Les Petits Chanteurs and Chamber Ensemble
of
**Holy Trinity Music School (Port-au-Prince, Haiti)
and Philharmonic Orchestra**



In Concert

**Saturday, September 11, 7 p.m.
St. Patrick's School, 1000 Bolling Ave,
Norfolk, Virginia**

RECEPTION TO FOLLOW

In January 2010, the Holy Trinity Music School was destroyed in the Haitian earthquake. Holy Trinity Music School is the only music school of in Haiti, and its orchestras, choral groups, and concert hall are gems in the country's crown. The school offers music education to children of all economic classes through two locations in the Port-au-Prince area. This tour is to raise funds to rebuild the school. This concert is sponsored by the Episcopal Church of the Good Shepherd, Norfolk. The choir will also be part of the worship service at Good Shepherd on September 12 at 10:00, 7400 Hampton Boulevard, Norfolk, Virginia.

Tickets are \$10.00 donation (feel free to make a greater donation to support the rebuilding of the church and school). and can be purchased at:

The Church of the Good Shepherd 7400 Hampton Blvd in the main office
Gray's Pharmacy at 4712 Hampton Blvd. at the register or at
St. Patrick Catholic School at 1000 Bolling Ave. in the front office.

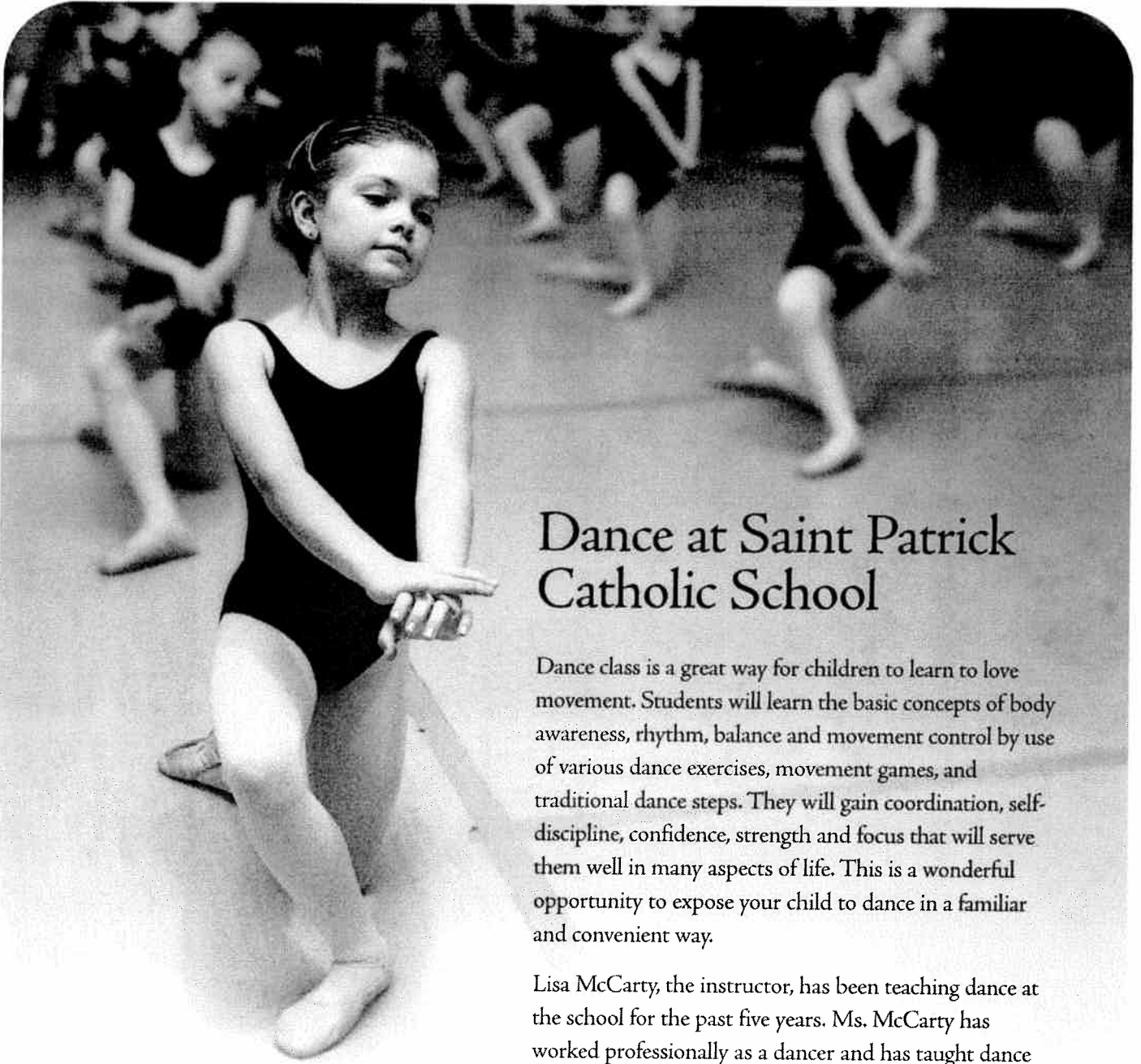
For more information: call Beth Parker at (757) 639-9193 or Sharon Lucas at (757) 423-3230 extension 4

Athletic News and Updates

- 7th and 8th grade girls interested in playing Volleyball please sign up in the gym office.
- Attention Cross-country runners: Practice has started but runners are still welcome to join in...practice for 4th graders and above are every Monday, Wednesday and Friday at 5pm on the back fields.
- We are in need of a 2nd grade boy's soccer coach. If you or someone you know can help, please e-mail Amy Lynch at alynch@stpcs.org
- Basketball signups will be Tuesday, September 21; Wednesday, September 22 and Thursday, September 23 in the Saint Patrick Gym from 6pm-7pm each night. Please remember parents need to be there to sign up your child. You must show a proof of birth and pay the registration fee at that time. Senior/Junior players \$60 and Midgets players \$45
- Tennis signups will be coming soon. If your 4th- 8th grader is interested in learning some basic tennis skills consider

signing them up for Tennis Club. Details will be given out soon.

- Fall Coaches meeting is Thursday, September 9th at 6:30 pm in the gym.



Dance at Saint Patrick Catholic School

Dance class is a great way for children to learn to love movement. Students will learn the basic concepts of body awareness, rhythm, balance and movement control by use of various dance exercises, movement games, and traditional dance steps. They will gain coordination, self-discipline, confidence, strength and focus that will serve them well in many aspects of life. This is a wonderful opportunity to expose your child to dance in a familiar and convenient way.

Lisa McCarty, the instructor, has been teaching dance at the school for the past five years. Ms. McCarty has worked professionally as a dancer and has taught dance for over 20 years.

She will be offering the following classes this Fall:

<u>Ballet I</u>	1:30 to 2:30 on Wednesday for Grades Kindergarten and 1st
<u>Ballet II</u>	2:45 to 3:45 on Wednesday for 1st, 2nd and 3rd Grade or with teacher permission
<u>Jazz I</u>	3:55 to 4:55 on Wednesday for 2nd and 3rd Grades or teacher permission

Cost: \$25 registration fee and \$180 tuition for classes from September 8th to January 12th plus a performance on May 1st.

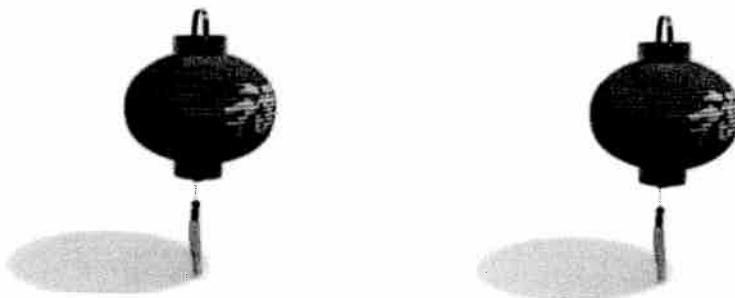
Classes will begin Wednesday, September 8th.

Please call 213-0856 to enroll.

If no answer, please leave a message.

The classes will be held on the school's theater stage where there is access to mirrors, barres and a dressing room.

Chinese Cultural Class



Time: 3.15pm – 4.15pm

Day: Monday

Grades: PreK - 6

Teacher: Meishi Lim Haslip

This program includes the following:

Culture Learning

History of China

Basic Speaking

Basic Writing

Basic Reading

Chinese Zodiac

Chinese Perspectives

Chinese Music and Meditation

Lots of hands-on activities & ETC.....

This objective of this program is designed to teach the concept “diversity”. It exposes children to Chinese culture and prepares them to be more globally-minded.

“Cultural differences should not separate us from each other, but rather cultural diversity brings a collective strength that can benefit all of humanity.” ~ Robert Alan

“Let your vision be world embracing...” ~ Bahauallah

Saint Patrick Catholic School
Dance Registration Form and Class Information

Name of Child _____

Date of Birth _____ Grade and Teacher's name _____

Parent Name (s) _____

Address _____

Home Phone _____ Work Phone _____ Cell Phone _____

Email address _____

Class Registering For

Wednesday Ballet I _____ 1:30 to 2:30 (Kindergarten and 1st grade or teacher permission)

Wednesday Ballet II _____ 2:45 to 3:45 (1st, 2nd or 3rd grade or teacher permission)

Wednesday Jazz I _____ 3:55 to 4:55 (2nd or 3rd grade or teacher permission)

Cost: \$25 registration fee plus \$180 tuition for Fall/Winter Semester 2010/2011

Classes are limited to ten students each. Acceptance will be on a first come first serve basis. **Completed forms** need to be given to the front desk by **September 3rd**. Please save this bottom portion for reference.

DO NOT SEND PAYMENT WITH FORM. The school will bill you.

Classes will meet at their designated time on the school theater stage **beginning September 8 and ending January 12th.**

After class, students will be kept in the theater (with the teacher) or taken to the front office or aftercare if there is no one to pick them up after ten minutes.

There is a dressing room behind the stage where students may change before class. Ballet class attire for girls is a solid colored leotard with no skirt, pink tights and pink ballet shoes. Hair should be in a ponytail or bun. Boys will wear a solid color t-shirt and shorts or sweatpants with black ballet slippers.

Jazz class attire for girls is a solid color leotard and pink or tan tights. They may also wear a form fitting t-shirt OR shorts if desired. Boys will wear a solid color t-shirt and shorts or pants. Both boys and girls should wear black jazz shoes. All dance shoes are best purchased at a specialty dance store.

Please feel free to contact me with any questions. My email address is lmccarty@evolv-design.com or call me at 423-4037.

~Lisa McCarty