

Jan White

To: Jan White
Subject: STPCS December 1 LS Update

Dear Families of Lower School Students,

As I visited a daily prayer site, I was reminded of the purpose behind Advent – the most beautiful and profound time of the Christian year. Today’s reflection on www.sacred.space.org is worthy to share with you in its full form:

Advent means ‘coming’, and the season is about our waiting for the most mysterious and wonderful coming of all, into the heart of our lives, our needy lives. The words of St Paul are relevant: ‘It is full time now for you to wake from sleep. For salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light’ (Rom 13:11-2). So over and over, from the heart of the Christian people, and down through the centuries, the prayer has gone up: ‘Show us, Lord, your steadfast love. And grant us your salvation’. ‘Come, Lord, and bring us peace. Let us rejoice before you with sincere hearts’. And we can pray now: ‘Lord, help us to wait, with patience, with longing, for your coming – your coming into our poor lives. As once your people waited, and you came in our midst as a child, to be among us - so help us now to wait, and hope, and love what we wait for: your coming, and your peace’.

During this special time of waiting, we have planned many events for our community to come together to celebrate, learn, help, and pray. I hope you will join us as often as you can. The biweekly update is provided below for your planning.

With God’s grace,
Jan White

- **Athletic Update and News**—Join us on December 3 at 2:15 for a pep rally to introduce our basketball players, cheerleaders, and coaches. All students wear their school uniform but may also wear a basketball or cheerleading top over their uniform shirt. Students not participating in a winter sport may wear a STPCS shirt over the top of their uniform. The basketball season opens on Saturday, December 4. Please see details about the pep rally and other news *attached*
- **Learning Resource Center** – The Learning Resource Center’s services has been expanded to include after hour tutoring and homework guidance. For more details, see the *attachment* and contact Karen Roy at kroy@stpcs.org
- **2011 Spring After School Clubs/Activities Online Registration Begins December 5** - Our most popular clubs are returning in January, along with some very exciting new clubs. For a complete list of after-school activities, including descriptions, schedules, fees and online registration details, please see the *attachments*. All clubs/activities information can also be found on our website at 222.stpcs.org under the “News and Information” link. Register early!
- **VIRTUS training** will be hosted by STPCS on December 7 at 6:00 p.m., STPCS will host the VIRTUS training for registered participants. All volunteers and employees must complete the Diocesan VIRTUS training and maintain active certification. To register and read more about VIRTUS, visit www.virtusonline.org
- Visit **D’egg West** on the first Tuesday of every month. This December 7, eat hearty and help Saint Patrick Catholic School. 10% of the cost of your meal will be generously donated to our school. What a deal! Enjoy some great food and help STPCS at the same time.
- **Christmas Elves Shopping Spree** – Sacred Heart Church will open a *Elf Shop* on December 11, 12-4:00 p.m. for children to buy gifts for family and friends with all gifts just \$4 each. The event will be organized by middle school students for younger children. The proceeds for

the shopping event are dedicated to Humanity Youth Build's fundraising goal of \$3000.

Attachment

- **101 Positive Principles of Discipline** – Dr. Katharine Kersey, author and creator of the 101 Positive Principles of Discipline, will lead a parent chat on Tuesday, December 14 from 4:00-5:00 p.m. in the STPCS Media Center. Parents, come to learn, discuss, and strategize about using positive discipline principles with your own children. This event is open to all Saint Patrick Catholic Parents of children birth to age 10 who are interested in using discipline strategies with their children that teaches respect, promotes autonomy, and maintains connections. Childcare options are available; please refer to the *attachment* for more information.
- **Parent Collaborations** are individually scheduled for Wednesday, December 15. Please contact your child(ren)'s teacher if you would like to collaborate on this day or at another mutually agreeable time.
- **Christmas Strings Concert** - On December 16 at 7– 8:00, the Saint Patrick Catholic School String Orchestra and Guitar Ensemble will send you to a winter wonderland with seasonal music. Come celebrate the talents of our players and be merry!
- **Christmas Program** – In the STPCS Wolfhound Tradition, students in grades kindergarten through eight, under the direction of Christopher Kypros, will sing songs for the holiday on December 20. Program times are scheduled for 8:30 a.m. and 1:00 p.m. and the program will highlight every grade level. Two day-time performances were selected in the beginning of the year to accommodate as many to parents' schedules as possible, to safely seat audiences with limited seated in the theater, and to ensure that even our youngest students would be in attendance during day time performances. The students are asked to wear their dress uniforms for the day.
- **A Warm Heart Will Keep Others From the Cold** – In the coming weeks, the school will be collecting items to help homeless members of our community who visit the NEST program at local churches. Students and their families are asked to donate to the front office gently used coats and blankets, as well as new men's athletic socks, hats and gloves.
- **Rosary** - Consider joining us on Fridays at 2:45pm in the Chapel for the rosary. We have many community members who are in need of our prayers. Please don't hesitate to come join in our prayer group and share in God's love.
- **Principal's Podcast** – Have you listened to Steve Hammond's podcasts? Listen to chapel reflections and other *Principal Podcasts* at http://www.stpcs.org/news/category/principals_corner/ and chat with your family about the weekly gospel.

Athletic News and Updates

- Pep rally is Friday, December 3rd at 2:15 in the gym. All students must wear their school uniform but they may wear a STPCS basketball/cheerleading top over top of school uniform shirt. If your student does not play a winter sport they may wear a STPCS shirt over top of their school uniform.
- Basketball game opener is this weekend, December 4th and 5th. Come out and support the wolfhounds.
- Wednesday, December 1st is the last day we are accepting donations for personal hygiene products for our lower school NEST project. Tons of donations have come in and I am excited to get the final count and let everyone know. Thanks for your help with this amazing project.
- If you played on a STPCS soccer team or run CC for STPCS please give your uniform back to your coach as soon as possible.

LEARNING RESOURCE CENTER

A Benefit to Our Program

Learning Resource

Intervention level instruction provided during the school day by a reading specialist with training in achievement assessments, best practices for students with learning differences, and direct and explicit instruction for the struggling reader. Teacher-to-student ratio is typically 1:1 with groups not exceeding 1:3. Pre- and Post-assessments may include the Woodcock Johnson Diagnostic Reading Battery III (WJ-III), Dynamic Indicators of Early Literacy Skills (DIBELS), Kaufman Test of Educational Achievement 2nd Edition (KTEA-II), and the Test of Written Language 4th Edition (TOWL 4). Guided by achievement data, student work samples, and teacher observation, the LRC teacher will provide direct and explicit instruction to strengthen skills. Through regular collaborations with classroom teachers, division directors, and parents, the LRC teacher will create specific and measureable goals and plans for each session. A Differentiated Educational Plan (DEP) is created and monitored for each student and includes background information, areas of focus, and recommended accommodations in the areas of environment, presentation of material, test administration, scheduling, classroom management, and homework.

Time 2 times per week or 6 day cycle

Tutoring

Tutoring by master level teachers -teachers with specialized training or endorsement in reading, writing or mathematics and who have consistently demonstrated implementation of best practices in the class room - will be available to help students achieve grade level expectations and competencies. Teacher-to-student ratios will be no more than 1:2. The teacher will provide direct and explicit instruction to strengthen specific and predetermined skills. Through regular collaboration with classroom teachers, the Learning Resource Coordinator, division directors, and parents, the tutor will create specific and measureable goals and plans for each session. Students may enroll for tutoring services in one of the following areas: mathematics grades 1-6, advanced math (pre-algebra, algebra, geometry) grades 7 & 8, or reading and writing grades 1-8. Number of sessions provided to each student based on student need and teacher availability.

Time M, T, W & TH Before & After School

Homework Guides

Saint Patrick Catholic School Teachers or Teacher Assistants are available to guide students through their assigned homework in small groups. Guide-to-student ratios will be no larger than 1:5. The adult will provide 1:1 guidance and re-teaching of skills as necessary. The guide will follow-up with classroom teachers and parents to determine if the student is meeting the expectations for homework and adjust support as needed.

Time M, T, W & TH After School

Saint Patrick Catholic School
Spring LS Semester Student Activities Online Registration

Ciao Parents,

Please find the confirmed schedule of Spring 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 December at 2PM

If your child is interested in participating in one or more of the spring 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).

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

Sincerely,

Sheila Jessen
Extended Care Director
213-0945

Chinese – Culture & Language

Experience this fun, interactive way to 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 hands-on 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: \$150 (\$30/month)
Months: January - May
Start Date: Monday, 10 January

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 – 8th grade
Day & Time: Tuesday, 3:30 – 4:30PM
Club Fee: \$150 (30/month)
Months: January - May
Start Date: Tuesday, 11 January

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: \$250 (\$50/month)
Months: January - May
Start Date: Tuesday, 4 January

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.

Guiding Young Minds (G.Y.M.) Basketball

Guiding Young Minds is an after school basketball program designed for elementary school students ages 5-13. It is a great way to learn new skills or

sharpen skills you already have. The club will focus on playing both offense and defense. Your child will be introduced to drills that teach PROPER ball handling, shooting, passing techniques and much more!! Students will work hard with FUN and competitive drills that will challenge their skills! This club will be limited to 20 players per group. For more information go to www.ndbasketballservices.com

Grades: K – 2nd grade

Day & Time: Wednesday, 1:15-2:15PM

Club Fee: \$225 (\$45/month)

Months: January – May

Start Date: Wednesday, 5 January

Grades: 3rd – 5th grade

Day & Time: Friday, 3:30-4:30PM

Club Fee: \$225 (\$45/month)

Months: January – May

Start Date: Friday, 7 January

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. 3rd-5th grade club will be limited to 10 students. 4th-8th grade club will be limited to 12 students.

Grade: 3rd - 5th grade

Day & Time: Wednesday, 1:15 – 2:15PM

Club Fee: \$150 (\$30/month)

Months: January - May

Start Date: Wednesday, 5 January

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 10 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: \$150 (\$30/month)

Months: January - May

Start Date: Wednesday, 5 January

ZumbAtomic

Music + Dance + Exercise = FUN! This class is specially designed for children ages 4-12 using the Zumba Fitness concept. This means a Latin inspired, dance fitness class combining fast and slow rhythms and incorporating aerobic, interval and resistance training, **all 100% kid friendly.**

Grades: 3rd – 4th grade

Day & Time: Thursday, 3:30-4:15PM

Club Fee: \$150 (\$30/month)

Months: January – May

Start Date: Thursday, 6 January

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: K – 6th grade

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

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

Months: March - May

Start Date: TBD

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: 1nd - 4th grade

Day & Times: Monday, Tuesday & Thursday, 3:15-4:45PM; Wednesday 1:15-2:45PM

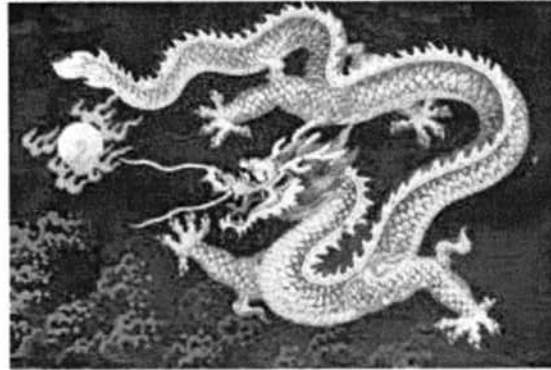
Club Fee:

- 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: January - May

Start Date: Monday, 3 January

Chinese Dragon Club



Experience this fun, interactive way to 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 hands-on program provides an introduction to basic writing, pronunciation, numbers and cultural history in a creative learning environment. By the end of the club, children will be exposed to the Chinese culture and the concept of “diversity” to broaden their understanding of other cultures.

Grades: PreK – 6th **Day:** Monday **Time:** 3.15pm – 4.15pm
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

“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



CHESS INSTRUCTION BY *E. RODNEY FLORES*

SERVICES

- ◆ GROUP LESSONS
- ◆ PRIVATE LESSONS- IN PERSON & VIA PHONE

CREDENTIALS

- ◆ 1998 VIRGINIA STATE CHAMPION
- ◆ 1996 AND 1998 HAMPTON ROADS CHAMPIONS
- ◆ 4-TIME PORTSMOUTH CHAMPION
- ◆ 4TH PLACE ENTIRE U.S. NAVY, COAST GUARD & MARINES 1993
- ◆ 2ND PLACE BLITZ TOURNAMENT FOR ENTIRE U.S. NAVY, COAST GUARD & MARINES 1993
- ◆ MEMBER OF U.S. NATO CHESS TEAM 1993
- ◆ TOP USCF RATING 2141
- ◆ TOP FIDE RATING 2263

EXPERIENCE

- ◆ 1998-1999 COACHED HICKORY HIGH SCHOOL CHESS TEAM TO CITY CHAMPIONSHIP
- ◆ 1998-2000 TUTORED VIRGINIA ELEMENTARY & MIDDLE SCHOOL STATE CHAMPION NELSON LOPEZ II
- ◆ TOP STUDENT GAINED FULL 4-YEAR SCHOLARSHIP TO UNIVERSITY OF DALLAS AT TEXAS FOR CHESS

TOPICS COVERED

- ◆ ANALYSIS OF GAMES BY U.S.C.F. CHESS EXPERT
- ◆ FORMATION OF OPENING REPERTOIRE
- ◆ MIDDLEGAME EXERCISES
- ◆ ENDGAME STUDY- KING & PAWN, MINOR PIECES, ROOKS, ETC.
- ◆ TACTICAL PROBLEM SOLVING
- ◆ MOTIF RECOGNITION

CONTACT INFORMATION

757.582.2999

rflores@pinnaclegrpeng.com

Eagles Self-Defense Academy

After-School Karate

Benefits of ESDA Karate:

- Pre-K through 8th grade
- Helps students:
 - Improve grades
 - Become more focused
 - Improve behavior
 - Plus much more



For more information please contact us or visit our website:

(757) 480-5282

<http://www.bassai.biz>
bassai@cox.net

Spring 2011 ESDA Karate Club

Beginner Level Karate Instruction
(2 sessions per week)
for only \$50.00 per month!

Classes will be held at Saint Patrick from 3:30-4:30PM on Tuesdays and Fridays beginning Tuesday, 4 January through Friday, 27 May

Master Jack Meservey, Ph.D.

6th Dan, Tang Soo Do

Member, US Martial Arts Hall of Fame

Member, VA Black Belt Hall of Fame

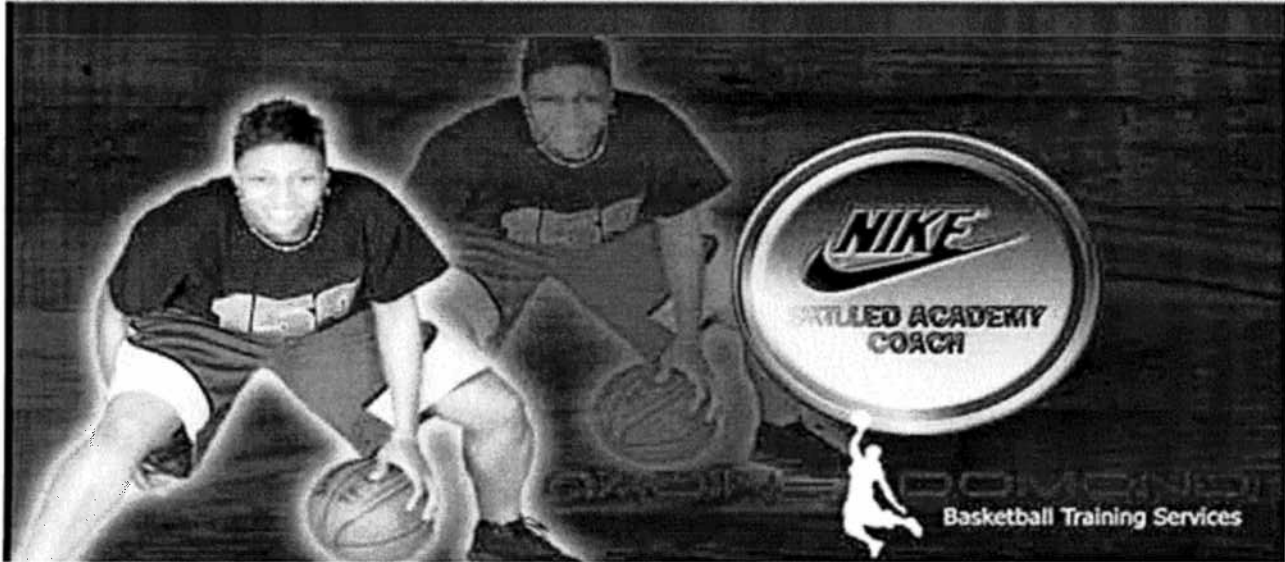
ESDA is a member of Karate for Christ International

Online registration process:

Start Time: Sunday, 5 December at 2PM

If your child is interested in joining Eagles Self-Defense Academy Club, please send an **email to:** sjessen@stpcs.org with the **subject line: ESDA Club**. Provide the following information in your email: your child(ren)'s name, grade, teacher, if enrolled in After Care on Tue and Fri., parents name, phone number and emergency information (name, relationship to child, phone number).

Guiding Young Minds Basketball Program



STPCS is proud to welcome Nadine Domond, former WNBA player and founder/director of G.Y.M.

Guiding Young Minds is an after school basketball program designed for elementary school students ages 5-13.

It is a great way to learn new skills or sharpen skills you already have. We will focus on playing both offense and defense. Your child will be introduced to drills that teach PROPER ball handling, shooting, passing techniques and much more!! Students will work hard with FUN and competitive drills that will challenge their skills!

Minimum: 15 players per group - Maximum 20 players per group

For more information go to www.ndbasketballservices.com

ABOUT Founder and Director of GYM- NADINE DOMOND

Nadine Domond is fast becoming one of the world's leading female basketball trainers. She has traveled overseas working and conducting personal and team training as well as camps and clinics. Nadine brings lots of passion and energy that is unmatched by any other.

Nadine Domond has had an illustrious career at the high school, college, and professional level. Upon graduating from Iowa in 1998, Nadine was one of the pioneers of the WNBA, where she was a second round pick and member of several WNBA franchises. Nadine has proudly served over 5000 boys and girls basketball players ages 6-18.



A fun and contemporary fitness and dance club using music with Latin American, African and hip-hop beats!!

Learn more about ZumbAtomic at www.ZumbAtomic.com. Watch a video to see what all the excitement is about! Just search ZumbAtomic video and click on any of the clips.

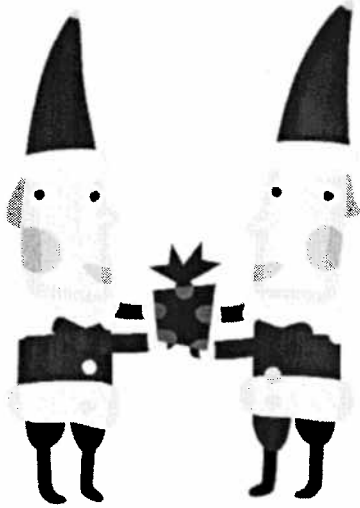
Classes will be offered with Tamara Schwerin, Certified Zumba and ZumbAtomic Instructor.

WHO 3rd- 4th grades (boys and girls)
5th-8th grade (girls only)

WHEN 3rd-4th grades - Thursdays 3:30-4:15
5th-8th grade girls- Thursdays 4:30-5:30
The 5th-8th grade club will include 15 minutes of devotional and discussion time

COST 3rd-4th grades- \$30.00/month
5th-8th grades-\$35.00/month

Club Capacity of 25 Students!!
Club Begins January 6th, 2011



Christmas Elves Shopping Spree!

Saturday, December 11, 2010 noon-4pm

Sacred Heart Church

520 Graydon Ave. Norfolk 23507

Kids (2-12) can shop for gifts for family and friends.

All gifts just \$4 each.

Fill out a checklist when you arrive. Provide name, age and gender of those the child is shopping for. A volunteer elf will help your child shop if needed. Gifts will be wrapped and tagged.

100% of the proceeds will be donated to
Habitat for Humanity South Hampton Roads
Youth Build. Additional donations welcome!

<http://www.shrhhabitat.org>



Sponsored by the youth of Sacred Heart

You are invited to attend a

PARENT CHAT

Featuring

Dr. Katharine Kersey

Author & Creator of the 101 Positive Principles of Discipline
Renowned expert on children and behavior

Tuesday, December 14th 4:00-5:00
Saint Patrick Media Center

Reserve your spot by Monday, December 13th
Contact Jamye Brown, jbrown@stpcs.org or 213-0847

- ✦ Learn how the 101 Positive Principles of Discipline are used throughout the lower school
- ✦ Strategize with Dr. Kersey about how to handle specific behaviors
- ✦ Join with parents of children birth through age 10 to discuss using Dr. Kersey's principles at home
- ✦ Discover how to stay connected, encourage autonomy, and foster respect even in difficult situations

**If you would like to attend the Parent Chat and your student is not enrolled in After Care, "drop-in" care is available. Contact Sheila Jessen sjessen@stpcs.org or 213-0745 by Friday, December 10th to arrange a "drop in" for the Parent Chat. The fee is \$12.00 per drop in.

**If you have children younger than 4 who are not enrolled as students and you are interested in childcare during the Parent Chat, please contact Jamye Brown by Tuesday, December 7th. We will do our best to arrange childcare for your little-bitties. This is only for children too young to be students at Saint Patrick Catholic School.