

Jan White

Subject: STPCS Biweekly Update February 3

Dear Lower School Parents,

We are engaged in a full week of activities during Catholic Schools Week that will bring BIG benefits for our community. We thank you and your children for living the beatitudes through prayer and action during the charitable service project of bringing canned food and snack foods for Catholic Worker and ForKids. The students learned from guest speakers, priests, and their teachers how much these contributions help others who cannot currently help themselves.

This week, we also passed the 100th day of school and, according to Punxsutawney Phil, we will be experiencing spring-like weather in the near future. Until the warm temperatures stay in town, I hope you and your family are taking care of your health and balancing the busyness of school, work, and home. To help plan for the days ahead, please review the update items, especially the information about the parent satisfaction feedback survey and the exciting opportunity to hear about parent education sessions by the author of Peaceful Parenting and Why Kids Act That Way.

If I can be of further assistance, please do not hesitate to contact me at jwhite@stpcs.org or 213-0843

With God's grace,
Jan White

Athletic News – On Friday, February 4th 11:45-12:10 (end of Catholic School's week) we will have a short pep rally to honor our friend, "Big Blue" and to discuss Catholic School's week service projects and "evenings" competition. All students are invited to wear a STPCS shirt with uniform bottoms on Friday, February 4th. Other News and information about the STPCS Winter Awards Nights, Field Hockey Registration, and John Rope for Heart is detailed in the *attachment*.

Learning About Middle School – Parents of Fourth Grade Students are invited to a special evening scheduled for Wednesday, February 9th at 7pm. Join us in the media center to hear 5th grade parents' stories, strategies for success, and experiences as 'new Middle School parents,' From cubbies to lockers, homeroom to advisory – 5th grade is an important year for your child(ren) and we are eager to start this memorable process with you! For questions or additional information, contact Kathleen Sharp at ksharp@stpcs.org

Parent Satisfaction Survey - The faculty and staff at Saint Patrick Catholic School are committed to continuing our trend of using best practices inside the classrooms as well as in every other aspect of school life. As members of the Wolfhound community, you know our motto, "Quality always improves." It is in this spirit that we are launching our first Parent Satisfaction Survey. We intend to ask for feedback from our parent community at least twice yearly. The data gathered will be used immediately to find areas that require more attention, more investigation, or further clarification. In addition, this information will be instrumental in helping the school board in its strategic planning process. Please follow this link <http://vista-survey.com/survey/v2/survey2.dsb?ID=8167954391> and complete the Parent Satisfaction Survey by Wednesday, February 16th. Should you have any questions about the survey, please contact Jamye Brown jbrown@stpcs.org or 213-0847. Thank you for your time and your invaluable feedback

Extended Care Offered for Non-School Day 18 February – To plan properly for the next non-school day, Friday, 18 February, interested parents are asked to complete and return the attached

non-school registration form to sjessen@stpcs.org as soon as possible. A minimum of 20 registered students is needed to offer this non-school day service. Please register early! For questions, please contact Sheila Jessen at 440-5500, extension 745 or sjessen@stpcs.org

Report Cards for the second quarter of the school year are posted to NetClassroom for grades 1-8 and have been mailed to families of kindergarten students. For assistance with logging in to NetClassroom, please contact David Main at dmail@stpcs.org

Parent Collaborations are individually scheduled for Wednesday, February 16. Please contact your child(ren)'s teacher if you would like to collaborate on this day or at another mutually agreeable time.

Reading and More at the Library - All of the students have been introduced to the new titles that were nominated for the Virginia Readers' Contest. There are 10 books in your child's grade level that have been suggested by librarians and teachers as some of the best. The children will get to vote in April for their favorite and their votes count in determining Virginia's winner. Our students will have the opportunity to engage with each of the picture book titles through read-alouds in their library class. The chapter books are available for checkout. You can find the list of all of the Virginia Readers' Choice titles on our Media Center web page of the STPCS site. To find out what your child has been doing in the media center, read the *attached news from the library media center*.

Evenings at Saint Patrick - It is time again for adults to come back to school with over one hundred class offerings over a six week period. If you have not already enrolled in one of our many classes, please act now! Remember, your enrollment means fun for you and support for over 30% of our student body needing financial aid. An Evenings Catalog and information about our student challenge program to promote Evenings will be sent home with your child.

Spring Musical - Parents of our actors, actresses, and crew are asked to attend Parent Meetings on Feb 16th & 17th (Please join us for one.) Come get all the information on The Saint Patrick Theatre Dept. and our upcoming musical production and auditions. Please check the Theatre Arts page for audition times and dates. www.stpcs.org/performing_arts/

Why Do Kids Act That Way? Save the date on March 29 and/or March 30 for parent education sessions by author, developmental psychologist, trainer, educator, and parent, Dr. Nancy Buck. Dr. Buck's Peaceful Parenting Program teaches parents of children of all ages the skills necessary to navigate the push-pull relationship between themselves and their children. Peaceful Parenting Inc. teaches parents how to understand and interact appropriately with their children following their children's internal genetic instructions without relying on external rewards or punishment. Until our session, read the *attachment* and check out what Oprah and Friends have to say about Dr. Buck's Peaceful Parenting Program and read tips at www.peacefulparenting.com. More details will be forthcoming about this excellent parenting session and the subsequent book study and support sessions with Dr. Buck.

Rosary - Consider joining us on Fridays at 2:45 p.m. in the Chapel for the rosary. We continue to have many community members who are in need of our prayers. Please don't hesitate to join in the 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

- Friday, February 4th 11:45-12:10 (end of Catholic School's week) we will have a short pep rally to honor our friend, "Big Blue" and to discuss Catholic School's week service projects and "evenings" competition. All students are invited to wear a STPCS shirt with uniform bottoms on Friday, February 4th.
- Winter awards nights scheduled: Everyone should meet in gym with sports uniform on for team pictures and then bring school uniform to change into for awards. At all awards night, dessert will be served.
- Midgets, Wednesday February 23rd 6:30
- Juniors, Wednesday March 2nd 6:30
- Seniors, Wednesday March 9th 6:30
- Field hockey registration is going on now. If you plan to play field hockey forms must be in to gym office by February 4th.
- Jump Rope Heart- March 30, 2011 (forms will be sent home one month prior to event)

Saint Patrick Catholic School
1000 Bolling Ave., Norfolk, VA 23508
(757) 440-5500

Non-School Day Registration Form for 18 February 2011
Pre-K through 8th Grade Extended Care

Student Information

Name of Child: _____

Grade: _____

Age: _____

Address: _____

Parent Email: _____

Parent Phone Number: _____

Before Care (6:30-7:30am): Yes _____ No _____ Fee is \$7.00

After Care (7:30am-6pm): Yes _____ No _____ Fee is \$30.00

*Extended Care will be offered if we have a minimum of 20 children registered on the above listed day when school is not in session. For planning purposes, we ask that all registration forms be turned in no later than one week prior to the non-school day you are registering your child(ren) for. Your child(ren)'s reservation for Extended Care on this day will be confirmed via email. **Notification of cancellations is required a minimum of one week prior to the non-school day.** Otherwise, the full amount will be charged to your next tuition statement. We appreciate your cooperation and understanding.

Parent Signature: _____ Date: _____

It is with your help and encouragement of reading that we have managed to increase circulation of books through the Media Center. Our young students are working on computers in the Media Center. Of course, we have shared many stories. We have read about each of the holidays and seasons, as well as some fun selections and a few that teach us about ourselves and our world. The children always love the Book Fair and your generosity in purchasing is appreciated. Those that volunteer to help with it are also much appreciated.

Now that 2nd through 4th grade students are familiar with the Media Catalog process here in our library, try letting them practice at home (www.stpcs.org > Media Center > Media Catalog > click on school name), and at your favorite Public Library. The technology practice will help their keyboarding and spelling. As the first half of the year closes and we look forward to the second half, following are some of the things that Lower School students have done in the library:

- ❖ 3rd and 4th grade students have logins for Destiny Quest and have practiced using its components for personal accounts on the Media Catalog.
- ❖ 4th grade students have worked on creating brochures using Microsoft Publisher. We distributed flash drives and the students have learned to save their work to them and open their work from them.
- ❖ Kindergarten and 1st grade have begun to use the keyboard, recognizing the alphabet and getting familiar with some of the keys that provide maneuverability. Kindergarten has worked with capitalizing their names on the computer.
- ❖ 3rd grade has done a bit of 'quick reference' research for continents and explorers, using a table of contents, indexes, and almanacs.
- ❖ 2nd grade worked on determining the missing letters in a range of letters and practiced alphabetical order. They have worked with a table of contents for early research skills.
- ❖ 1st grade students enjoyed finding out about 'the old days' in a story of *Mailing May*, and they learned to write their complete mailing address.
- ❖ 2nd grade students enjoyed *The Precious Gift* at Christmas time and reflected on the gifts that they would like to give to others.

All of the students have been introduced to the new titles that were nominated for the Virginia Readers' Contest. There are 10 books in your child's grade level that have been suggested by librarians and teachers as some of the best. The children will get to vote in April for their favorite and their votes count in determining Virginia's winner. Our students will have the opportunity to engage with each of the picture book titles through read-alouds in their library class. The chapter books are available for checkout. You can find the list of all of the Virginia Readers' Choice titles on our Media Center web page of the STPCS site.

Elizabeth D. Woodard, School Librarian, ewoodard@stpcs.org

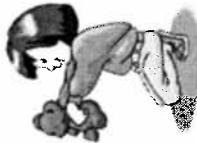
Peaceful parenting inc.

www.peacefulparenting.com

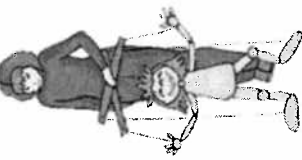
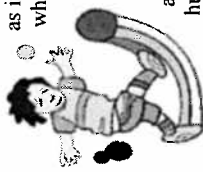
So when you ask your 7-year old to come inside for supper, your child hears your request as information. Based on what is going on for this child, he will behave accordingly. One child might decide to run inside as you have asked because he is very hungry. Or another child might decide to play one more inning of kick ball with her friends. Yes, she has heard your request. Yes, she wants to eat supper. But she also wants to play one more inning because it is her turn to kick and she knows she will kick the winning run!

HOW IS PEACEFUL PARENTING® DIFFERENT?

By now you probably realize that Peaceful Parenting® ideas are very different from other kinds of parenting practices that you have learned or read about. Certainly it is harder to practice Peaceful Parenting® than to simply threaten or bribe your child into following your directions or making what you consider to be the "right" choices. But what is the heart of the difference between Peaceful Parenting® and other programs?



Simply put, Peaceful Parenting® follows the idea that human beings are internally motivated. Children (and parents) do what they do because of what is going on inside of them. The world outside of the child (and the parents) gives the child information. But the child decides what to do with this information based on what is going on inside the child at the time.



Contrary to what you may have learned in other parenting programs, children cannot be manipulated into behaving just as we want them to. Unfortunately there is a lot of information in our culture that would lead parents to believe that they can, should and must control their children.

The reality is that people are not easily controlled. In fact the very urge to control others may result in those others resisting harder because they do not want to feel controlled. If people were as easily manipulated and controlled as our culture represents, you too would be easily controlled and manipulated.

For instance, do you have the ability to resist buying everything that is advertised to you in the media? Of course you do! Even the "bribes," positive reinforcements or carrots the advertisers offer with rebates and sale prices do not mean that you must purchase everything, willy nilly. You decide to purchase a product because you need or want a specific item, not because of the enticement of advertising.



Do you have the ability to resist your child's unhealthy or inappropriate request?

Even when your child punishes you by telling you she "hates you" or "won't love you any more if you don't give in to her way," you still have the ability to stick by your decision to answer your child's request with a firm "no" response. No matter how hard your child tries to externally control you, you can make a reasonable decision.

So why do we think it is otherwise with children? Simply because our children are smaller, less experienced and younger does not mean they are any more easily controlled or manipulated using external rewards and punishments.

Practicing Peaceful Parenting® means you understand your children are internally motivated by their genetic instructions for safety, love, power, fun and freedom. Practicing Peaceful Parenting® means you understand that you are also internally motivated by your genetic instructions for safety, love, power, fun and freedom.



Both parents and children experience the urge to control one another because parents and children are both born with the urge for

power. Luckily we are also both born with an urge for love. Our desire to stay connected with one another hopefully ameliorates our desire to win and control each other. Understanding this means the desire to follow Peaceful Parenting® ideas. It is harder, more challenging and more rewarding than trying to control our children using external control ideas. Peaceful Parenting also is more respectful of your child's capacities to learn and become a responsible adult.



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