

Jan White

Subject: STPCS Biweekly Update March 16

Dear Lower School Parents,

We were delighted with the participation of so many students and families at last Saturday's Knights of Columbus Saint Patrick Day Parade. Thank you for celebrating our school spirit by joining your Saint Patrick Catholic School family in the parade. The springtime weather brings many other events your way! As your schedule allows, we hope you will join us for more fun-filled events scheduled this month. Best wishes for a blessed Lenten journey ...



According to legend, during the fifth century, Saint Patrick used the shamrock to teach the Celts about the Holy Trinity. The three leaves attached to a single stem represented the unity of the Father, the Son, and the Holy Spirit in one God. If Saint Patrick came across a four-leave clover, he used the extra leaf to represent "God's grace."

With God's grace,
Jan White

Athletic News – Soccer, field hockey, golf, swimming – our students are engaged in many different athletic activities and want your children to come out and play! On Wednesday, March 30 students will participate in the Jump Rope for Heart, a one hour long jump rope activities to promote awareness about being "heart healthy." If your children are interested in refining their soccer and swimming skills, check out the STPCS soccer development academies and the Tidewater Aquatic Club Spring Clinic. For details about these activities and more, please read the *attachment*.

Feast on the Feast – If you have made reservations to attend the 7th Annual Feast on the Feast Thursday, March 17 from 5-7:00 p.m., please note that parking will be limited with the large number of people planning to attend. Carpooling, biking, and walking are smart options for such a beautiful day! We will begin promptly at 5:00 p.m. We look forward to celebrating St. Patrick's Day with our NEW Wolfhound families and you! Reservations are closed to date because we have reached our seating capacity. Contact Jamye Brown at jbrown@stpcs.org or 213-0847 with questions.

Mollie O'Brien & Rich Moore Concert – National recording artists, Mollie O'Brien and Rich Moore, will perform a concert to benefit our school on March 19 at 7:30 p.m. *Rolling Stone Magazine* gives them three stars and their sound has been described by *Music Row* as "a mixture of blues, acoustical folk and hybrid Americana." Tickets are \$15 for adults and \$10 for senior citizens and children 12 and younger. Free babysitting will be available to Saint Patrick Catholic School parents' children ages 4 and older. Concession of beer, wine, soda, and snacks will be available for purchase. Let's make it a date and see you there! To purchase tickets and for more information, visit www.stpcs.org/concert.

Musical Performance by Third Grade and the United States Air Force Brass Quintet – On March 24 at 8:30 a.m., our students in third grade will perform a musical show, *The Cuckoo*, by Sally K. Albrecht and Jay Althouse. The play is based on a Mexican folk tale about the day the cuckoo lost her colors. Please mark your calendar to come celebrate and support our students' talents. On March 29 at 11:40-12:25, the United States Air Force Brass Quintet will deliver a rousing performance for students. Families are welcome to join us.

Financial Aid Deadline – If you are planning to apply for financial aid, please remember that the deadline is March 31. Visit sss.nais.org to apply online or print the application included in the *attachment*. For questions, contact Jamye Brown at jbrown@stpcs.org or 213-0847.

Billion Tree Campaign Saint Patrick Catholic School is joining in a worldwide effort to promote environmental health. We will soon be providing a chance for all of our students and families to participate in a United Nations Environment Program called the *Billion Tree Campaign*. We will supply seedlings for you to plant and nurture as a way of raising awareness and improving urban deforestation right here in our own

community! Please help us to keep Hampton Roads GREEN by planting a seed of hope for the future. Please read the *attachment* about our plans to be good stewards of God's earth.

Book Exchange for Reach Out and Read Program – Saint Patrick Catholic School and the *Reach Out and Read Program* at Children's Hospital of King's Daughters will partner again for our second annual Book Exchange . From March 14 to March 30, please drop off one or more new or gently used children's books at the STPCS Library Media Center (textbooks not included). Each participant will earn one voucher that can be redeemed for a book from the donated selection on the Book Exchange Day, March 31, 8 a.m. to 4 p.m.

Looking for a Fun Time During Spring Break? Look no further than Nadine Domond's *School of Skillz Basketball Camp* at Saint Patrick Catholic School. This is a full-day camp open to students in grades k through 8. Before and after care are available. Please see the *attachment* for more information.

Wolfhound Weeks Summer Programs – We are pleased to announce the return of Wolfhound Weeks for the summer of 2011. There are a wide variety of camps offered from cooking to sports, to art, to much more! Camps are available to rising prekindergarten through rising 9th grade students. The summer programs are available June 6 through August 12. Before and after care are available between June 13 to August 5. Please visit our website at www.stpcs.org for information on camp and registration. For additional questions, contact Jamye Brown at jbrwon@stpcs.org or 213-0847.

Summer Uniforms and Hound Down Shop – With summer uniforms of polo shirts and skorts/shorts beginning on April 15, you may want to check out the Hound Down Shop. The Hound Down Shop will be open for business on Wednesday, April 6 from 11:00 a.m. to 1:00 p.m. in the STPCS lobby. Don't miss this opportunity to purchase gently used uniforms at substantially reduced prices. For questions or to volunteer before or during the sale, please contact Carol LaFauci at clafauci@verizon.net or 769-7775.

The Life of Christ Art Exhibit – James Tissot's *The Life of Christ* will be on exhibit March 23 at the Chrysler Museum of Art. The selection of watercolors in the exhibit embraces the whole of the New Testament narrative, moving from Christ's infancy and ministry to the culminating events of his Passion and Resurrection. Come tour the exhibit with your children to view the "Bible as art." Admission is free on April 9, Second Saturday Family Day. For more information visit <http://www.chrysler.org/news.asp>

Race to Nowhere Movie Screening – Mark your calendars! On the evening of Friday, April 8 in the Saint Patrick Catholic School Theater we will host our own screening of the recently released documentary, "Race to Nowhere." Tickets will be available online soon and we encourage you and your friends to purchase your ticket and join us for an important evening!

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.

A Year to Remember With Yearbooks – Yearbooks will arrive to our school in May. If you have not already made your purchase, you may do so online at www.jostensYearbooks.com or at the front desk of STPCS. These hardbound yearbooks are \$40 and checks should be made payable to STPCS. The supply is limited. Act now to reserve your copy of the year's mementos.

Peaceful Parenting Dates – Parent education sessions by author, developmental psychologist, educator, and parent, Dr. Nancy Buck, is scheduled for September 28 and 29. Please save the date to learn more about the *Peaceful Parenting Program*® that teaches parents of children of all ages the skills necessary to build happy, healthy relationships with their children, without the use of external rewards and punishment. To learn more about the *Peaceful Parenting Program*® or order Dr. Buck's books, *Peaceful Parenting* and *Why Do Kids Act That Way?* Visit www.peacefulparenting.com. For questions about the program, contact Jan White at jwhite@stpc.org or 213-0843.

Athletic News and Updates

- If your child is playing soccer please talk with their coach about receiving new soccer uniforms.
- Jump Rope Heart- March 30, 2011 (forms will be sent home one month prior to event)
- Field Hockey games start this Sunday, March 20th
- STPCS is hosting many of the Development academies for soccer....U9/U10 is on Mondays from 5:30-7:30 on front field, Wednesdays is U7/U8 6-7:30 on front field and Thursdays will be U5 /U6 from 5:30-6:30....all sessions are girls and boys.
- Golf will take place for 3rd grade and above will be later this spring....look for signups in April.



TIDEWATER AQUATIC CLUB
 Spring Sprint Clinic Flier
 Clinic Location: Old Dominion University
 Art Anthony (757) 450-2152 / Email Kolympo@yahoo.com

Tidewater Aquatic Club is pleased to announce the **Spring Sprint Clinic**. This program is a great opportunity to have your swimmers work with some AWESOME Coaches learning sprint racing from the start, through the swim, to the finish. The training, drills and kick sets will be geared to gaining speed while maintaining proper stroke technique. This clinic is for 6 and older swimmers that can swim multiple lengths of the pool unassisted. All coaching is done in water in a fun filled environment. This is a FANTASTIC way to prepare for those upcoming summer leagues.

Last Name	First Name (Swimmer)	Birth Date	Age
Street Address, City, State, Zip Code		Email address	

Parent/Guardian Name	Home Phone #	Work Phone #	T-Shirt Size
----------------------	--------------	--------------	--------------

Emergency Contact – Name and Phone #

TAC Spring Sprint Clinic: Price \$100. Price includes T-Shirt.
 Registration deadline: Friday, March 25th, 2011.
 Start Date: Wednesday, April 6, 2011.
 End Date: Wednesday, May 25th, 2011.
 ___ 5:00 – 6:00 PM Clinic (8 and under swimmers) (Limited to the first 30)
 ___ 6:00 – 7:00 PM Clinic (8 to 12 year olds) (Limited to the first 30)
 ___ 7:00 – 8:00 PM Clinic (11 and Ups) (Limited to the first 30)

Please contact Coach Art at the number above if you have any questions. **Please mail this form and check payable to TAC Swim Team to reserve your slot. Mailing address: TAC SWIM TEAM, 857 Shoal Creek Trl, Chesapeake, VA 23320. Thank you!**

I agree to pay the applicable program fee for the program selected. I acknowledge that fees are NOT refundable. I agree to abide by all facility and program rules and regulations.

I represent that I have NO life-threatening conditions. I know that swimming & water activities, like all forms of exercise, involve a degree of risk. By participating in the program, I accept all risks associated with the use of the facility and participation in the program. If the participant is a minor, I accept the risk on his or her behalf as his or her parents or guardian.

I hereby release ODU and TAC Swim Team, its employees, officers, directors, members, and independent contractors from any and all damages for personal injury arising in any way from use of the facility or participation in the program, and I agree to look solely to my insurance to pay damages I suffer. If the participant is a minor, I execute this release on behalf of said minor as his or her parent or guardian.

Print your name	Today's Date	Signature
-----------------	--------------	-----------



Financial Aid Applications Information for Families

Thank you for your interest in **Saint Patrick Catholic School** for the 2011-2012 school year. You may begin to apply for financial aid starting on November 1, 2010, as described below. To be eligible for consideration for financial aid at **Saint Patrick Catholic School**, you must complete your application by **March 31, 2011**. We will communicate decisions about financial aid on **May 5, 2011**.

We use School and Student Services (SSS) to process financial aid applications. SSS is a service of the National Association of Independent Schools. Based on the financial information you provide, SSS gives us an estimated amount your family can contribute to educational expenses. This helps us make fair and objective financial aid decisions. To begin your financial aid application for the 2011-2012 school year, follow these steps below.

ONLINE

1. Starting on November 1, 2010, go to sss.nais.org.
2. Click on the prompt to begin your Parents' Financial Statement (PFS). You only have to complete one PFS even if you have several children applying to our school.
3. You will be given a password that will allow you to return to your PFS at a later date before submitting it.
4. You will be given instructions about submitting required backup documents by mail. Your documents will be handled with the utmost level of security. To read more about SSS's document security, go to sss.nais.org.
5. Mail the required documents to: SSS by NAIS, Application Processing Center, P.O. Box 449, Randolph, MA 02368-0449. (For overnight mail, use this address: SSS by NAIS, Application Processing Center, 437 Turnpike Street, Canton, MA 02021.)

Note: If you apply for financial aid online, your information will be delivered more quickly to our school, allowing us to make a faster decision about your eligibility for financial aid.

BY MAIL

1. If you don't already have a printed Parents' Financial Statement (PFS), call our school at 757-440-5500 or go to our website at www.stpcs.org.
2. Complete the PFS and return it and all required backup documents to: SSS by NAIS, Application Processing Center, P.O. Box 449, Randolph, MA 02368-0449 USA. (For overnight mail, use this address: SSS by NAIS, Application Processing Center, 437 Turnpike Street, Canton, MA 02021.)

A New Look at sss.nais.org

Families who have applied for financial aid in the past will see that this website looks different. It uses the same methodology and will require the same information. But we think you will find the interface and on-screen help more user-friendly:

- Clear, step by step instructions
- Ability to begin a PFS and complete it at a later date
- Ability for you to track the receipt of documents you submitted
- Online help to ensure successful submission

At sss.nais.org, also find tips and articles.

Call (800) 344-8328 with any questions (Mon - Fri: 9am - 8pm EST. Sat: 9am - 4pm EST)

Drop Your Pencil and Pick up Your Mouse!

Completing Your PFS Online at sss.nais.org.

Why complete the PFS online?

- **Save money:** You'll save \$12!
- **Get a faster decision:** Your information will be delivered immediately to schools, helping them make faster decisions.
- **Ensure accuracy:** Online tools and guidance will ensure that your information is complete.
- **Save time when you reapply:** If you applied last year, your information will already be populated for you to update.
- **Do more!** PFS Online includes other features you can use. View your family report, submit an additional school request, and check whether SSS has received the documents you mailed.

You've made the decision to invest in your child's education. Each year, thousands of families who cannot afford the full cost of private school tuition receive millions of dollars in financial aid to make it possible. Many schools use School and Student Services (SSS By NAIS) to help them make fair and accurate financial aid decisions. To begin your financial aid application, you will complete SSS's Parents' Financial Statement. Completing the PFS online will save you time and money, and will help schools make faster and better decisions.

How to complete the PFS online

1. Be aware of the school's deadline for completing the PFS.
2. Gather materials you'll need to complete your PFS, such as your W2 and 1040.
3. Go to sss.nais.org/parents. Click on Apply Now!
4. Set up your PFS Online account with your e-mail address and a password.
5. Answer each question, using the line-by-line help.
6. After you have pressed submit, you'll be brought to a payment screen. This fee of \$35 is nonrefundable, and your PFS cannot be withdrawn from the SSS system.
7. If schools have instructed you to submit documents in addition to the PFS, follow each school's instructions about which documents to submit, by when, and where.

Each school makes its final financial aid decisions and communicates the decisions to families. Each school uses the SSS estimates as a starting point, while also considering its own policies and budget.



SCHOOL & STUDENT SERVICES BY NAIS
Helping Schools Help Families

If you still have questions, contact the SSS Customer
Service Center at (800) 344-8328 or sss@nais.org.

Dear Saint Patrick Families,

We are very excited to participate in a worldwide effort for reforestation and would like to ask you to be a part of it. Reforestation efforts help to clean our air and water, maintain and bring back wildlife, and raise awareness of urban deforestation in your neighborhood.

The school Media Center is sponsoring a pledge to the Billion Tree Campaign on behalf of all of our students. The Billion Tree Campaign is a global initiative to plant trees and is facilitated by the United Nations Environment Program (UNEP). Through this initiative and with the funds from Dr. John Adam of Old Dominion University we are able to provide a seedling for each student in hopes that each seedling will be planted and taken care of until it prospers.

Your child(ren) will bring home a seedling with planting and care instructions in the near future. This indigenous plant will grow to medium size and require minimal care. It can be planted in your own yard or become a part of the landscape of any friend or family member. Upon planting the seedling, please send digital pictures of your child(ren) with the tree so that we can both post these environmentally encouraging photos on our own website and send them to the Billion Tree Campaign organization to verify participation. Don't hesitate to look up the organization at www.unep.org/billiontreecampaign for further information.

Just before the end of the school year, we will check in with you to see if your tree is continuing to grow. We have every hope that you will make this a family effort centered around good stewardship of God's Creation. In school, we will investigate the necessity of plant life, the economy of a good environment, and the global need to nurture our own natural resources.

The inspiration for this effort was from a reading of the book Wangari's Trees of Peace; a Virginia Reader Contest nomination that we shared with the lower school students last month and will bring to the middle school students this month. This is a picture book biography about a Kenyan woman, Wangari Maathai, who is recognized for her reforestation efforts in Africa and has since been awarded the Nobel Peace Prize. In her acceptance speech she said: "We are all called to assist the Earth to heal her wounds and in the process heal our own – indeed, to embrace the whole creation all its diversity, beauty and wonder."

At Saint Patrick Catholic School we commend to you that it is the responsibility of all people to be good stewards of that which God has given us, in this case, one tree at a time. We thank you for your participation and hope that you will enjoy your new tree for many years.

Elizabeth D. Woodard

Saint Patrick Catholic School, Librarian

Send those photos to ewoodard@stpcs.org or ebrasek@stpcs.org.

**School of Skillz
Basketball Camp
(K-8th Grades)
Spring Break 2011
at
Saint Patrick Catholic School**



**Conducted by Nadine Domond
Nike Skill Academy Coach, Former WNBA Guard
& Top Clinician**

Dates: Tuesday, April 26th – Friday, April 29th, 2011

Location: Saint Patrick Catholic School
1000 Bolling Avenue
Norfolk, VA 23508

Time: 9am – 3pm* (Before & After Care Available)

Cost: \$160

School of Skillz Spring Break Basketball Camp

We will focus on playing both offense and defense, as well as breaking down guard position and post position. Your child will be introduced to drills that teach PROPER ball handling, shooting, passing techniques and much more! Campers will work hard with competitions and INTENSE drills that will challenge their skills.

For more information about Nadine Domond, visit
www.ndbasketballservices.com

There will be a concession stand available during camp that will offer Powerade, Gatorade, and healthy snacks. The concession stand will also sell pizza during lunch.

Campers may pack their own snacks and lunch as well.

Before Care will be offered 7:30 am – 8:45 am
After Care will be offered 3:15 pm – 6:00 pm
\$5.00 per hour

To register for camp, please fill out the registration form
and return with payment to:

Saint Patrick Catholic School
ATTN: Jamye Brown
1000 Bolling Avenue
Norfolk, VA 23508

Registration Form

Name of Participant _____

Height _____ Position _____

Address _____

Phone _____

Best Email to receive camp updates and information:

School _____ Grade _____

Payment Method for camp (please check one):

- Bill with my tuition (Saint Patrick students only)
- Check (enclosed)

Before and After Care will be paid for separately the week of camp.
Please check the option you need:

- My child will need Before Care.
- My child will need After Care.
- My child will not need Before or After Care.

IMPORTANT: Please sign the consent statement on the back of this form.

*Once your camp registration is received, you will receive an Emergency Contact Form, Insurance Form, and Pick up Authorization.

A refund will only be given if requested in writing two weeks prior to the start of the camp.

In the event of an injury or illness, a doctor's note will be required. Ten percent of the camp fee is nonrefundable.

**School of Skillz
Spring Break Basketball Camp
Consent Form**

I fully give my permission to the registered student to participate in activities provided by Nadine Domond/ND-Basketball Services and staff. I agree that Nadine Domond, ND-Basketball Services Staff, and/or Saint Patrick Catholic School will not be held liable for injury to the registered student as result of participation in any Nadine Domond/ND-Basketball Services event.

Parent or Guardian Signature

Date

To register for camp, please fill out the registration form
and return with payment to:

Saint Patrick Catholic School
ATTN: Jamye Brown
1000 Bolling Avenue
Norfolk, VA 23508