

**Jan White**

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**Subject:** STPCS Lower School Update for October 1

*Dear Families of Lower School Students,*

*The gardens are “rejoicing” in the rainy weather as we rejoice and grow in lower school. Today, Mrs. O’Connor, STPCS kindergarten teacher, led our chapel. We learned that faith is when we believe in God with all our hearts and that faith must be nurtured and cared for – much like the mustard seed in today’s Gospel. The children recalled examples of faith from their personal lives and from other bible stories – we hope you will hear some of their thoughts, too.*

*Below, you will find announcements and news for the coming weeks. Please note that the bi-weekly update includes one attachment with multiple pages. Because certain businesses may block access to the attachment, the biweekly and attached information will be posted by our webmaster and made available on the web under the “What’s New” tab.*

*Thank you for support of the special work we are called to do at Saint Patrick Catholic School.*

*With God’s grace,  
Jan White*

- **Academic Building Access** – Parents, your help is needed in the early morning hours. You will notice that the doors are locked to the academic building lower school hall before the start of school. Prior to 7:50 a.m., our teachers are busily preparing materials for the school day. Students are expected to stay in the dining hall until 7:50 a.m. when faculty and staff members will escort the students to the classroom where their teachers will greet them. Thank you in advance for your support with this matter.
- **Athletics Update and Cheer Clinic at BSCHS**– Please see the *attached* “Athletic News & Update” and Cheer Clinic information from Director of Athletics Amy Lynch
- **Yearbook Presale** – You can reserve your 2011 yearbook, NOW, and SAVE! Please visit [www.jostenyearbooks.com](http://www.jostenyearbooks.com) to order your book at the early bird price of \$36 or to personalize your cover. Please note that this price and personalization offer will expire on January 23, 2011. Please email yearbook advisor, Ashley Costanza with questions at [acostanz@stpcs.org](mailto:acostanz@stpcs.org). A yearbook order form is also *attached*.
- **Last Chance to Register for Afterschool Activities for Lower School** - Registration is open for seven remaining clubs! Please see the *attached* for more information. Contact Sheila Jessen at [sjessent@stpcs.org](mailto:sjessent@stpcs.org) with questions.
- **Blessing of the Animals** – On Monday, October 4, the Feast of Saint Francis of Assisi, we invite your pet and their human companions to our Blessing of the Animals Ceremony. If you would like to participate, bring your pet (or picture/model of your pet) on their leash or in their cage to the Saint Patrick “Green” just before 7:30 a.m.. After the blessing, all animals will return home and students will transition into a regular day of classes beginning promptly at 8:00 a.m. If your child does not have a pet, they might consider bringing a picture or stuffed animal to offer blessings to all God’s creatures. In the event of rain, the ceremony will be cancelled.
- **Fall Break & Extended Care** – School will be closed Monday, October 11th and Tuesday, October 12th. With a minimum of 20 registered students, Extended Care will be available for students on October 12<sup>th</sup> (to date, we have not reached the minimum). Please remember to register your children for the Extended Care on October 12 please fill out and return the *attached* non-school day registration form to [sjessen@stpcs.org](mailto:sjessen@stpcs.org) or 440-5500, extension 745, as soon as possible.
- **News @ the Library** – Do you know what a “call number” is? Did you know that you can determine the reading level of most materials in the school library? Did you know that you

can use our online catalogue at home? Find out more by reading the *attachment*, Saint Patrick Catholic School Media Center.

- **Interim Progress Checks** – Parents of students in grades 1-4 may view their child’s progress and grades via NetClassroom – accessed with a login through our website. For login assistance, contact David Main at [dmain@stpcs.org](mailto:dmain@stpcs.org) or 440-5500, ext. 831. Next week, parents of kindergarten students will receive a progress report unique to kindergarten students through the U.S. Mail.
- **Party on the Green** – Mark your calendars for Saturday, October 16th from 6-10 p.m. for the Party on the Green for parents, faculty & administration. Please see *attached* for details about an evening filled with music by Lewis McGehee and BBQ by The Beach
- **Hound Down Shop** – The Hound Down Shop will be open for business on Wednesday, October 6<sup>th</sup> from 7-9am and 11am-1pm in the Lobby. With *Winter Uniforms in effect on Monday, October 18<sup>th</sup>*, you don’t want to miss the opportunity to purchase gently used uniforms at substantially reduced prices! Donations are always welcome. To donate, please drop items off at the front office.
- **Returning Thanks Breakfast** – The Returning Thanks Breakfast, scheduled for November 16 at 8:15-9:15, is right around the corner! This fun-filled, inspiring event is Saint Patrick Catholic School’s primary fundraiser, with proceeds going to student financial aid. Last year, we surpassed \$1,000, 000 in our one-time and five-year pledges. Wow! If you would like to join your fellow parents and friends of the school for the Breakfast or serve as a volunteer for the event, please contact Charlotte Chandler at [cchandler@stpcs.org](mailto:cchandler@stpcs.org).
- **Parent Networks** - All grade level parent networks have meet and are underway! Please be on the lookout for communication from your network facilitator for the next month’s meetings.
- **Safety Firsts!** Please be aware of your speed limit when approaching the school and in the parking lots. The speed limit on Bolling Avenue at arrival and dismissal times is posted for 15 mph. If your family is running late and your child arrives after 8:00 a.m., please park your car and escort your child to the front office to sign in and receive a late pass to class. While we love dogs, we don’t love their trail on the athletic fields. Please avoid these areas when walking your canine friends and “scoop the poop” in other areas around the school.
- **Have you been on a Snapshot?** Snapshots offer a wonderful opportunity to get a ‘quick pic’ of life here at Saint Patrick Catholic School. Please check the dates at [http://www.stpcs.org/tour\\_stpcs.html](http://www.stpcs.org/tour_stpcs.html) and invite a friend and join us! Please contact Cathy Thaden at [cthaden@stpcs.org](mailto:cthaden@stpcs.org) for more information.

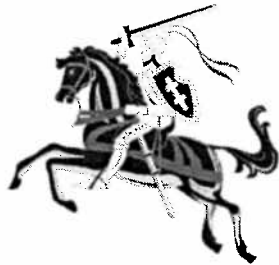
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Jan White, M.Ed., Ed.S  
Director of Studies and Lower School  
Saint Patrick Catholic School  
1000 Bolling Avenue  
Norfolk, VA 23508  
757-213-0843

# Athletic News and Updates

- Volleyball team vs. Staff on Friday, November 5<sup>th</sup> at 2:15 in the gym.
- **Fall Sports Awards Presentations November 10<sup>th</sup> from 7pm-8pm. (more information coming closer to the date)**
- Cross Country meet on Wednesday, September 29<sup>th</sup> @Bishop Sullivan and Friday, October 8<sup>th</sup> @Norfolk Academy
- Basketball practices due to start end of October or early November. Please look for an email from your child's coach in early October to tell you times and days of practice.
- Tennis begins Tuesday, September 28<sup>th</sup>, if you are still interested in having your child play. Please contact [alynch@stpcs.org](mailto:alynch@stpcs.org) for a permission slip.

# CHEER



## Bishop Sullivan Catholic High School

### CRUSADER CHEER CLINIC

Coach Jennifer Green-Neff  
4552 Princess Anne Rd  
Virginia Beach, VA 23462

Phone: 757-467-2881  
Cell: 757-408-4677  
E-mail: jgreenneff@gmail.com

**Fill out the attached registration form ASAP! All campers registering before Sept 21st will pay \$40; registration after Sept 21st is \$50! Send your registration fee and form to Coach Jennifer Green-Neff at BSCHS.**

## Two Day Cheer Clinic at BSCHS

The Crusader Varsity Cheerleaders are conducting their second annual two-day cheer clinic, Oct. 2<sup>nd</sup> & 3<sup>rd</sup>, at Bishop Sullivan Catholic High School. Inviting all students, K—8, to learn cheers, sideline chants, a dance, stunting and jumping techniques, and more. A show-n-tell performance is planned for the following weekend, October 9<sup>th</sup>, at a Bishop Sullivan Varsity Football Home Game, where campers will perform their learned choreography with the Varsity Cheerleaders. All family and friends are invited to attend. All campers will receive a camp T-shirt and goody bag. Athletic clothing is Required. Don't forget to pack a sack lunch. Leave sandals and jewelry at home but bring your cheerleader spirit!

### General Schedule

#### Saturday, Oct. 2<sup>nd</sup>

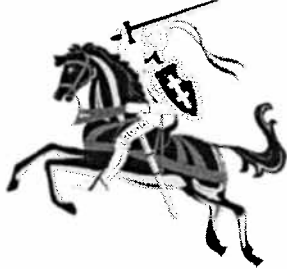
3:00-3:30p.m –  
Drop Off and Check-In  
3:30-3:45p.m – Warm-up  
3:45-4:00p.m – Jump Class  
4:00-4:30p.m –  
Cheer and Chant Class  
4:30-5:00p.m – Stunt Class  
5:00-5:15 - Break  
5:15-5:45p.m – Dance Class  
5:45-6:00p.m – Review  
6:00p.m – Pick-up

#### Sunday, Oct 3<sup>rd</sup>

9:30-10:00a.m –  
Drop Off and Check-In  
10:00-10:15a.m – Warm-up  
10:15-11:00p.m – Dance Review  
11:00-11:30p.m –  
Cheer and Chant Review  
11:30-12:00p.m – Jump Class  
12:00-12:30p.m – Lunch  
(Bring your own sack lunch)  
12:30-1:15p.m – Stunt Class  
1:15-2:00p.m. –  
Choreography for Football Game  
2:00p.m – Pick-up



# REGISTRATION



## Bishop Sullivan Catholic High School

Coach Jennifer Green-Neff  
4552 Princess Anne Rd  
Virginia Beach, VA 23462

Phone: 757-467-2881  
Cell: 757-408-4677  
E-mail: jgreenneff@gmail.com

BISHOP SULLIVAN CATHOLIC HIGH SCHOOL

## VARSITY CRUSADERS CHEERLEADING CLINIC REGISTRATION FORM

**Saturday, Oct. 2— Sunday, Oct. 3, 2010**

**\$40\***

\*Early registration discount if paid by September 21st—\$40  
After September 21st—\$50

\*Sibling discount—2nd and subsequent children pay only \$30!

Name	Date of Birth	T-shirt size (YS, YM, YL, AS, AM)
Address	City/State/Zip	School and Grade for 09-10 Year
Home Phone #	Email - Mom	Email - Dad
Names of Parents	Cell Phone - Mom	Cell Phone - Dad

Allergy Information / Health Concerns / Medication Regularly Taken

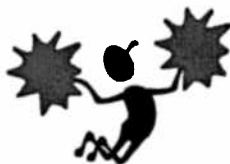
Family Physician	Phone #
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### Medical Consent Form

I hereby approve of my child's attendance at the Crusader Varsity Cheerleading Clinic located at Bishop Sullivan Catholic High School. I certify that he/she is in good health and is able to participate in the full camp program. I authorize the Clinic Directors and Athletic Directors to act for me in securing medical treatment for my child in the event of an injury or sickness. I understand that should an emergency arise, I will be contacted immediately. If I am not available, I authorize you to contact:

Emergency Contact	Emergency Contact Phone Number	
Insurance	Policy Number	
Parent Signature	Print Parent Name	Date

**Mail Registration Form to:**  
**BSCHS Cheer**  
**4552 Princess Anne Rd**  
**Virginia Beach, VA 23462**



Cost is \$40 before Sept 21st, after Sept 21st cost is \$50  
(make checks payable to BSCHS Cheer)

- Eligible for Early Discount (pay only \$40)
- Eligible for Sibling Discount (pay only \$30-  
for each additional child)

Total Amount: \_\_\_\_\_



**Saint Patrick Catholic School**  
**Fall LS Semester Student Activities Online Registration**

**Last chance to register**

Ciao Parents,

We have several clubs still open for registration. To register your child, please complete on-line registration as requested below. **Registration for all other LS clubs is closed.**

**Online registration process:**

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](mailto: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 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 – 4<sup>th</sup> grade

**Day & Time:** Tuesday, 3:15 – 4:15PM

**Club Fee:** \$90 (30/month)

**Months:** October – December  
**Start Date:** 5 October

### **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 –6<sup>th</sup> grade  
**Day & Time:** Monday, 3:15-4:15PM  
**Club Fee:** \$90 (\$30/month)  
**Months:** September – December  
**Start Date:** Monday, 13 September

### **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. 1<sup>st</sup>-3<sup>rd</sup> grade club will be limited to 10 students. 4<sup>th</sup>-8<sup>th</sup> grade club will be limited to 12 students.

**Grade:** 1<sup>st</sup> – 4<sup>rd</sup> grade  
**Day & Time:** Wednesday, 1:15 – 2:15PM  
**Club Fee:** \$90 (\$30/month)  
**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 – 8<sup>th</sup> grade

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

**Club Fee:** \$150 (\$50/month)

**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 – 4<sup>th</sup> 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:** Thursday, 30 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:** 2<sup>nd</sup>- 4<sup>th</sup> 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:** Monday, 20 September

### **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  
1000 Bolling Ave., Norfolk, VA 23508  
(757) 440-5500

**Non-School Day Registration Form for 12 October 2010  
Pre-K through 8<sup>th</sup> 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 to a minimum of 20 children 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: \_\_\_\_\_

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Second, third, and fourth grade students have been working on getting familiar with the Media Catalog in order to find their personal selections more independently. This is a task that requires, on a simplistic level, keyboarding and spelling. On a more sophisticated level your child is learning to compare selections, judge contents, discern choices, verify availability, and determine location of the materials. We want you to know a few things about the work that your students are accomplishing.

- ❖ The Media Catalog is available at home, or anywhere with a computer and Internet, through the school website. Your child has been shown how to connect. [www.stpcs.org](http://www.stpcs.org) > Media Center > Media Catalog > click on school name
- ❖ The Media Catalog information contains book summaries as well as the reading level of most of our collection.
- ❖ The Media Catalog has a component that allows the students to login personally and capture the information concerning their own account (books out/books overdue).
- ❖ Making a book selection can take some time and should take some thought in order to be satisfied that the choice is right for each person. Please encourage home use so that you and your child can share in the process and the selections.
- ❖ You too, can check out books from our Media Center. If you would like some assistance using our online Catalog, don't hesitate to email me and set up a session. The more you know, the better you will be able to join in the book selection for your child's reading.

Earlier grades are learning to browse the shelves, how books are put away in any library, and how to find the book by its call number. They are learning the differences between fiction and non-fiction as well as some practical organizational skills related to alphabetical and numerical order.

Elizabeth D. Woodard, School Librarian

[ewoodard@stpcs.org](mailto:ewoodard@stpcs.org)

# PARTY ON THE GREEN!

**Saturday, October 16, 6-10 pm**

**For St. Patrick Parents,  
Faculty, and  
Administration.**

**Enjoy live music, BBQ,  
beer, wine, and some  
competitive corn hole on  
the STPCS Green.**

**Parents, plan on a fun  
night out at school but  
leave your little  
wolfhounds at home. This  
event is adults only!**

**\$25.00 per person  
RSVP by Oct 9**

**No walk-ups!**

**Non STPCS friends welcome  
at the same price.**

**If it rains, we'll move inside.**

**No refunds!**

Music by

*Lewis McGehee*

BBQ by

**The Beach Bully  
Restaurant**

Beer and Microbrew

Tasting by

**O'Connor Brewery**

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Please detach and return this form with payment to the office, or send to school with your child.  
Checks should be made out to St. Patrick Catholic School.

Name \_\_\_\_\_

Number of people attending \_\_\_\_\_ x \$25.00 = \_\_\_\_\_ check amount

# Calling All Wolfhounds

Mark Your Calendars

The Hound Down Shop Will Be Open  
For Business

Wednesday, October 6, 2010

7:00 - 9:00 a.m.

&

11:00 a.m. – 1:00 p.m.

(STPCS Lobby)

Don't miss this opportunity to  
purchase gently used uniforms at  
substantially reduced prices.

Remember: Winter Uniform Start Date is  
Monday, October 18, 2010