

Jan White

Subject: STPCS Lower School Update September 2, 2011

Dear Lower School Families,

We "blew" into the first week of school with a hurricane and ended with sunny skies and smiles. We are happy to see our students! We look forward to seeing you, too, at our **Back to School Night** for grown-ups next Thursday, September 15 at 6:00 p.m. Until then, we hope your children are sharing stories with you of how their school days are filled with fun and learning.



This year, you will continue to receive biweekly email messages from me to inform you of upcoming events and other information for lower school families. Frequently, these messages will have pdf attachments for your review. For your convenience, the biweekly updates will also be posted on our website under the parent tab. Please take time to read the biweekly updates; I think you will find the information both timely and helpful.

Below is information for your planning. As always, please contact me with any questions. Best wishes for a restful weekend.

With God's grace,
Jan White

Dates to Remember

- **Labor Day**- School is closed Monday, September 5.
- **Adults Never Had So Much Fun at School!** Evenings at Saint Patrick 2012 Organizational Meeting, September 9, 8-9 a.m., James Barry Robinson Room - Parents, new and returning, are invited to serve on one of our "Evenings" subcommittees or brainstorm ways to make this the best year ever. Join us for a fun, easy way to support our school. For more information, contact Ellen Carver, Development Coordinator at ecarver@stpcs.org or 213-0923.
- **Give a Shout for STPCS Cheerleading!** Cheerleading tryouts for third through eighth grade students will be held September 9 at 6:00. Open practice is scheduled for September 6 through 8 at 6-7 p.m.. Tryout results will be announced at the overnight lock-in. See Amy Lynch, Athletic Director and read this *attachment* for more information.
- **School Pictures**, Monday, September 12. Students should wear their chapel uniforms for individual pictures.
- **Back to School Night**, September 15 at 6:00 p.m. - Parents are invited to come back to school to learn about our instructional programs and activities while meeting our exceptional teaching and support staff. The evening will begin promptly at 6:00 in the theater with Principal Steve Hammond, followed by visitations with classroom and specialty teachers, as well as representatives at our information tables. Please note: We are unable to provide childcare at this event. Thank you in advance for your understanding.
- **Soccer season** - The season opener for recreation soccer games begins September 17. Please note the league rule update that all U8 teams are coed.
- **Cross Country First Meet**, September 23 at St. John the Apostle Catholic School. Students in grades 3-8 are invited to join the Saint Patrick Catholic 2011 Cross Country Team for practice on Monday, Wednesday, and Friday, 5-5:45 p.m. For more information, contact Amy Lynch, Athletic Director, and see *attachment*.

- **Tennis Players-** If you are a fourth to eighth grade student interested in playing tennis, join us Wednesdays 2-3 beginning September 21. To sign up, complete the *attached registration*. For questions, please contact Amy Lynch, Athletic Director.
- **Party on the Green** - Meet and mingle with Saint Patrick Catholic School parents and friends at the ^{2nd} Annual Party on the Green! Saturday, September 24, 6:30-10:30 p.m. on the Saint Patrick "green." Back by popular demand are Lewis McGehee and O'Connor Brewery. Tickets are \$25 per person. Checks made payable to Saint Patrick Catholic School and sent to the front office (*see attachment*). RSVP to PartyOnTheGreenSTPCS@gmail.com by September 12.
- **Peaceful Parenting®**, September 28, 6-8 p.m. and September 29, 9:30-11:30 a.m. - Author, developmental psychologist, educator and parent, Dr. Nancy Buck, will offer her insight and practical parenting application of Choice Theory/Reality Therapy. To prepare for your participation, we ask that you rsvp to Jan White at jwhite@stpcs.org or 213-0843. Dr. Buck's books, *Peaceful Parenting* (\$16), *The Peaceful Parenting Workbook* (\$20) and/or *Why Do Kids Act That Way?* (\$16) or a set of all three books for \$45 are available for advance purchase in the front office and through Jan White. Books will also be available for purchase on September 28-29. Cash or checks made out to Peaceful Parenting, Inc. will be accepted. Got to www.peacefulparenting.com/newsletter.asp for *Peaceful Parenting®* tips and *see attachment* for some additional information.

Other Information

- **Fall After-School Clubs for Lower School** - On -ine registration is now open for fall after-school clubs. For a complete listing of all clubs, please see the *attachment*. For questions, please contact Sheila Jessen, Extended Care Director, at sjessen@stpcs.org or 440-5500, ext. 745. From chess to yoga, don't miss out: register now!
- **Let's Jam at Zero Bell** - Before-school music lessons (7:15-7:55 a.m.) will be offered to students interested in playing a musical instrument. Students may choose either strings, guitar, or band. Classes in strings will begin next week. Band and guitar will begin the first week of October. More information, including grade level participation, costs, and instrument rentals are included in the *attachment*. We look forward to having our Wolfhound spirit sound off in musical ensembles!
- **Old Tennis Balls** -Please send your old tennis balls to the art room to "put quiet feet" on our art stools. Thank you!
- **Eighth Grade Girls Volleyball**- sign up in the gym office to volley for fun!
- **Rosary Prayer Circle** - Holding the needs of each other in prayer is a powerful way to be community. Parents and friends are invited to attend our weekly Rosary Prayer group each Friday during the school year from 2:45-3:15 p.m. . We meet in our chapel and pray the rosary for all the needs and intentions of our community. All are welcome to attend whenever their schedule permits. Special thanks to Christine Martinez for coordinating this faithful group. Please note, also, we have a Community Book of Prayer in our chapel listing the names of people who are sick, have died, or who have a desire for prayer.

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

Attn: All Rising 3rd – Rising 8th

Tryouts for Cheerleading: September 9th

Related Events

Parents Info Meeting:

Thursday, September 1st
6:00pm
Auditorium

Open Practices:

September 6th—8th
6:00-7:00pm
Auditorium

Tryouts:

Friday, September 9th
6:30pm (arrive at 6pm)
Auditorium

Tryout Results Lock in:

Friday, September 9th
Overnight-Saturday 9am

You've heard of them, you've seen them perform and all the while quietly said to yourself "*I want to be part of that!*"

Here's your chance to join the momentum ...

The *Cheering Wolfhounds* are a team of trained, polished and dedicated athletes who support the many STPCS boys and girls basketball teams at games during the fall season. They also perform for the student body, energize the crowd and give back to their community.

See side bar for dates and details.

Contact: Gillian Hammond
cheeringwolfhounds@gmail.com
Cheeringwolfhounds.com
703-303-8641

**Join St. Patrick's
2011 Cross Country
Team
Starts Aug. 31st 5:00
on back fields
Go Wolfhounds!!!!**



Come ready to run & have fun!

✓ Practices on Monday, Wednesday,
and Friday from 5:00 to 5:45 pm

✓ No prior running required

✓ Bring a water bottle

✓ If interested, please contact

Mrs. Amy Lynch

Play Tennis

Saint Patrick Catholic School and Folkes/Stevens Tennis Center at Old Dominion University are pleased to offer a **new** tennis experience for our students .



When: Wednesdays, 2:00-3:00 (starting September 21-October 26)

Who: any interested student from 4th grade through 8th grade

Where: Folkes/Stevens Tennis Center at Old Dominion University

Cost: \$60 for entire session

Name _____

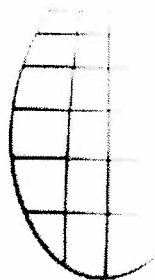
Grade _____

Payment (check payable to STPCS)

*Transportation is not included. Individual arrangements need to be made.

* Must arrive with tennis racquet and tennis shoes

Interested students must turn forms in by Monday, September 19th



FOLKES / STEVENS

TENNIS CENTER

Old Dominion University



SECOND ANNUAL PARTY ON THE GREEN! **@ St. Patrick School**

Saturday, September 24 • 6:30-10:30 pm

**Meet and Mingle with STPCS
Parents and Friends**

**Dinner • Drinks • Cornhole
Good Tunes on the
STPCS Green!**

**\$25.00 per person
RSVP by Sept 12 to**

**PartyOnTheGreenSTPCS@
gmail.com**

**Advance Payment Only
If it rains, we'll move inside. No refunds!**

Back by popular
demand

Lewis McGehee

and

O'Connor
Brewery

Please detach and return this form with payment to the STPCS office, 1000 Bolling Avenue.
Checks should be made out to St. Patrick Catholic School.

Name(s) _____

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

Peaceful Parenting inc.

www.peacefulparenting.com

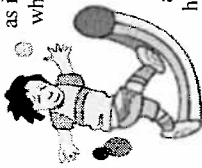
HOW IS PEACEFUL PARENTING® DIFFERENT?

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?

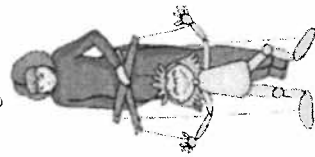


Simply put, Peaceful Parenting® follows the idea that human beings are internally motivated. Children (and parents) do what they do because of what is going on inside of them. The world outside of the child (and the parents) gives the child information. But the child decides what to do with this information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

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!



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.



improve your family. improve your world.

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 does 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.

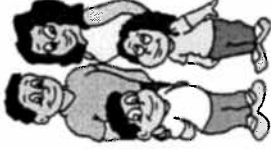


Do you have the ability to resist your child's unhealthy or inappropriate request?

Even when your child punishes you by telling you she "hates you" or "won't love you anymore 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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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, 28 August 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).

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

Sincerely,

Sheila Jessen
Extended Care Director
213-0945

Konnichiwa Club – Traveling to Asia

Experience this fun, interactive way to learn the various aspects of Asian 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 the cultural history of different countries (India, Thailand, Vietnam, China, Iran, Japan, Malaysia, Bhutan and Russia) in a creative learning environment. By the end of the club, children will be exposed to the Asian culture and the concept of “diversity” to broaden their understanding and acceptance of other cultures. This club will be limited to 15 students. For

additional information, please see our website listing with the attached flyer:
Konnichiwa Club.

Grades: Pre-K – 6th grade

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

Club Fee: \$105 (\$35/month)

Months: September - December

Start Date: Monday, 12 September

Step Dance Club

Hands and feet create the sound of music in this unique style of dance created in Africa. The dance reflects the unity of mankind in thought and action where people from various races and cultures can take that one step forward to come together as ONE to make change and contribute to the betterment of the world. This club is limited to 20 students. For additional information, please see our website listing with the attached flyer: **Step Dance Club.**

FREE TRIAL SESSION – Tuesday, 13 September

Grades: 3rd – 8th grade

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

Club Fee: \$105 (\$35/month)

Months: September - December

Start Date: Tuesday, 13 September

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. This club will be limited to 15 students. For additional information, please see our website listing with the attached flyer: **Chess Club 2011.**

Grades: K – 8th grade

Day & Time: Thursday, 3:30 – 4:30PM

Club Fee: \$105 (\$35/month)

Months: September - December

Start Date: Thursday, 22 September

ESDA Karate Club

This hands-on program teaches the style of Tang Soo Do, a Korean 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. For additional information, please see our website listing with the attached flyer: **ESDA Karate Club.**

First month FREE to new students!

Grades: Pre-K – 8th grade

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

Club Fee: New students: \$150 (\$50/month); Returning students: \$120 (\$40/month); Family discount: 3rd & 4th students ½ price.

Months: September - December

Start Date: Friday, 9 September

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.nadinedomondbasketball.com**

Grades: K – 4th grade

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

Club Fee: \$135 (\$45/month)

Months: September - December

Start Date: Wednesday, 7 September

Young Yogis Yoga – Yoga Pops

Calling all STPCS students! Come get physically fit, feel emotionally calm, and build great focus and concentration skills. When participating in a Young Yogis

Yoga, Yoga Pops or Yoga Rox yoga class, students may look forward to much of the following throughout their session:

Sit Back~Relax...Be Present – Everyone needs a break from all of their talking, learning, “doing” and achieving (even from yoga postures!). Sometimes it’s ok just to sit and “be”.

“Strike a Pose” – Learning the physical postures of yoga and create a cardio-flow while listening to fun music!

“Inside Voices & Outside Choices” – An open discussion format that encourages making positive choices to be healthy & happy on the inside and to live harmoniously in the outside world.

“Stop...and Smell the Lavender” – Learn visualization a breathing techniques that help students quiet their thoughts, still their bodies and slow down from the busyness of their days. For questions or additional information, please contact Rita Woods (757-201-8610) or RWoods@YoungYogisYoga.com

Required materials fee for new yogis only: \$25 (includes Personal Mat)

Grades: K-4th grades

Day and Time: Thursday, 3:15-4:20PM

Club Fee: \$126 (\$ 42/Month)

Months: September -December

Start Date: Thursday, 22 September

Little Feet Dance Studio - Let’s dance and get moving!

Your child will learn to dance in a fun, pressure free environment – Ballet – Tap – Jazz. Classes will be offered for all age levels to both boys and girls. Students will learn the foundation of ballet, tap, jazz and modern dance dependent upon their age. They will also have the opportunity to share their learning with parents and other students through an informal showing.

Attire: Children may wear leotards and tights or yoga pants and comfortable shirts. **Ballet and tap shoes are required.** For additional information, please see our website listing with the attached flyer: **Little Feet Dance.**

Grades: PreK - BALLET AND TAP

Day and Time: Wednesday, 3:15-4:00PM

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

Months: September -December

Start Date: Wednesday, 14 September

Grades: K-3rd grades - BALLET, TAP, JAZZ

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

Club Fee: \$165 (\$55/month)

Months: September - December

Start Date: Wednesday, 14 September

Grades: 4th-8th grades - BALLET, TAP, JAZZ, MODERN

Day and Time: Wednesdays, 2:15-3:15PM

Club Fee: \$165 (\$55/month)

Months: September - December

Start Date: Wednesday, 14 September

Li'I 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'I 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 12 students.

Grades: Pre-K – 5th grade

Day & Time: Thursday, 3:15-4:00PM

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

Months: September - December

Start Date: TBD (weather dependent)

Message in Motion – Ministry of Dance

Pre-K

Want to learn how to break dance? What about shuffling to the beat? Then this class is for you! 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 Hip Hop, Jazz and Tap. Students will have the opportunity to present their dances at school programs. This class is open to boys and girls. **Tap shoes required.** For additional information, please see our website listing with the attached flyer: **Message In Motion.**

FREE TRIAL SESSION – Monday, 12 September

Grade: Pre-K grade

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

Club Fee: \$135 (\$45/month)

Months: September – December

Start Date: Monday, 12 September

K – 4th grade Have you always wanted to learn to break dance? What about shuffling to the beat? Through a variety of dance forms including Hip Hop, Jazz, Tap, Modern, and even cultural dances like Irish and Latin – 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 present their dances at school programs. **Tap shoes required.**

FREE TRIAL SESSION – Monday, 12 September

Grades: K – 4th grade

Day & Time: Monday, 4:15-5:15PM

Club Fee: \$135 (\$45/month)

Months: September – December

Start Date: Monday, 12 September

♪ ♪ ♪ ♪ ♪ St. Patrick Catholic School ♪ ♪ ♪ ♪ ♪
Zero Bell Music Options 2011-2012 School Year

***CLASSES WILL BEGIN SEPTEMBER 6 for Strings and OCTOBER 3 for Guitar/Band. Please contact us if there are problems with transportation.**

Title: Strings

Grades: 1-8

Instruments: Violin, Viola, Cello

Levels: Beginner (0-2 Years Experience) Intermediate (3+ years Experience)

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

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 3-5) and Thursday (Grades 6-8)

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

Teacher: Mike Finn, mfinn@stpcs.org

Title: Band

Grades: 3-8

Instruments: All brass, and woodwind instruments

Days of the Week: Wednesday

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	Calamas Musical Instrument	Music and Arts Center
Chesapeake, VA	Norfolk, VA	Chesapeake, VA
(757)512-7552	(757) 622-2148	(757) 366-0666



**Saint Patrick Catholic School – Student Activity
Parental Consent and Medical Release Form
Saint Patrick Catholic School**

TO: _____
(Teacher)

The undersigned parent(s) or legal guardian of _____, a student at Saint Patrick Catholic School, requests that my child be permitted to engage in the educational activities set forth below. I understand that this permission is applicable only for the activity noted below. I also understand that due to contractual agreements for services/admission made prior to the field trip; I will be responsible to pay the charge for the field unless the field trip is cancelled.

Student Activity Description:

Please check the box next to your selected activity. More than one activity may be selected and scheduled.

Strings Guitar Band

Cost: Total Fee in the amount of to be billed to the parent:

Strings: (\$60/mo for 2x a week lessons) Guitar(\$30/mo for once a week lessons)

Band(\$30/mo for once a week lessons)

Please do not send money to the teacher

NOTES REGARDING SCHEDULED ACTIVITY:

Please bring this completed form to the first activity meeting scheduled for the week of September 5, 2010 for Strings, October 3for Guitar, October 5 for Band

Parental Consent and Medical Release

I acknowledge the intent of this educational program and consent to my child participating. I understand that participation is voluntary. Every precaution will be taken for student safety, but if my child is injured I agree to hold the Barry-Robinson Schools of Norfolk, Inc. T/A Saint Patrick Catholic School and James Barry-Robinson Home for Boys Trust and Its Trustee harmless. Should an accident occur necessitating medical treatment for my child, this document shall serve as my authorization for the emergency care physician to administer treatment he/she deems appropriate. Further, I acknowledge my financial responsibility for any treatment rendered in such an emergency.

Signature of Parent

Date

Parent Phone #

Emergency contact/phone # (Not a parent)

This form needs to be signed, dated, and returned to the homeroom teacher or brought to the activity sponsor by the first meeting date.