



ST. PATRICK CATHOLIC SCHOOL



WEDNESDAY NOTE

DECEMBER 12, 2018

Virtue of the Month: Humility
Accepting your limitations and God Given talents

NO RED ENVELOPES this week

Weekly calendar News:

♣ **Thursday, December 13**

- Grade K- 3 attend Mass prepared by 1H

♣ **Friday, December 14**

- Spirit Day – Canned food collection - Noon Dismissal

♣ **Wednesday, December 19**

- Final newsletter of the year!

♣ **Thursday, December 20**

- All School Mass 8:00am prepared by Grade 6
- Christmas Parties 11:00 – 11:50am
- Noon Dismissal

♣ **Friday, December 21 through Wednesday, January 2**

- Christmas Break

Priest Christmas Gift

Attached please find a letter regarding a Christmas gift for Father Fischer, Father Kavanagh and Deacon Mark Madden. If you'd like to participate, please be sure to label the envelope, "Gift for Priests" and send it to the school office by Monday, December 17th. We are so blessed to have these three as a part of our St. Patrick Family. Thank you!

Parent Volunteers needed for DECEMBER

Lunchroom/Playground Supervisors: This involves supervising the students on the playground and in the cafeteria from 11:00-12:30. Please go to this link to view the schedule <http://bit.ly/2wf6kK5> . Please e-mail margie@stpatsch.org with dates that you are available to help.

Please consider looking ahead at the months of January, too!

Save the date:

Saturday, February 9 – Father/Daughter Dance hosted by Girl Scouts! More information to follow in January!

This Week's attachments:

- ♣ December School Calendar
- ♣ January (tentative) School Calendar
 - ♣ Priests' Gift
 - ♣ Parent's Corner

December Calendar

13	Gr K-3 Mass (1H)
13	Speech Club 3:00 – 4:00pm
14	Spirit Day/Canned Food Coll./Noon Dismissal
16	Third Sunday of Advent
18	Gr 7/8 Choir Christmas Caroling 3:00-4:00pm
20	All School Mass 8:00am (Gr 6)
20	Christmas Parties 11:00am – 11:50am
20	Dress UP (Christmas attire)
20	Noon Dismissal
December 21- January 2	Christmas Break

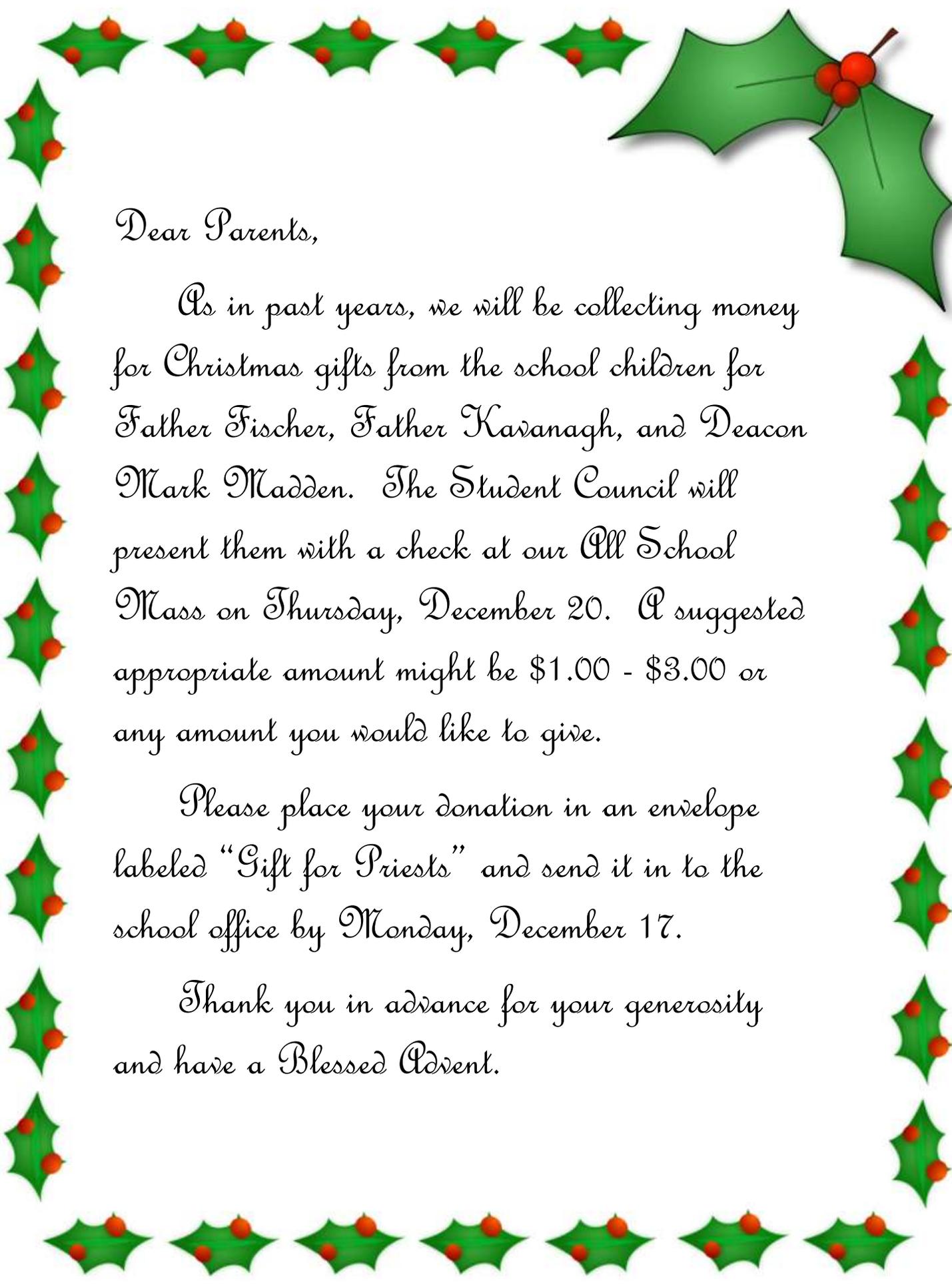
January Calendar

3	Classes Resume
4	All School Mass – Christmas
7	Lego Club 3:00 – 4:00pm
8	Read Right Run – 3:00 – 4:00pm
9	Gr 4-8 Mass (8E)
9	Radiant Girls Group
10	Gr K-3 Mass (1S)
10	Spelling Bee
10	Speech Club 3:00 – 4:00pm
10	School Board meeting 6:00pm
11	Spirit Day/Canned Food Coll/Noon Dismissal
11	END 2nd QUARTER
16	Gr 4-8 Mass (7D)
16	Generation Life – Pro-Life March in Washington, D.C.
17	Gr K-3 Mass (3H)
18	Report Cards open for viewing
21	Martin Luther King, Jr. Day – No School
22	Read Right Run 3:00 – 4:00pm
23	Registration for 2019-2020 School Year Open
23	Gr 4-8 Mass (7S)
23	Radiant Girls Group
24	Gr K-3 Mass (3M)
24	Speech Club 3:00 – 4:00pm
26	Knights of Columbus sponsored Horse Races
27	Catholic Schools Week Kick-off Masses
30	All School Adoration 2:30pm
30	Radiant Girls Group
January 28-Feb 1	Catholic School Week – details to follow



A visit to the classrooms from St. Nicholas!





Dear Parents,

As in past years, we will be collecting money for Christmas gifts from the school children for Father Fischer, Father Kavanagh, and Deacon Mark Madden. The Student Council will present them with a check at our All School Mass on Thursday, December 20. A suggested appropriate amount might be \$1.00 - \$3.00 or any amount you would like to give.

Please place your donation in an envelope labeled "Gift for Priests" and send it in to the school office by Monday, December 17.

Thank you in advance for your generosity and have a Blessed Advent.

☆ *We're In your Corner* ☆

This month we dive into *Self-Talk*:

Everyone, including your child, has an inner voice—and *whoa*, it has a lot to say! That inner voice is **self-talk**, and it impacts how we think and feel about ourselves. Concerns we often hear from parents include *Why does my child have such negative thoughts about themselves already? Aren't they too young? Are they just being dramatic? Do they really think this?* While no parent wants to hear their child say “I’m stupid.” or “No one likes me.”, we have to remember that no matter our age, we all have times when we struggle to silence our inner critic. So what’s the deal with negative self-talk? How do we know what’s normal and what we should be concerned about?

Negative self-talk is common among children, and it doesn’t mean that a child *is* negative, nor does it mean they need therapy. **No one is positive all the time.** But, we do know that when a child’s inner critic is telling them they are terrible at math or reading, it can make it hard to learn. And when that inner critic is telling them that no one likes them, it can make it hard to socialize and have fun at recess.

As parents, we want to know what to do when our kids get stuck in a negative loop. Our knee-jerk reaction might be to stop it. It might be to panic or to try talking them out of an internal struggle, to give your child some reassurance or to convince them that their thinking is flawed. The truth is, getting out of the negative loop takes time, practice, and engaging in more positive self-talk. **Positive self-talk** can help reduce stress, improve self-esteem, increase motivation, inspire productivity, and improve overall mental and physical health. Here are some tips to support a child who is struggling to silence their inner critic.

1. Empathize (*There’s that word again, have you noticed it pops up in every edition?*)

Put yourself in their shoes and try to understand what they may be feeling. “That assignment is pretty challenging!” or “Wow, sounds like you’re feeling frustrated!” **When kids are full of negative thoughts, the best thing you can do is listen and empathize.** Give your child the space to feel their feelings. Convey that you get it—life is hard, we all make mistakes, and sometimes it feels like we can’t do anything right.

2. Watch Your Words.

Kids are masters at picking up on what we say. They are looking at how we respond in different situations. They watch us when things aren’t going well, and they learn from us when it comes to coping with the hard stuff. Think about the words you use when your kids are around. If we criticize ourselves *or* our children out loud, our kids will internalize it and repeat it. Your words can often become their inner voice. Give positive feedback for good choices and be mindful of the way you deliver criticism. Model healthy ways to handle frustration and practice changing negative thoughts into more positives ones out loud: “*I can’t figure this out, I guess I have to keep practicing.*” or “*This is hard, but I’m going to try my best.*” Sit with your child and think about some positive phrases that might be inspirational in times of struggle. Coach them through the negative moments. Instead of “*Writing is hard. I’m stupid.*”, your child could say, “*I’m working hard on writing*” or “*Making mistakes is part of learning.*” Show kids that we struggle too! Everyone makes mistakes—even you! Practice using light-hearted responses to mistakes: “*Oops! I spilled! Let’s wipe it up!*”

3. Let Them Make Mistakes.

In a world where we are judged, graded, and given feedback on everything we do, it’s time to celebrate mistakes. **Yes! We said celebrate.** Partnering with your child through their learning process empowers them to try a new strategy next time, while reminding them that they have the power to make changes. Focus less on what went wrong and more on what could go right from making the mistake. The baby steps that lead to success, overcoming an obstacle, or moving closer to a goal are the real building blocks of learning. Phrases such as, “*You’re working really hard on that...*” or “*That took a lot of effort!*”, will help your child see the benefit in the hard work.

If you continue to have concerns, contact your school counselor to make a plan for a success—they’re full of ideas, and are always in your corner!~