



# Newsletter #18

December 14, 2018

## **Server Schedule:**

12-15-18 – Tessa C. and Aiva R.

12-16-18 – Adult Servers

12-16-18 – Katie H. and Natalie M.

Recess/Lunchroom Monitor Duty this year will be from 11:50 until 12:30pm. **Recess/Lunchroom Monitoring is a great way to earn a \$5 tuition credit for every shift you work!** Click on this link:

<https://www.helpcounterweb.com/ci/signup/13b69dfb224>

## **Recess/Lunchroom Monitor Duty:**

Monday: Janet McKemie and Lisa Donovan

Tuesday: Tim Yohe and Lisa Donovan

Wednesday: Tim Yohe and Lisa Donovan

Thursday: Laura McWilliams, Katie Weiss and Lisa Donovan

Friday: Noon Dismissal

## **Calendar**

### **December**

21 Noon Dismissal/End of 2nd Quarter/NO AFTERCARE

22 Christmas Break

### **January**

03 Classes Resume

21 No Classes/Dr. Martin Luther King, Jr. Day

23 First Communion Meeting for 2nd Grade

27 Catholic Schools Week Begins

## **A Note from the Principal**

Thanks to all of our school parents who took time away from their busy schedules to attend last Tuesday's Home and School general meeting. The presentation by guest speaker Amy Maus was very well received and provided a lot of useful information and suggestions.

This program was funded by the Home and School Association and it is hoped that similar activities in the future will be as well attended.

Also, the "Meet and Greet" for PreK, Kindergarten and grade 1 parents and children was a success. Thanks to Mrs. Keeteman and her helpers for their hard work in planning and organizing this event.

As most of you are aware Mrs. Stein, our upper grade Science and Math teacher, is awaiting the news of the birth of the child that she and her husband are planning to adopt. Please keep the Stein family in your prayers as they await this special event.

Mr. Joe Morice will be our substitute teacher during Mrs. Stein's absence.

Last Tuesday was also the occasion for the school's annual seniors' luncheon. Over thirty guests were entertained by the students who repeated their Christmas concert performances. This was followed by a delicious luncheon prepared by the cafeteria staff and served by our older students.

Catholic Schools Week is scheduled to begin the week of January 27 and continue until February 1. Although specific activities for each day are yet to be finalized, Friday of that week will include "Take Your Child to Lunch". Hopefully this early information will give parents the opportunity to plan accordingly.

The second eighth grade pizza lunch day is next Thursday, December 20. There is no regular cafeteria service scheduled for that day.

There is an “efair” link available at <https://r4608.myubam.com/1191729> that allows parents the opportunity to earn free books for our school library. This is available to us because of the successful book sale that took place in conjunction with the Home and School meeting.

On a periodic basis elementary schools in the Archdiocese receive a newsletter titled “Parent Corner”. As these articles are well-written and contain some valuable information and suggestions, future issues will be made available to our school parents by way of the school newsletter.

Finally, please be reminded that classes will be dismissed at 12:00 noon next Friday, December 21, and will resume January 3. Students may “dress down” on the 21st. There is no aftercare on the 21<sup>st</sup>.

Michael Biggs  
Principal

### **Weekly Prayer**

Hear me, Father,  
forming petitions rising up to the heavens,  
carried on evaporated tears.  
We are in need of Your help.

Hear the laments of those broken,  
by whatever measure they are fractured;  
I lift them in prayer.

For those I know and love,  
and those whom I shall never meet;  
embrace them, this day.

For those, worn from war and  
those who will not be fed,  
may my prayer extend beyond words,  
and may I find a way to help  
even one of Your people, this day.

You are the God of my Fathers,  
and my Mothers.  
You are the constant Spirit  
known collectively upon this planet.

Know those who seek You  
and let them in.

Amen.

### **Mad Science**

For grades KDG – 5th, Mad Science is scheduled to begin Thursday, February 7, and will continue on subsequent Thursdays until March 14. Click here for the flyer:



Mad Science of St. Louis

<http://stlouis.madscience.org> 314-991-8000

## NASA Academy of Future Space Explorers

Spark your child's imagination even when school is out!

School: **St. James the Greater**  
 Day: **Thursdays**  
 Time: **3:05 PM - 4:05 PM**  
 Dates: **2/7 - 3/14**  
 Grade: **K - Gr 5**  
 Cost: **\$78**

Registration Deadline: 1/31

**DON'T DELAY...  
 SPACE IS LIMITED!**

### Space Travel

Learn what it takes to be a true globetrotter! Race a rocket and design your own car engine as you learn about thrust. See the principles of propulsion at work in a real rocket launch and build your very own Mad Science® *Space Copter* to fly to the skies!

### Atmosphere & Beyond

We're on a mission to explore the atmosphere on Earth, and beyond! Travel to the end of the rainbow and make a sunset. Mix up various planetary atmospheres, one molecule at a time. Discover how NASA monitors planetary weather by using your very own Mad Science® *Meteorological Station!*

### Rocket Science

This is your chance to be a rocket scientist! Investigate the four forces of flight as you race through space. Explore the science involved in rocket construction as you build and take home your own Mad Science® *Skyblazer Rocket*.

### Sun & Stars

This stellar program leads you through the life cycles of the stars! Learn about our star; the sun, and see stardust form. Use your Mad Science® *Cosmic Disk* and newfound knowledge about the constellations to navigate the night sky!

### Living Space

Experience the life of an astronaut as you suit up for space flight! Use teamwork to complete an important space mission and build a model space station. Bring home the challenge of repairing a ripped solar panel on the International Space Station with your very own Mad Science® *Spacewalk Mission!*

### Space Technology

Discover technology that's out of this world! Steer a laser beam through a laser maze, and discover everyday objects originally designed for use in space! Take home a Mad Science® *Stereoscopic Viewer* and observe actual 3-D images from NASA's probe transmissions!

ASSEMBLIES | SPECIAL EVENTS | AFTER-SCHOOL PROGRAMS | VACATION & SUMMER PROGRAMS | PRESCHOOL PROGRAMS | BIRTHDAY PARTIES | WORKSHOPS

School: **St. James the Greater School**

Mad Science

Child's Name: \_\_\_\_\_ Birthday: \_\_\_\_/\_\_\_\_/\_\_\_\_ Grade/Teacher: \_\_\_\_\_

Parent's Name: \_\_\_\_\_ Phone #: (\_\_\_\_) \_\_\_\_-\_\_\_\_, (\_\_\_\_) \_\_\_\_-\_\_\_\_, (\_\_\_\_) \_\_\_\_-\_\_\_\_

Address: \_\_\_\_\_  
 Street City State Zip

My Child will:  Attend Day Care at the School  Walk Home  Be picked up by \_\_\_\_\_ Phone #: (\_\_\_\_) \_\_\_\_-\_\_\_\_

Please list any health concerns: \_\_\_\_\_

Return Check and Form to: school office

Payment Method:  Checks Make check payable to: *Mad Science of St. Louis*

Credit \_\_\_\_\_  
 Name on Card Credit Card Number Exp. Date MM/YY

Parent's Email: \_\_\_\_\_ Parent's Signature: \_\_\_\_\_

## MAD SCIENCE® AFTER-SCHOOL PROGRAMS

- ★ Meet national and state science curriculum standards.
- ★ Are led by trained, qualified, and dynamic instructors.
- ★ Follow professional lesson plans.
- ★ Use unique equipment and original materials.
- ★ Are age-appropriate and loved by children.

Give your child a Mad Science birthday party!

**\$15 off**  
Mad Science  
Birthday Party



Mad Science of St. Louis  
stlouis.madscience.org  
314-991-8000

Expires January 31, 2020

St. James

## OUR MISSION

Mad Science® is on a mission to spark the imagination and curiosity of children by providing them with fun, interactive and educational programs that instill a clear understanding about science and how it affects their world.

## MAD SCIENCE PROGRAM POLICIES

- ★ If your child will be picked up after Mad Science, you must meet your child at the room location.
- ★ Failure to pick up a child within 30 minutes of dismissal time will result in a call to the Police Department, to assist in locating the child's parent or guardian.
- ★ For refund requests made prior to the start of the program, a \$10 processing fee will be deducted. Payments made directly to your child's school are subject to the school's refund policy.
- ★ No refunds will be issued once the program has begun.
- ★ All children are expected to maintain proper behavior while attending the program. If a child displays disruptive, disrespectful, or inappropriate behavior and repeated warnings by Mad Science fail to yield results, parents will be contacted. If the behavior continues, the child will be dismissed from the program and no refund will be given.
- ★ Space is limited. Registrations are accepted on a first come first serve basis.
- ★ If a minimum number of students is not reached class will be cancelled, and a full refund will be given.
- ★ The nature of Mad Science programs allows for grades K-6 to participate in the same classroom with one instructor.
- ★ Mad Science's average class size is 12-20 students per one instructor.
- ★ A \$25 fee will be charged for checks that are returned unpaid.

# The Parent's Corner

## ✧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 positive 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!~*