



Newsletter #35

April 26, 2019

Server Schedule:

4-27-19 – Kaitlyn and Sarah D.

4-28-19 – 2 Adult Volunteers

4-28-19 – Mikayla and Olivia M.

Recess/Lunchroom Duty

Monday: Tim Yohe

Tuesday: Katie Lombardo

Wednesday: Tim Yohe

Thursday: Janet McKemie

Friday: Oliver Moss

Calendar

April

26 Father/Daughter Dance from 7-9p

27 Mother/Son Dodgeball 10a-12p

28 First Communion at 10:30 Mass/All You Care to Eat Breakfast 9a -12p/Early Childhood Open House

May

05 May Crowning 10:30 Mass

14 Home & School Meeting 7pm

17 Field Day 11:30am Dismissal/No Aftercare

20 Last Day of Classes KDG & 8th Grade/KDG Graduation 6p in Gym

21 11:30a Dismissal for 8th Grade

22 8th Grade Graduation 6p in Church

23 Last Day PK/Last Day Aftercare

24 Awards Mass and Dismissal

A Note from the Principal

I hope everyone was able to enjoy the warm weather over the Easter break.

This afternoon our third graders assembled in the Father Flynn Room to exhibit their wax museum book reports. Each student was asked to read a non-fiction biography, dress as the subject of the book, and then tell a little bit about themselves.

Thanks to the hard work of the students and the guidance of Mrs. Murphey the exhibit was a huge success.

Today is the last pizza luncheon fundraiser for this year's eighth grade class. Because of the generous support of our school families substantial funds were raised to support the traditional end-of-the-year eighth grade activities.

This Sunday, April 28, our second graders will receive the sacrament of the Eucharist for the first time. Please keep them in your prayers as they celebrate their special day and Monday's second grade holiday.

Today is the deadline for the family pages in this year's memory book. If you wish to submit special photos remember to do so today.

Tonight is the occasion for this year's Father-Daughter Dance from 7:00 p.m. until 9:00 p.m. and tomorrow's Mother/Son Dodgeball game, which is scheduled from 10:00 a.m. until 12:00 noon. Both of these activities are sponsored by the Home and School Association.

Finally, during Sunday's parish breakfast an informal Open House for next year's Early Childhood Program will be held for interested visitors. If any of your neighbors would like more information about next year's program please make them aware of this opportunity on the 28th.

Michael Biggs
Principal

Weekly Prayer

Eternal Father, I desire to rest in Your heart tonight. I make the intention of offering You every beat of my heart, joining to them as many acts of love and desire. I pray that even while I'm asleep, I will bring back souls that offended You. I ask for forgiveness for the whole world, especially those who know You and yet sin. I offer to You my every breath and heartbeat, as a prayer of reparation. Amen.

Field Day

Field Day is on Friday, May 17th. This is an early dismissal day at 11:30am. We need many volunteers to make this the most successful Field Day ever! Please sign up here to volunteer:

<https://www.helpcounterweb.com/ci/signup/13b69f5df38>

Memory Book

The End-of-the-Year Committee is designing a memory book for each St. James student. One of the unique features is the ability to customize 2 pages of the book with pictures and memories specific to your family at no cost to you. Click here for instructions:

St. James Summer Fest

Saturday, June 15th featuring Rockin' Chair. Tickets are for sale after the Masses starting on April 27-28, May 11-12, May 25-26, June 1-2, June 8-9. Questions: summerfest@stjamesthegreater.org

To purchase tickets online: <https://stjamessummerfest2019.eventbrite.com>

The Parents Corner

★We're In your Corner★

This month we dive into **motivation**.

Maybe your child suddenly doesn't seem enthusiastic to learn new things. Maybe a fight occurs whenever it's time to do homework. Maybe you have tried rewards, punishments, threatening consequences...and nothing seems to increase the amount of effort you see your child putting forth. When parents see their child's level of effort decrease, they naturally want to know why this is and how they can help them get motivated. Teachers and parents alike rate motivation as a leading concern when it comes to their student's academic performance—you're not alone!

One way lack of motivation manifests itself is in procrastination...and we've all been there. Procrastination in children can look like avoidance, lack of time-management skills, emotionality, or just not caring. But...what if our kids *aren't* avoiding schoolwork, just to be difficult and leave us feeling defeated? What if they are avoiding it as a way of coping with something that elicits an uncomfortable or anxious feeling?

When kids (*and adults*) procrastinate, it can be an indicator that the task is anxiety-inducing. Keep in mind that the amygdala – the part of the brain that controls emotions like embarrassment, or an emotional upset of any kind – is on the lookout for *anything* that might hurt us. If you feel completely in the dark about what your teacher is explaining in class, your amygdala might call: *Alert! Alert!* Because humans naturally feel insecure or uncomfortable in many new situations, lots of tasks can get interpreted by the brain as DANGEROUS. Putting something off makes us feel better in the moment, and often our present comfort takes precedence over long-term negative impacts that procrastination may create. These safety behaviors can look like lack of motivation.

So let's reframe our outlook: Our kids might appear to lack motivation. However, the reality may be that they need better coping skills for the scary feelings that come up when faced with a new or challenging task. This is an easier and probably more accurate picture than the one that tells us our children don't care.

There's a normal amount of trepidation that comes with learning new things, but when it appears your student is experiencing this reaction more than usual, consider helping them by:

Ideas + Resources

1. **Validating:** We can help our kids identify their feelings in these situations and teach them that their emotions are valid, normal and manageable.
2. **Praising:** Praising your children for their effort, rather than an outcome, can help instill the idea that mistakes and failure are part of learning. This makes tasks attainable as trial and error is viewed as a typical part of learning. Tell them when you see they've made an effort, regardless of the final grade. Pointing out areas where your child used to struggle but has now improved can also help.
3. **Setting Goals+Routines:** Come up with a goal together that they would like to achieve in the near future. Come up with a set of action steps or a routine with easy, specific plans on how to accomplish their goal. Review. Repeat.
4. **Fostering Perseverance** Through modeling and setting expectations at home for an "I try, I try, I try again attitude," a "gonna-get-it-done mindset," a "we're not quitters mentality." Make this a daily mantra or a morning reminder on the way to school. Consider sharing about your own difficult moments that you've overcome. Share these stories at dinner or bedtime.
5. **Ask For Help:** If your child appears to be struggling, let their teacher know you have concerns! Ask to speak to your school counselor about how to help your child gain coping strategies! It takes a village, and we are all here to work together to help your child succeed!

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!

Below are links to some great videos titles that can help foster perseverance and coping skills at home, all available on YouTube:

Breathing exercises: <https://www.youtube.com/watch?v=6hSkmmNU7PM>

Growth Mindset: <https://www.youtube.com/watch?v=2zrtHt3bBmQ> (ch.1-5)

Perseverance: <https://www.youtube.com/watch?v=IOaFwwLyTRo>

Perseverance Song: <https://www.youtube.com/watch?v=jpqV3dzYOgk>

Don't Give Up Video: <https://www.youtube.com/watch?v=pWp6kkz-pnQ>

The Power of Yet: <https://www.youtube.com/watch?v=XLeUvZvuvAs>

<https://www.youtube.com/watch?v=46UhAtPyXw4>

Feelings: <https://www.youtube.com/watch?v=w0VQIJVnoxU>

Keep on Trying: https://www.youtube.com/watch?v=vW_b25YnPmc

How to Create your Custom Yearbook Pages for St. James the Greater

1

1. Go to www.treering.com
2. Enter our school's passcode:
1015543312263953

Email:

Password:

2

Click **Edit Custom Pages** on the right side of the screen.

TR TREERING SCHOOL

- Yearbooks
- Signatures
- Shared Photos

3

Click your custom page to edit it.

1 2

4

Add **Photos, Memories, Signatures, Text and Graphics** to your custom pages.

5

Add more pages.

6

Print ready your pages by: **Apr 19**

Finish Pages

Yes