



# Principal's Corner

As guardians, educators, and role models to the children in our lives, it is important that we are conscious of this fact: What we do and how we act have an impact on the ways our children think about themselves and the world. If we are always down about ourselves or make disparaging comments about ourselves or others, children will likely mimic that behavior. Peers in school along with the media and marketing put pressure on children to look and act a certain way. It is important to teach our children to love themselves and to be proud of who they are amidst so much pressure to be a certain way.

Here are a few tips on how to help your child feel confident and have a positive self-image:

**Stay connected with your child:** Try to encourage your child's interests and stay connected with him/her by talking regularly about interests or even just about the school day. By showing an interest in what they are or what they did today at school, you can boost children's self-confidence and inspire them to feel positive about themselves and their world.

**Talk with your child about societal pressures:** Ask your children about societal pressures they feel they may be facing. One way to open up this conversation is through video clips or movies of different types that illustrate societal pressures our children may be facing. Resources may be found online and are great ways to begin these conversations.

**Encourage your children to be healthy and happy in their skin.** Commit yourself to modeling good eating habits; this will encourage conversations about body image and encourage your child to play outside to stay physically active; or better yet, play outside with them! A great video series to watch is the Jubilee Project's series called *Comfortable: 50 People 1 Question*. This video is great for talking about body image with tweens and teenagers.

Having confidence and having a positive self-image will help ease the transition from child to tween, to teenage, to adult. Cultivating confidence and inspiring a positive self-image in children is not easy, but it will help your child become the best he or she can be.

## REMINDERS

**Saturday, January 16:** 10:00 a.m. St. Alphonsus First Reconciliation.

**Monday, January 18:** NO SCHOOL  
Martin Luther King holiday

**Wednesday, January 20:** Pack the Place

## OFF TO SEE THE WIZARD

### GALA 2016

Have you marked your calendars for GALA 2016 which will be held on **February 27?**

**Tickets now on Sale.** Check the flyer on eThursday for more information.



## COME SEE SUNDAY

Come out to see your child's work/creations at our Catholic Schools Week Open House on Sunday, January 31, from 9:30 a.m. to 11:30 a.m. This will be an opportunity for you to see student work, view our Artistic Gallery, Invention Convention, visit with school families and meet potential Celtic families. Bring family and friends out for an enjoyable Sunday morning!



**OPEN HOUSE 2016**



## SHOP Corner



Don't forget to order SHOP gift cards. It is one of the easiest ways to help reach your fundraising goal and help the school! The Manna Group is currently offering the following promotions. The Shutterfly gift card has a 5% bonus (total discount 14%) and the Meijer gift card has a 1% bonus (total discount 4%). Please keep in mind that the SHOP Program also accepts donations for the Lemont Food Pantry. When placing an order online, you can select Food Pantry under the Non Manna Scripts drop down menu and any dollar amount is accepted. The SHOP program also offers gift cards to a variety of local businesses, including Gelsosomo's, Chipains, United Cleaners, Lemon Tree, Peppers, Berkots, Tai Sun and Bottles. Help support local business and purchase gift cards! Please take advantage of this convenient way to shop! Orders can be placed online at [www.mannaorders.net](http://www.mannaorders.net) or using the Manna eScript option.

Thank you,  
Your SHOP Team



## CELTICS

Welcome to the **CELTICS CORNER**- Here you will find information regarding our athletics program.

### Jan. 20 **PACK THE PLACE-**

5 pm **5th/6th Grade Boys Scrimmage**

6pm **6th Grade Girls vs. St. Jude Joliet**

7pm **7th Grade vs. St. Mary Immaculate**

8pm **8th Grade vs. St. Jude New Lenox**

**Jan. 2016** Car decals available for sale- Cost are \$3 each. They are available at all home games or through Thursday envelope. Send your payment and order form to Laura Kerfin c/o Sarah (8<sup>th</sup>). See flyer on eThursday for descriptions.

### **NEWS TO KNOW:**

**NEW PRICING – OUR STUDENTS ARE FREE!!! COME OUT AND SUPPORT YOUR FRIENDS!!!**

**Scorekeeper Training-** Are you an 8<sup>th</sup> grader or know any high school alumni who are interested in score keeping? Come out to a game and learn from our veterans who are graduating seniors this year. Please contact Mr. Kogut at

@skogut\_71@yahoo.com for basketball season and Mrs. Gorski at kogorski@comcast.net for volleyball/co-ed volleyball season to schedule a game. Once you are trained, your name will be added to our list for next year. This is a paying position once you are an alum.

**BOARD POSITIONS FOR 2016/2017:** It's never too early to start thinking about joining the Athletics Board. Be a part of promoting our wonderful program. Positions open for next year as of now are:

**Treasurer, Equipment Coordinator and Concessions Coordinators** (2 person team). Positions need to be filled by April 2016 for transitional purposes. If you have any questions, please contact any board member or email your question at [athletics@stals-stpats.org](mailto:athletics@stals-stpats.org).

## WIZARD OF OZ TRIVIA

The cowardly lion's costume was made of a real lion skin.



The uniforms of the Flying Monkeys match those worn by the Witch's castle guards (or Winkies).

January 14, 2016

**FSA News!** *The corner of eThursday where you can keep up with everything going on in our Family-School Association.*

**What we have done so far this year...** We are grateful for all who joined us last week for our first board meeting of 2016! Thanks also to all who dined with us at Gelsosomo's on Monday. Plan to meet us for dinner again on February 8!

**Pancake Breakfast 50/50 Raffle Winner:** Congratulations to Brandy Zapotosky, winner of our raffle in December! Thank you to everyone who purchased a ticket at our breakfast with Santa.

**Coming soon:** One word. CHOCOLATE. Yes, chocolate! Stay tuned for more information on our spring treat!

Please contact any FSA Board Member with questions or concerns.

**Have a blessed week!!**



## A letter of thank you from Bethany Lutheran Church

Dear Ms. Payne, families and staff,

Thank you for the additional donation of 31 Baker Square gift cards to the Open Pantry at Bethany Lutheran Church.

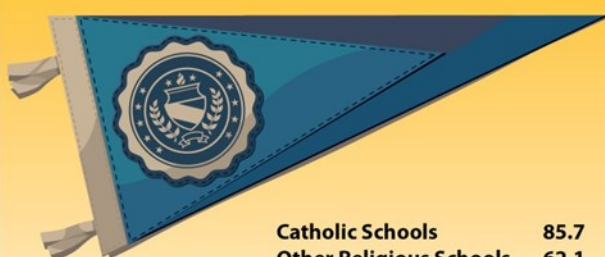
The pantry clients are thrilled to receive a gift of a pie. Your generosity brightens the day for our families. Please express our gratitude to Julie Malone for delivering the certificates.

Thank you for remembering the families of the Open Pantry.

Bethany Open Pantry Committee



### Percentage of 12th graders who attend a four-year college

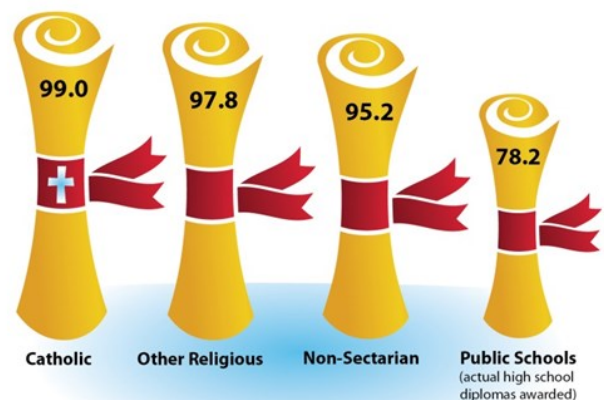


Catholic Schools	85.7
Other Religious Schools	62.1
Other Private Schools	56.1
Public Schools	39.5

Source: Broughman, S.P. and Swaim, N.L. (2013). Synder, T.D., and Dillow, S.A. (2014).

### U.S. Graduation Rates

A look at national high school graduation rates



Source: Broughman, S.P., Swaim, N.L. (2013); Stillwell, R., and Sable, J. (2014).