

Principal's Corner

I recently read an interesting article in "Today's Catholic Teacher" that I would like to share with you.

A Parent Guide for Raising Resilient, Self-Reliant Children

Let planning and accomplishment belong to your child.

Show interest, give specific feedback, ask clarifying questions, offer constructive criticism, examine work, inquire about progress periodically (check Power School), compliment effort, and note examples of improvement—but do not do the work yourself or impose your ideas.

Teach your child how to reduce stress and refocus when a task is difficult.

Break assignments into small, manageable pieces. Take time out, shift tasks, and then refocus. For instance, stop the task and switch to another, e.g. spelling homework, set the dinner table, shower for bed, or walk the dog. Then return to the original task. Give age-appropriate help or demonstration.

Lead your child to value faithfulness to commitment.

If your child wants to join an activity, club, or athletic team, engage her in naming the pros, cons, requirements, and expectations of the interest before signing up. Expect her to attend all practices, games, or meetings whether convenient or not; to apply herself to the required private practice, exercise, or tasks; to negotiate or communicate personally with the adult moderators; and to follow through with her responsibilities for the entire season.

Avoid "over-parenting."

Take advantage of role playing, discussion, and observing traits of positive and negative style of relating to people, both in real life and on TV programs, to help your child to learn effective ways to negotiate relationships. Then expect him to organize his own social activities, settle his own friendship battles, and solve his own problems. Support plans and offer suggestions but do not orchestrate for your child.

REMINDERS

Friday, February 26: Grade 4 chapel mass.

End of second trimester.

Saturday, February 27:

"A Night in Oz" Gala.

Raising Resilient Children, cont. Teach time management to avoid procrastination.

Use mealtime to re-live the day and talk about what each family member accomplished. Share details and dialogue about future strategy. Look ahead. Project a weekly calendar that safeguards time for family life, completing school responsibilities, developing personal interests, and volunteering service outside the family home. Initially monitor progress day by day, then once a week. Eventually have your child create her own calendar. Help her to devise a systematic approach to task completion, to look ahead, and to develop the habit of getting jump-starts on long-range assignments.

Establish "personal best" as the standard for performance.

Be realistic about your child's ability. Keep samples of your child's work that demonstrate his ability to produce quality work. Let those samples be the standard for future work. Ensure that he understands that schoolwork is his job, that you expect it to be completed according to his best ability, and that the responsibility and consequences for it belong to him. If his performance falls below the acceptable standard- a standard based on his ability and teacher expectations- exchange privileges for extra study time. To accept less than his personal best conveys a destructive and self-defeating message.



SHOP Corner

We encourage everyone to utilize the SHOP Program. Consider the convenience of shopping right here at school while earning money towards your fundraising goal! With spring break around the corner in March, are you planning a vacation? Keep in mind that Manna offers a variety of gift cards to help with your vacation needs. Planning a trip to Disney? Disney gift cards are available and can be used at Disney hotels and for theme park tickets. Orders are processed every Tuesday morning and are available on Thursdays each week. When placing orders, including MannaPay orders, we ask that you print out a summary of your order and send it in an envelope labeled SHOP. Please make sure your envelope is clearly marked with your last name and the grade of your oldest child. Orders can be placed online at www.mannaorders.net.



February 25, 2016

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

Good Luck to the 8th Grade Boys as they play their first conference playoff game Tues., March 1, 6pm vs. St Joe Manhattan held at St Mary Mokena

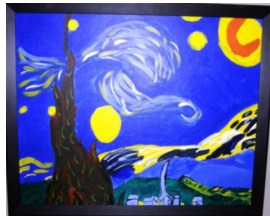
Car decals available for sale- Cost is \$3 each. They are available at all home games, at the office, or through the Thursday Envelope. Send your payment and order form to Laura Kerfin c/o Sarah (8th).

WINNER OF THE CELTIC AWARD



Mrs. Parry was awarded the Celtic award this month for guiding our students in the expression of their artistic talents.

The Celtic Award is presented to classes, faculty and staff who have exhibited our Celtic Mission. The recipient of the award is chosen by Student Council.



Openings for the 2016/2017 Athletics' Board,- WE HAVE ONE FILLED AND TWO MORE TO GO!!! We are looking for people who will help mold the athletic program, want to meet new families, and have fun in the process! It also meets your volunteer requirement!!!

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 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 questions to athletics@stals-stpats.org.

WELCOME

We welcome to our school Ms. Dania Zeini, a graduate student from Lewis University. Ms. Zeini is completing her Field Experience for general education, middle school math. Ms. Zeini will be observing math with Ms. Burke.

We also welcome Ms. Kathleen Puralewski, from Lewis University, who will be joining us shortly as a student teacher in Mrs. Lerch's second grade classroom. She will be with us as she completes her second eight-week student teaching placement in an elementary general education classroom.

February 25, 2016

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

Important Dates: Here is what is coming up in our schedule: Please join us!

Thursday, March 3, at 7pm: Monthly FSA meeting at school.

Monday, March 14: Monthly dinner at Gelsosomo's Pizza.

WE NEED TO HEAR FROM YOU!

Share your feedback regarding FSA. We encourage all faculty and school parents to attend our March board meeting on **Thursday, March 3**. All are welcome!



2016-2017 FSA Board Opportunities: We have board positions available for next year. Take care of your mandatory volunteer hours having a ton of fun with great parents and students! Please click on the [Volunteer Spot link on the FSA home page](#) to see what positions are available.

Please contact any FSA Board Member with questions or concerns.

Have a blessed week!!



Prayer this week was so beautifully done by Mr. Lundberg and the fourth grade. The Wizard of Oz theme reminded us yesterday that three people should be in every friendship—Us, our friend, and God and that we should always stay on the right path.

“A NIGHT IN OZ”

The St. Alphonsus/St. Patrick School Winter Gala, “A Night in Oz” will be held tomorrow at Burr Ridge Marriott. Not only is the Gala an important fundraiser for our school, it is always a spectacular event. The hard working volunteers who orchestrate the Gala clearly deserve our gratitude and support. They spend many months planning and gathering items to be auctioned. This year’s Gala will more than likely make your head spin (like a tornado).

