

# *January Newsletter 2012*

SAINT JOHN THE EVANGELIST SCHOOL – HYDES

---

Dear Parents,

On many days, when we rise in the morning, we can see the sun coming up. We know that a new day is dawning. In order for us to better understand Jesus, in the Christian tradition and in scripture, the similarity of the words “sun” and “Son” and images of new birth and new light are often used. The birth of our Savior, Jesus in Bethlehem, was like the rising of the sun in the morning. Just as the sunrise begins a new day, Jesus’ birth was a new beginning.

The birth of Jesus Christ is so important, we celebrate for eight days. This is known as the Octave of Christmas. It gives each of us an opportunity to pray and reflect on the meaning of God sending His only Son into our world.

It is our hope that you have had a Blessed Christmas and have taken some time to cherish the true meaning of the season. We wish the peace of the Baby Jesus remain with you throughout the coming New Year!

*We Wish You and Your Family a  
Happy New Year!*



**Please note that we return to school on Tuesday, January 3, 2012.**

## **Thank You:**

On behalf of the faculty and staff, I would like to thank you for your many Christmas cards, good wishes, and gifts. Your kindness and generosity mean so much to us and is very much appreciated.

## **Reregistration 2012-2013 School Year:**

After Christmas you will be receiving the reregistration forms for the 2012-2013 school year. We ask that you fill them out completely and return them to school as soon as possible, but before January 11. This reregistration process is an integral part of the budgeting process. Enrollment numbers directly impact the tuition charges and faculty adjustments that may need to be made. **Please note the reregistration fee is \$100 per student and will be deducted from the full tuition next year.**

There is a separate application for siblings who will be attending our school for the first time. **Please call the office for a new student registration application if you have not already done so.** These are also due by January 11. New student registration does not get applied to tuition for next year.

**CSW:**

Catholic Schools’ Week is fast approaching. We will celebrate January 29 through February 3. For the benefit of new families to the school, this week is one of national celebration for Catholic schools. Look for a detailed bulletin to be sent home mid-January. Wednesday, February 1, is the day set aside for parents and friends to visit the school during our “Open House.” Parents come and spend the day, including bringing a special lunch or snack to share with their children. Make sure you mark that day on your calendar. We hope you will be part of the excitement of the week. This year we will host an “Open House” for prospective parents and students on Tuesday, January 31, from 9:00 AM to 11:00 AM. If you know of anyone who may be interested, please pass on the information. Thanks!

**Middle School:**

The mid-year exams for the Middle School students are scheduled for the week of January 9 through 13.

**“I Read to the Principal:”**

Congratulations to the newest member of the club: Ava Ozazewski. Thanks to Ava, I enjoyed another good book as I relaxed and listened.

**Email Requests:**

Once again, I ask if you have changed emails and have not forwarded your new email address to the office, please do so as soon as possible. Many times we send special messages to our parents, and we do not want you to be uninformed.

**Applause Applause:**

Las Posadas:

I would like to thank Ms. Gercke, our Spanish Teacher, and the entire faculty for helping the students appreciate Las Posadas. Thanks also to the parents who helped in the kitchen to get the cookies and hot chocolate ready for the students.

Christmas Performances:

A big thank you to all who made the Christmas Concert a wonderful evening for everyone. Thanks to Seval Kanik, our instrumental music teacher, and to David Pomplon, our liturgical and classroom music teacher, for all their hard work in preparing our students for the big night.

Knights of Columbus Poster Contest:

We would like to congratulate the winners of the Knights of Columbus “Keep Christ in Christmas” poster contest. The Knights of Columbus presented awards to the following students the night of our Christmas concert.

**Grades 1 to 3**

- 1 Alyssa Edwards
- 2 Mason Coleman
- 3 Margaret Simmons

**Grades 4 to 6**

- 1 Kelsey Boyle
- 2 Cailyn Tripp
- 3 Ryan Muhlenfeld

**Grades 7 and 8**

- 1 Gabriella LoPresti
- 2
- 3 Brian North

### Knights of Columbus:

We would once again like to thank the Knights of Columbus for their most generous donation to our school. Mr. Wenderoth, Mr. Siejack, Mr. Zaegel, and Mr. Phillips, all members of the Long Green Valley Council, presented the school with a check for \$1,020.44. What a pleasant surprise and what a great Christmas gift for our school! We can hardly wait to decide the best use for the newly acquired funds. Thanks also to the Knights for sharing the councils' proceeds from their Christmas card sale with us. We received a check for \$200.00.

### **Yearbook:**

If you have never seen one of our yearbooks, stop by the office to catch a glimpse. There are pictures from every grade, PreK 3 through Grade 8. Look for order forms for the 2012 edition to be sent home in early January. We are still looking for several parents of Middle Schoolers to chair the Yearbook Committee. Mrs. Curtin, a former parent and chair last year, will gladly give you some information.

### **Inclement Weather:**

Just a reminder - so far we have not needed to listen for school delays or closings, but the time is coming. In the Handbook it states that we follow Baltimore and/or Harford County for late arrivals or early dismissals. We ask that you reread, once again, our policy for Inclement Weather on pages 30 and 31 of the Parent/Student Handbook. Also, note the paragraphs for one- and two-hour openings that follow.



### **Drama Club:**

Play practice begins in earnest after the holidays. Practices will be in the Church Hall and times will be extended. Thespians and their parents are asked to refer to their schedules for these time changes.

### **Social Action:**

Looking ahead to the New Year - the club is looking forward to working with the Pioneers to make blankets for the veterans and several more projects to make the theme of CSW, "Faith, Academics, and Service" come alive for our students.

### **H.A. S.A.:**

#### Breakfast with Santa

A big Thank You goes to Mary Beth Bressler and her crew of elves for all of their work on Breakfast with Santa. As usual, it was a fabulous time and everyone enjoyed it!

### Coming Soon:

The H.A.S.A. will be offering pre-packaged Back-to-School Supply Kits. Kits will be the exact school supplies your child's teacher requests. Back-to-School Supply Kits will save you time and money from running to multiple stores looking for all the supplies. Each kit contains name brand, quality products! You will be able to order online. Pre-order your kits starting in April-June 30<sup>th</sup>. More information to come!

Again, on behalf of the faculty and staff, I wish each of you a Happy New Year.

*Jean Delcher*

# **Parents make the difference!**

## **Early Childhood – January 2012**

Reprinted with permission of The Parent Institute

---

### **Reading Readiness**

## **Promote the building blocks of reading**

Learning to read doesn't just happen one day. It's the result of many steps you take with your preschooler.

To build a strong foundation for reading, experts recommend that families:

- Familiarize kids with written words. By reading with your child, you show that reading involves looking at printed words (not just pictures).
- Emphasize letters. Point them out in books, on signs and elsewhere. Mention their sounds. ("S says ssss.") Sing the "ABCs" together, too.
- Have fun with words. The word Sunday has two syllables (Sun-day). Clap as you say them. Also practice rhyming. Ask, "Do these words rhyme? Why or why not?"
- Practice identifying phonemes. These are sounds that make up words. Name words that start the same way, such as cat and car. Then change a sound, such as from cat to pat.

Reprinted with permission from the January 2012 issue of *Parents make the difference!*® (Early Childhood Edition) newsletter. Copyright © 2012 The Parent Institute®, a division of NIS, Inc. Source: "Get Your Preschooler Ready to Read," Scholastic.com, [www.scholastic.com/resources/article/get-your-preschooler-ready-to-read](http://www.scholastic.com/resources/article/get-your-preschooler-ready-to-read).

### **Building Motor Skills**

## **Build motor skills to get your child in shape for kindergarten**

Kids use their muscles --big and small--to accomplish tasks at school. They need help building these muscles before kindergarten. This makes it easier for them to do everything from writing to catching a ball in P.E. Encourage your child to:

- Move to music. Play songs that promote physical activity, such as "I'm a Little Teapot." Do big and small movements, such as bending and clapping.
- Play follow the leader. Take turns leading each other around. Include a variety of actions, such as flapping arms, hopping and marching.
- Make believe. Role-play different careers, such as being an office worker, cook or athlete. Use props that encourage muscle use, such as writing utensils, plastic measuring cups and sports equipment.

- Be artistic. Plan art projects that involve drawing, painting, gluing and more. You might finger paint or make pasta necklaces with yarn.

Reprinted with permission from the January 2012 issue of *Parents make the difference!*® (Early Childhood Edition) newsletter. Copyright © 2012 The Parent Institute®, a division of NIS, Inc. Source: C. Holecko, "Physical Activities to Build Your Preschooler's Gross Motor Skills," About.com, <http://familyfitness.about.com/od/preschoolers/a/grossmotorskill.htm>.

## Using Our Senses

# Let your child experience new things by using different senses

Does your child know the five senses? They are sight (eyes), hearing (ears), touch (hands and skin), taste (mouth) and smell (nose.) Your child will learn about these in kindergarten and beyond.

You can help by getting her to think about using her senses. Since food allows people to use all five senses at once, try this idea with your child:

1. Ask your child to select a fruit or vegetable. If you can, challenge her to try a new one.
2. Put the fruit or vegetable on the table and ask your child what she sees. Ask her for two words or more to describe it. "It's red and shiny."
3. Ask your child to touch and smell the item. Again, help your child think of one or two words for each. "It feels smooth and soft. It smells sweet."
4. Ask your child what she hears. Fruits and vegetables don't make noise, but your child can tap it with a spoon or her finger. What does it sound like?
5. Now, taste! Have your child try to connect her senses. If she thought the fruit smelled sweet, does that mean it tastes sweet, too? What sound did it make when she bit into it?

Reprinted with permission from the January 2012 issue of *Parents make the difference!*® (Early Childhood Edition) newsletter. Copyright © 2012 The Parent Institute®, a division of NIS, Inc. Source: PBS Teachers, "The Cat in the Hat Knows a Lot About That: Exploring Our Senses," PBS.org, [www.pbs.org/teachers/includes/content/catinthehat/Teachers\\_UnitDownloadables/CITH\\_Teachers\\_ExploringSenses.pdf](http://www.pbs.org/teachers/includes/content/catinthehat/Teachers_UnitDownloadables/CITH_Teachers_ExploringSenses.pdf).

## Spending Time Together

# Carve out moments with your preschooler when time is short

Here is the bottom line about time with your child. Quality time-- when you can really focus on your child-- matters. But so does quantity time. Even if you are not doing anything special, even if you only have a few minutes, your child wants and needs those minutes.

Here are some ideas for finding those minutes:

- Have your child work with you around the house. Young children love to help, and they can! Your child can carry small loads (like a small bag containing paper goods), help you put clothes in the washing machine, dust with a feather duster. What matters to your child is that you are working on something together.
- Schedule breaks. If you are doing something your child absolutely cannot help with, have a break time and spend it with your child. Set a timer. Let your child know that when it goes off it will be break time and you two can do something together, like read a book.
- Take your child along when possible. Not every errand is child-friendly, but bring your child along on those that are, such as short trips to the grocery store. If you have more than one child and there is another adult in your household, these errands are a great way to have "special time." Alternate bringing one child with you and leaving the others at home with an adult. Keep track of whose turn it is.

Reprinted with permission from the January 2012 issue of *Parents make the difference!*® (Early Childhood Edition) newsletter. Copyright © 2012 The Parent Institute®, a division of NIS, Inc. Source: R. Silverman, "No Time? 5 Tips to Spend Time With Your Child When You Have no Time to Spare," Dr.RobynSilverman.com, [www.drrobysilverman.com/parenting-tips/no-time-5-tips-to-spend-time-with-children-when-you-have-no-time-to-spare/](http://www.drrobysilverman.com/parenting-tips/no-time-5-tips-to-spend-time-with-children-when-you-have-no-time-to-spare/).

**Click here to view the  
EC Winter Activity Calendars**

# Parents make the difference!

## Elementary – January 2012

Reprinted with permission of The Parent Institute

---

### A new calendar year is a time to review, make adjustments

It's the start of a new year--and nearly the halfway point in this school year. So it's a good time to take stock and make any needed adjustments.



Spend some time talking with your child about how the school year is going. If the two of you set learning goals at the start of the year, review those goals now. Is she making progress? How can she make the rest of the school year even better?

Then make some learning resolutions. Here are a few to consider:

- Reduce screen time. Talk about the time your child spends in front of a screen. How much time does she watch TV? Play computer games? Chat and IM with friends? If she's an average seven- to 18-year-old, she's spending seven-and-a-half hours on these activities a day. Yikes! Set a goal of reducing her total screen time to no more than two hours a day.
- Spend time reading. There is no skill that will help your child more in school. And reading, like other skills, gets better with practice. Encourage your child to read, and don't worry about what she reads. Let her read about sports, her favorite TV star or a hobby.
- Go back to beginning-of-school routines. Has your child's bedtime begun to slip later and later? Does that mean mornings are feeling more rushed? Is your family's regular study time now not quite so regular? Routines like these make life easier--and help kids do better in school.

Reprinted with permission from the January 2012 issue of *Parents make the difference!*® (Elementary School Edition) newsletter. Copyright © 2012 The Parent Institute®, a division of NIS, Inc. Source: Kaiser Family Foundation, "Daily Media Use Among Children," [www.kff.org/entmedia/entmedia012010nr.cfm](http://www.kff.org/entmedia/entmedia012010nr.cfm).

#### Ready to Learn

## Eating breakfast improves attendance & concentration

There used to be a cereal that advertised itself as the "Breakfast of Champions." That may or may not have been true--but there is no question that some sort of healthy food in the morning helps kids become champions in school.

One Harvard Medical School study looked at how breakfast affected attendance and school performance. They found that children who eat breakfast have:

- Better attendance.
- Fewer episodes of tardiness.
- Higher math scores.
- A stronger ability to concentrate in class.

Of course, with today's hectic schedules, there isn't always time to sit down for a long breakfast. So you can be prepared by keeping a few healthy grab-and-go options. A granola bar and a piece of fruit will get your child off to a good start. So will dried cereal and fruit juice. In a pinch, a piece of last night's pizza will do!

Reprinted with permission from the January 2012 issue of *Parents make the difference!*® (Elementary School Edition) newsletter. Copyright © 2012 The Parent Institute®, a division of NIS, Inc. Source: "The Case for Eating Breakfast," Healthy Children, [www.healthychildren.org/English/healthy-living/nutrition/pages/The-Case-for-Eating-Breakfast.aspx](http://www.healthychildren.org/English/healthy-living/nutrition/pages/The-Case-for-Eating-Breakfast.aspx).

## **Building Self-Esteem**

# **Family meetings can help your child feel connected & valued**

Children sometimes feel isolated or "different." They may feel disconnected or anxious in social situations. They might also feel like failures. Such feelings lead to low self-esteem and make it harder to succeed in school.

Family meetings can help your child feel valued, capable and connected. In meetings, your child can learn to express what he thinks and feels. He can get needed emotional support. Plus he can join in family planning and problem solving.

To start, announce you're going to hold weekly meetings. Agree as a family on a time and place.

At the first meeting, ask family members to talk, listen and be supportive. Go around the table four times. Allow all family members to speak about:

1. Positive experiences from the week. For instance, "I felt really good about my spelling test." Offer praise and encouragement. "Great job!" or "I'm so proud of what you did."
2. A problem they had that week. Listen and validate your child's feelings. Get the family to offer solutions to the problem.
3. Goals they want to achieve in the coming week. Help your child come up with specific objectives and a plan of action to accomplish his goal.
4. Their schedules for the next week. Let your child know if you'll be working late or taking him to the doctor. Ask about his after-school activities and social plans.

Reprinted with permission from the January 2012 issue of *Parents make the difference!*® (Elementary School Edition) newsletter. Copyright © 2012 The Parent Institute®, a division of NIS, Inc. Source: "How To Hold a Family Meeting," About.com, <http://childparenting.about.com/library/howto/htfamilymeeting.htm>.

## **Building Respect**

# **Build your child's respect for people and belongings**

Respect and obedience aren't the same thing. Respect is a feeling--not just a behavior. To build your child's respect for people and belongings:

- Be a role model. Kids imitate what parents do. If you treat yourself and others with respect, your child is likely to do the same.
- Follow the rules. Remember to discuss why a rule is important. Ask yourselves, "What if everyone broke this rule?" This will help your child respect it.
- Look for examples. Where do you notice respect and disrespect? In books? On TV? In real life? What do you and your child think of what you see?
- Take care of things. Make it a priority to treat books, toys and other items with respect. Choose special places for belongings, and put them away after each use.
- Be positive. Make sure your child feels cared for and trusted. This builds self-respect. Help her see herself as lovable and capable.

Reprinted with permission from the January 2012 issue of *Parents make the difference!*® (Elementary School Edition) newsletter. Copyright © 2012 The Parent Institute®, a division of NIS, Inc. Source: S. McChesney, "Respect-How to teach it and how to show it," teAchnology, [www.teach-nology.com/tutorials/teaching/respect/](http://www.teach-nology.com/tutorials/teaching/respect/).

**Click here to view the  
EL Winter Activity Calendars**

# Parents still make the difference!

## Middle School – January 2012

Reprinted with permission of The Parent Institute

---

### Reinforcing Learning

## Reinforce learning at home to help your child succeed in school

Reinforce your child's learning at home and you may help him become more successful at school. Here's how:

- Make sure your home is "learning friendly." Does your child have a quiet spot where he can do his homework? Are the right supplies and other materials available? Is there enough light?
- Be patient. Remember that it takes time to master new subjects. So don't get frustrated if your child doesn't grasp something right away. Instead, be supportive as he works at his own pace.
- Encourage him to do his best. Your child may get his work done, but is it done well? Remind him to try his best on every assignment he brings home. Don't let him fall into the habit of just doing the bare minimum to get by.
- Set the bar high. Let your child know you believe in him by expecting him to excel in school. And don't act surprised when he brings home a good grade. It may make him think you had your doubts.
- Take action. If you discover your child is struggling in class, do something about it. Try not to wait until his teacher comes to you or the issue balloons out of control. The sooner you can head off problems, the better.

Reprinted with permission from the January 2012 issue of *Parents Still make the difference!*® (Middle School Edition) newsletter. Copyright © 2012 The Parent Institute®, a division of NIS, Inc. Source: E. Hamilton, M.Ed., "Reinforce Learning," EmpoweredParent.com, <http://joansbook.com/parenting/reinforced.shtml>.

### Developing Thinking Skills

## Improve critical thinking skills by analyzing and evaluating

To sharpen your child's critical-thinking skills, choose a current event that involves a two-sided dilemma. Outline the details of the story, or just hand him an article to read. Then ask your child to:

- Analyze the "whys" of the issue. He knows what happened. Now get him to consider why it happened. Why does he think the people in the story said or did what they did? What motivated them? The better able he is to mull over the "whys" of this story, the more likely he may be to think critically about other things, too.
- Evaluate the data. Does he believe one side of the argument is stronger than the other? Why? What, if anything, could improve the weaker side?
- Suggest a solution. Now that he's carefully considered the issue, what would he do to solve it? Which details or facts from the story support his proposed solution? Give him time to think of a response, and don't interrupt him as he explains himself. And don't settle for a mumbled, "I don't know," either! Nudge him a bit.

Reprinted with permission from the January 2012 issue of *Parents Still make the difference!*® (Middle School Edition) newsletter. Copyright © 2012 The Parent Institute®, a division of NIS, Inc. Source: S. Garland, "Bloom's Taxonomy: Critical Thinking Skills for Kids," Exquisite Minds, [www.exquisite-minds.com/idea-of-the-week/blooms-taxonomy-critical-thinking-skills/](http://www.exquisite-minds.com/idea-of-the-week/blooms-taxonomy-critical-thinking-skills/).

## Coping With Adolescents

# Teach your middle schooler how to control angry emotions

Your child is growing in many ways and dealing with such an array of new feelings that, at times, things can seem a little haywire. All this can add up to an occasional explosion.

In most cases, this is nothing to worry about. Here are some tips:

- Be understanding yet firm. Anger is an emotion and your child is entitled to it. Let your child know that it is okay for him to state how he feels, go to his room or go for a walk to cool off. It is not okay for him to scream, damage property or be physically abusive.
- Talk to your child about stress and stress relief. Often your child's anger comes from feeling overwhelmed. Explain the importance of taking time out for things he enjoys. Have fun as a family, too. Devote some time every weekend to cooking a meal together, watching a movie or playing a board game.
- Have your child practice calming techniques. Taking deep breaths or counting to 10 (or more!) works for many people.
- Talk to a teacher or doctor for advice if your child's anger seems to happen often or results in damaging property or physical abuse to people or pets.

Reprinted with permission from the January 2012 issue of *Parents Still make the difference!*® (Middle School Edition) newsletter. Copyright © 2012 The Parent Institute®, a division of NIS, Inc. Source: J. Mandel and D. Anshel, "Anger: Helping Children with this Complex Emotion," Education.com, [www.education.com/reference/article/Ref\\_Anger\\_Helping/](http://www.education.com/reference/article/Ref_Anger_Helping/).

## Discipline

# How should you respond to your child's back talk?

Even the child who gave you no trouble in elementary school may develop a "smart mouth" in middle school. At this stage in life, one of your child's jobs is to question and challenge. As a parent, you bear the brunt of the sharp, dismissive and often disrespectful statements.

Here's a guide for you:

- Be a model. Your child hears rude and mocking language everywhere. But she shouldn't hear it from you. Treat your child with respect, even when her behavior doesn't earn it.
- Point out your child's language. "That is disrespectful." "Your tone is not appropriate."
- Use consequences. Calmly tell your child how you feel about the way she speaks to you. State the consequences: "You are allowed to be angry with me. But you are not allowed to speak disrespectfully. If you continue to do so, you will lose TV privileges for the week."
- Acknowledge improvement. If you notice that your child is making an effort to cut the back talk, say so.
- Consider your child's intent. What seems like back talk may be your child's attempt to show you that her opinion differs from yours. That is okay, but she needs to express it appropriately.

Reprinted with permission from the January 2012 issue of *Parents Still make the difference!*® (Middle School Edition) newsletter. Copyright © 2012 The Parent Institute®, a division of NIS, Inc. Source: J. O'Donnell, "No More Tween Back Talk," About.com, <http://tweenparenting.about.com/od/behaviordiscipline/a/TalkingBack.htm>.

**Click here to view the  
MS Winter Parent Pointers Calendars**