Saint Raphael the Archangel The Guide

A weekly newsletter for the school community

Volume 5, Issue 16

December 15, 2016



From the Principal's Desk

Mrs. Kim Vangel

Dear St. Raphael School Families,

While I am away, I will be passing along helpful information that is useful for parents any time of year. Please know that this information is offered simply to be considered, not as a directive or "preaching" of any kind. I hope you find it interesting!

Peace, Kim Vangel Principal

How to Help Your Kids With Homework

The nagging, the battles, the lost papers—do you dread school work as much as the kids do? Here's how to help them hit the books and develop good study habits

Step 1: Ya Gotta Have a Plan

Sit down with your kids and lay out expectations now, when the school year is starting, rather than waiting until problems arise. "Two or three goals is plenty, and you'll get better results if your child helps decide them," says Alexandra Mayzler, director of New York City—based Thinking Caps Tutoring and author of <u>Tutor in a Book: Better Grades as Easy as 1-2-3</u>.

Ask: What were your child's stumbling blocks last year? Maybe homework time was running into bedtime, so agree on an earlier start time. Did your child resist reading? Work on ways to make it fun—maybe set up a reading tent under your dining room table. Review your child's homework goals again in October, and perhaps once more in January, says Mayzler. Adjust your plan as you go, letting your child take as much ownership of the process as possible.

Step 2: Get in the Groove

"All the research says the single best way to improve your child's homework performance—and bring more peace to your home—is to insist on a daily schedule or routine," says Ann Dolin, who is also the author of <u>Homework Made Simple: Tips, Tools, and Solutions for Stress-Free Homework</u>. In some homes, that means doing it right after school; for others, it can mean waiting until after dinner if your child is the type who needs to expend some energy before he dives back into the books.

Dolin recommends giving all kids at least 30 minutes to have a snack and unwind, with one caveat: "That half-hour break really shouldn't involve anything with a screen—television, e-mail, or video games—or you may have trouble getting kids off," she adds.

Giving kids a half-hour break between after-school activities and homework is a smart idea, too. "Sports or after-school care isn't really a break. Kids need to let down a little at home before launching into homework," she says. If your child goes to a babysitter or aftercare program, make a deal that while he's there he'll work on one assignment—something easy he can do even with distractions—every day before he gets home so he has less work later. The key is to be consistent about the routine. Take a few weeks before homework gets heavy to try different approaches and see what works best, then stick to it.

What about weekends? Everyone deserves a break on Fridays, of course. But pick a regular time during the weekend for homework. After some experimenting, D'nece Webster of Portland, OR, found that her son Alex, 7, is at his best on Sunday mornings. "He can finish in thirty minutes what might take him two hours on a weekend afternoon," says Webster.

Step 3: Know When to Get Your Child Extra Help

If your kid is truly stuck on a homework assignment, don't make the common mistake of trying to reteach the information. Your goal is not to become your child's study buddy. Plus, your approach might be too different from the teacher's. "Imagine being a kid learning long division for the first time. You don't understand what your teacher is saying, and your parents teach you another method. When you get back to school, you're bound to be even more confused," says mom and former teacher Laura Laing of Baltimore.

Instead, send an e-mail or note to the teacher asking her to please explain the material to your child again. If your child is a fourth-grader or older, have him write the note or talk to the teacher. It's important that he learns how to speak up for himself. The teacher will likely have office hours earmarked for those who need help. Also ask her about specific websites (many school textbooks now have practice sites kids can use in conjunction with the material in the book) or check out an online tutoring site like <u>growingstars.com</u> or <u>tutor.com</u>, which also has apps for the iPad, iPhone, and iPod Touch.

Step 4: Pick the Right Spot

Some kids do best with a desk set up in their bedroom so they can work independently; others want to be smack in the middle of the kitchen while you cook dinner. Mayzler recommends letting kids choose their preferred study spot. If your child focuses better lounging on a couch or the floor, "I say let them do it," she notes. Wherever your child does homework, keep it distraction-free—no TV, video games, or loud siblings playing nearby. "It's ideal if you can set a quiet family work time, when younger kids color or do other 'homework-like' tasks and you do paperwork or reading of your own," Mayzler adds.

Step 5: Try Not to Be So Helpful!

Of course, it's okay—and actually necessary—to sit with 5-or 6-year-olds while they do homework. However, your goal should be to help less over time and move physically farther from where your child works. Laura Laing and her partner, Gina Foringer, make a point of staying out of the room where their daughter, Zoe, 11, does homework. That way, Zoe is encouraged to think through her work on her own before asking a parent for help. Even when Zoe asks a question, Laing often responds with more questions instead of answers. "I'll ask 'What do you think?' or 'How do you think you can come to the answer?" says Laing. Zoe often works out her own solution by talking it through with her mom.

When it comes to proofing a homework assignment, less is definitely better. Check a few answers to ensure that your child understands what's she's doing, but don't go over the entire page. After all, your child's teacher needs an accurate measure of whether she really understands the work.

Some Things To Note:

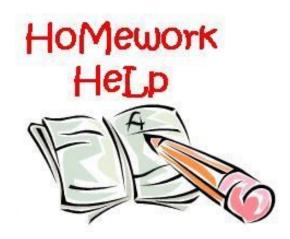
mom and dad shouldn't do homework

If work comes home with "directions for parents," Vatterott suggests letting the teacher and possibly the principal know that you, unfortunately, aren't in class this year (some gentle humor helps!), so you won't be building a replica of a human cell or a California mission, or whatever is required. A project can be a fun way for parents and kids to bond, but if you feel like it's taking up too much of your time, it probably is.

watch for overload

If your third-grader is spending an hour and a half on just her math homework, for instance, that's way too much. "Keep track of her time for several days, then talk to the teacher," suggests Dolin. Sometimes teachers honestly underestimate how long an assignment will take. If your child routinely works long hours because she's struggling, also talk to the teacher. But if she seems to be slaving over homework because she's a perfectionist, you may need to discuss a reasonable amount of time to devote to an assignment and then clock her.

Source: www.parenting.com



Page 2 Volume 5, Issue 16

Calendar

Announcements

Daily Mass Time: 8:00am Grades K - 8 Monday - Thursday

Benediction 2:00pm First Friday of the month



Dec. 16 - Formal Friday for two canned goods

Dec. 16 – Exams for 6-7-8

Dec. 18 – 12:00-4:00pm Babysitting for Pk-4th grade 8th Grade Fundraiser

Dec. 19 – Exams for 6-7-8 Dec. 20 – Exams for 6-7-8

Dec. 21 - 3:15-4:30pm SRA Schola Rehearsal in Church

Dec. 22 – 6:30-8:00pm Christmas Concert K - 8

Dec. 23 - End of Second Quarter

Dec. 23 – 11:00-12:00 Christmas Parties K-8

Dec. 23 - NOON DISMISSAL FOR K-8
Preschool is open until 3:00pm
NO AFTERCARE

Dec. 26 - Preschool is closed

Dec. 26 – Jan 3 – Christmas Break K – 8

Dec. 27 – 30 Preschool is open

January 2017

Jan. 3 – Preschool is open

Jan. 3 – No School K-8 Teachers Records Day Preschool is open

Jan. 4 – School Resumes for K – 8

Jan. 6 - Black & Gold Accessory Day

Jan. 6 - Report Cards open on line



December Birthdays

Anna Dubbert-15 Sklyer Lashley-17 Jonah Abbott-18 Brandon Young-19 Aidan Flavin-20 Gabbi Smith-24 Lauren Stawizynski-26 Katherine Delf-27 Cathleen Guenther-28 Henry Cyr-28 Spencer Willmann-31

June ½ Birthdays

Emma Shine-16 Avery Bradshaw-19 Sofia Rizos-20 Kristin Nienhaus-23 Jude Potts-23 Frances Steidley-23 Dalila Ramirez-25 Connor Ebert-28 Quinn Ebert-28 Sophia Molina-30



Page 3 Volume 5, Issue 16

Seventh Graders are in charge of safety patrol at the corner of Bishops Place and Highfield. Students should arrive by 7:30 in the morning and again in the afternoon at 3:10.

Thank you! **2nd quarter patrol schedule:**

December 19th:

Jenna and Annie Jack and Ardian



Sounds

RECESS/LUNCH DUTY

Want to spend an hour during the day helping out at recess or lunch duty at St. Raphael? We would love your assistance! The times of lunch and recess are as follows: 11:10am Preschool goes to lunch—11:15-11:40am (K-3) - 11:45-12:05pm Lunch (4-8). All volunteers must have completed their Protecting God's Children requirements. If you can help, please email Lori Stawizynski at loristaw76@yahoo.com

Monday, December 19 Marti F. & Danielle C.

Tuesday, December 20 Mark P. & Keith W.

Wednesday, December 21 Missy Weber & Patrick J.

Thursday, December 22 Susie I. & Leslie S.

Friday, December 23 NOON DISMISSAL



Mrs. Caroline Zarinelli:

The Power of Music and Story

All of the SRA students, Kindergarten through Eighth Grade, have been working very hard (and having a little fun on the way) to bring you the story of Christmas with an SRA twist. Each class has rehearsed their music and lines to bring you their very best performance. Like all live shows, the power is in the moment. So be sure not to miss this new St. Raphael classic Thursday, December 22nd at 6:30!

STUCO

Thank you for your generous donations of canned goods this week. The students who participated in the Formal Friday looked fantastic.

Wednesday, December 23rd - 2nd Annual Christmas Kick-off - We will need parent volunteers to help with face painting and games. Let Mrs. Runiewicz know if you will be available that morning before parties to help with this event. Please join in the fun.

January 4th - 27th - Winter Wonderwear! While cleaning out those closets over the Christmas Break, gather all your gently used coats, hats, scarves and mittens, and bring them to school for Winter Wonderwear. St. Patrick's Center is particularly in need of New Underwear and gently used or new socks. Thanks!



Page 4 Volume 5, Issue 16

December 2016

"FIRST RESPONDER AWARD"

Congratulations to SRA parishioner and school parent Lincoln County Deputy Sean A. Wingron, father of Justin Wingron (3rd Grade) and Abby Wingron (Class of 2016), who has been awarded the Lincoln County VFW "First Responder Award" for 2016. The award recognizes outstanding service to the public in Lincoln County by persons who have distinguished themselves in the performance of their duties.

Sean is a Deputy who serves as a K9 Officer for the County and as a participant in regional policing services. He is a veteran officer providing law enforcement service to several St. Louis area communities.



Final Round - Behind the Beyond Sunday Academic Capacity Grant

Marti Finan

Over the past three years, Mrs. Vangel's goal to fully revise the existing SRA curriculum resulted in students gaining a more solid grasp of subject material and improving their standardized testing results. As a result, our students' Iowa standardized test scores are among the highest in the archdiocese at 74th percentile. An integrated STREAM education would build beautifully upon this success.

Mrs. Vangel received the Beyond Sunday grant opportunities packet in the spring of 2016 and immediately launched a plan of pursuit. An enthusiastic group of parents and teachers gathered to discuss structural, financial, and community resources for STREAM education.

The group received a delighted response after reaching out to innovative professionals in the STREAM community. Many of these leaders offered their time and expertise should St. Raphael be awarded the Beyond Sunday Grant.

Communication with the Beyond Sunday office began and the grant summary was written, rewritten, and submitted in early fall. We were thrilled to learn in November that our summary was accepted and we were invited to proceed in the grant process.

Currently, our work includes:

- researching accredited professional development opportunities in STREAM
- examining SRA curriculum to dovetail with STREAM
- preparing a detailed list of equipment for the Mobile Stream Lab
- gathering options for optimal internet access

We'll submit the grant narrative in mid-January, 2017 and expect to learn the results in March, 2017. Prayers for success are welcome!

Page 5 Volume 5, Issue 16

Mrs. Diane Gewinner: Learning Consultant

WHY SELF LOVE IS ANYTHING BUT SELFISH

by Cari McKnight MSW LCSW of West County Psychological Associates

In her article she explains what is meant by self-love, the differences between being selfish, narcissistic and actually practicing self-love. She goes on to list several ways to begin the practice of self-love. Practice self-care by eating the right foods, getting enough sleep, creating enough space to exercise, begin a hobby, maintain friendships, etc. Having health boundaries for ourselves and others is very important. Boundaries allow us to know what is OK and what is not OK. We can invest time and energy in ourselves to gain inner peace. We can show ourselves grace and forgiveness.

For the complete article go to www.WCPASTL.com.

Mrs. Peggy Martin: Physical Education & Art Grades Pk-3

The cold weather has set in. It is very hard for the children to get sixty minutes of exercise. That is what they need daily. Please encourage family exercise time! Dancing is great cardio. So scoot out the furniture and dance the night away!



Mrs. Kim Westrich: Art

Eighth Grade students learned weaving on a loom with the assistance from classmate, Victoria N. Victoria has been a big help to students getting started with weaving and inspiring classmates in other areas of fibers. Mrs. Gewinner saw Sarah B. arm weaving in art class and decided that we could use a generous donation of yarn. The students were very excited about all the new colors and textures of yarns to use in their weaving. Upon completion of the weavings, students can transform them into pouches, purses or phone holders by adding buttons, loops and Velcro.

Mr. John Bruno: Physical Education—Grades 4-8

My students in physical education last week worked on a partner activity that was a strength and conditioning workout. I would like to say it was one of "Mr. Bruno's Boot Camp Regimen." The students seemed to enjoy it although it was hard. They have a good understanding of some of the major muscles that this wheelbarrow activity uses. I also hung up a picture/diagram of these muscles to provide them with additional visual understanding of their muscles. The students will continue working with either a partner or in small groups throughout the coming months.



Miss Elise Bussmann: Writer's Workshop (6-7-8) Spanish (4-8)

Spanish: All classes are finishing and presenting their country projects.

<u>Writer's Workshop:</u> Our final writing assignment of the quarter will be an essay comparing and contrasting the Catholic faith and Christmas traditions in the United States and the country they researched for Spanish class.

Page 6 Volume 5, Issue 16

Miss Molly Preschool Room A

We are so close to Christmas and the kids are a little antsy, but all is good in Preschool. We are working on Christmas presents for families and learning about the season of winter. We are talking about the animals that stay out in the cold and the ones that go in to sleep. We have also enjoyed reading two books by Jan Brett.



Miss Chris Preschool Room B

The Bears have been extremely excited this week as we continue to get closer to Christmas. They are just bubbling with joy and excitement and it sure is hard to contain. We have been working on a Christmas theme as we learn that Christmas is all because of Jesus. We are reading the nativity story as well as all of the cool stories that revolve around it (such as the Annunciation, the Wise Men's visit, angels, shepherds and animals). We have also been extremely busy with being Santa's elves, as we have been secretly hard at work making presents for very special people in our lives...SHHHHHHH!



Kindergarten News: Miss Abby Morris & Mrs. Doyle

Kindergarten continues to learn about the season of Advent. The Gingerbread Man is alive and well in our classroom. He is helping us discover sight words and learning shapes. The students are doing very well with symmetry and our Kindness Elf challenges us to perform an act of kindness each day.



First Grade News: Mrs. Louise Balicki-Smith

What does Christmas mean to you?

Hanleigh: "Jesus. It is his birthday."

Madelynn: "Jesus' birthday, trees, and cookies."

Emma: "The birth of Jesus, to be with your family because it is a special holiday."

Nolan: "Christmas is joy!"

Simon: "Christmas is about the birth of Jesus and Santa."

Ryan: "Time about Jesus and time to be with your family."

Teddy: "People wear red clothes, they light candles and wear Christmas PJs."

Annabelle: "Christmas is Jesus' birth. It is having fun with your friends and family. It is about giving."

AJ: "It is a holiday for the birth of Jesus, to be with friends and family."

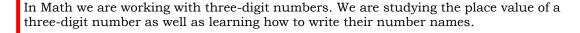
Peyton: "It is a holiday to celebrate, pray, and have fun for the birth of Jesus."

Anna: "Christmas is all about Jesus and getting presents."



Second Grade News: Miss Stephanie Amsler

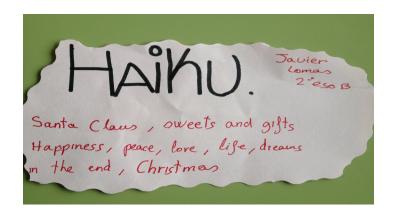
This week Second Grade is working on writing letters to our favorite characters in books we have read. We are using the writing process to help us properly use and place the parts of a letter.





Third Grade News: Ms. Susan Polson

Third Grade continues to prepare our hearts for Jesus' coming and celebrated Reconciliation on Tuesday with Father Bob. He visited our classroom and spoke to us about the Immaculate Conception and Advent. Ms Polson asked each of us to bring a \$3.00-\$4.00 gift wrapped (suitable for a girl OR boy) by December 19. It will be fun to give and get at our Third Grade Advent Angel Gift Exchange. The School Christmas Program is at 6:30 PM on Thursday, December 22. Our Class Christmas Party is at 11:00 on December 23 (1/2 day). All are welcome. Each of us has a president to research and write a report about. It is not due until February 13, 2017.



Miss Patti Woods: Social Studies, Science, English (4-5)

Christmas Secular Haikus by Fifth Grade

By: Madalene Christmas time is here Bells are ringing through the town Everyone is Joyful

By: Skyler Presents are in stores People are shopping in stores presents are nice gifts By: Eva Presents are awesome, Santa brings nice gifts to us, We love what he does

By Andrew I can't wait until December Twenty-fifth is Presents on Christmas

Miss Amanda Imo: Reading, Math (4-5)

<u>Fifth Grade:</u> This week during Religion the students started discussion on the Eucharistic Prayer. We discussed why the priest does and says certain things while preparing the Eucharist. Decimal division has been our topic in math. During Reading the students read a story about an over-the-top cowboy. They learned about how hyperboles can make stories more exciting.

<u>Fourth Grade:</u> The Fourth Graders have been working hard on multiplying large numbers using the distributive property. They have learned that the more they practice, the easier it gets. We finished the story *There's A Boy in the Girl's Bathroom!* The students loved reading about how Bradley Chalkers dealt with his challenges. They will begin working on a slideshow to show how much they learned about the book.

Page 8 Volume 5, Issue 16

Mrs. Christy Connor: Social Studies & Religion (6-7-8)

Religion:

Grade Six students continue to learn about Moses and the Israelites during their journey to the Promised Land. They are now beginning a review of the Ten Commandments.

Grade Seven students are reviewing the Sacraments of Baptism, Reconciliation and the Eucharist. They have also completed the section about the Bible in their Confirmation books.

Grade Eight students completed the unit about the four Marks of the Church. They will begin to study the history of the Church, starting with the Apostles.

Social Studies:

Students in Grade Six are learning about the Maya, Aztec and Inca people of Latin America. They will study the three different cultures as well as the geography of Latin America.

Seventh Grade students are learning about the beginning of the American Revolution. They are also finding information about the Declaration of Independence.

Eighth Grade students have completed their study of World War I and the Great Depression. They will begin to learn about the causes and effects of World War II.

Mrs. Laura Berns: Science (6-7-8) Standard Math (6-7-8)
Miss Ashley Schaaf: Science (6-7-8) Challenge Math (6&7) Algebra 8

6th, 7th and 8th Grade Math (EXAM - TUESDAY, 12/20)

6 SMath

Students just completed a test over unit 3. We will spend the next couple of days reviewing for the final exam. 6 CMath

Students took their chapter 3 test on Monday. We are starting chapter 4, which entails patterns and functions.

7 SMath

Students just completed a test over unit 2. We will spend the next couple of days reviewing for the final exam. 7 CMath

7th grade is exploring dimensional analysis, or conversions, as well as solving proportions.

8 SMath

Students are completing a project using slope-intercept and point-slope equations. They will take a quiz this Thursday and we will spend the remainder of the days reviewing for the final exam.

8 CMath

8th grade is finishing up chapter 6, and taking their test Thursday. This covers the three forms of an equation -slope-intercept form, point-slope form, and standard form.

6th, 7th and 8th Grade Science

All classes are working on their Science Fair projects.

Mrs. Jennifer Runiewicz: Literature (6-7-8)

<u>Literature:</u> Working on reviews for Seventh and Eighth Grade literature finals. Students will need to review notes from both novels read this semester. The assessments will cover characters, plot, setting(s), conflicts and point of view. There will also be additional questions about figurative language (metaphor, simile, hyperbole, personification, and understatement).

<u>Vocabulary Workshop schedule</u> should be taped/stapled to their vocabulary book cover or in their assignments books. I've also shared the schedule with each of them on Google Drive. We will start back up with Vocabulary Workshop after Christmas Break.

Page 9 Volume 5, Issue 16



Scholarship Programs for the 2017-18 School Year

Families have the opportunity to apply for all the scholarships listed below using the unified online application <u>at no cost</u>. To make the process easier for families and schools, one application is now being used for all scholarships funded by the Catholic Education Office, the Roman Catholic Foundation of Eastern Missouri, and the Today & Tomorrow Educational Foundation. The Scholarship Office at TTEF will review your application and determine if your family is eligible for any awards based on each program's guidelines and funding availability.

Scholarship	Description	Open to All Faiths
Alive! In Christ	For students of income-eligible families to attend any archdiocesan parish elementary school. Students of new families are eligible in grades K-4. Students of existing families are eligible in all grades. Scholarship is renewable through grade 8 and maximum award is \$2,000. FIRST COME – FIRST SERVED!	✓
Help for Today, Hope for Tomorrow	For students of income-eligible residents of the City of St. Louis to attend grades K-8 at any private or parochial elementary school in the City of St. Louis. Scholarship is renewable through grade 8 and award amount is based on tuition. Maximum award is \$2,000.	✓
Futures	Full scholarships for students of income-eligible families to attend grades K-8 at the following schools: Most Holy Trinity School & Academy, St. Cecilia School & Academy, St. Louis Catholic Academy, and St. Louis the King School. Scholarship is renewable through grade 8.	✓
Beyond Sunday Elementary	For students of middle-income families to attend grades K-8 at any Catholic elementary school (archdiocesan, parish, or private). Preference given to Catholic families registered in a parish of the Archdiocese of St. Louis. Scholarship is renewable through grade 8. Application period is open January 30 – February 28, 2017.	✓
Beyond Sunday Fellows	For students of middle-income families to attend grades 9-12 at any Catholic high school (archdiocesan, parish, or private). Preference given to Catholic families registered in a parish of the Archdiocese of St. Louis. Scholarship is renewable through grade 12 and all recipients participate in one faith experience and one service activity together. Application period is open January 30 – February 28, 2017.	✓
SOAR!	For students of income-eligible families who wish to attend grades K-12 at select Catholic elementary and high schools in the City of St. Louis and North Saint Louis County. Elementary scholarships are in the amount of \$3,800 and are renewable through grade 8. High school scholarships are renewable through grade 12 and the maximum award is \$4,000.	√
Catholic Family Tuition Assistance	For students of income-eligible, registered Catholic families to attend grades K-12 at any archdiocesan or parish school.	
Parish Employees Endowment Fund	For students of income-eligible parish employees working 1,000 hours or more per year to attend grades K-12 at any archdiocesan or parish school.	✓

APPLICATION AVAILABLE JANUARY 30, 2017!

See Reverse for Important Additional Information

T: 314-792-7777 | F: 314-792-7629 | E: ttef@archstl.org

Volume 5, Issue 16 Page 10

tiple children receiving scholarships. □ Documents needed to complete applications include: o High School Students are required to submit an essay and contasidered for the <i>Beyond Sunday</i> Fellows Program. □ ESSAY PROMPT: In 250 words, please describe why you want to	In addition to the other scholarships listed. Families may have mul- ct information for two references at the time of application to be con- be a <i>Beyond Sunday</i> Fellow. gram or organization of which the applicant is a member of, and the n, please visit www.ttef-stl.org.
Type of Income	ONE of the Following Proofs are Required for EVERY Type of Income You Receive
Adjusted Gross Income (Wages from employment and all other income reported on Federal Taxes)	□ Pages 1 & 2 of your 2016 or 2017 Federal Income Tax Return (Form 1040) If you do not file taxes you may submit □ 2016 W2 for all places of employment for you and your spouse OR □ Three paystubs from 2016 or 2017 for all places of employment of you and your spouse
If applicable, please provide proof of any supplemental income your family	7 is receiving.
Business Income	NOTE: If this income is already claimed on your taxes, do not list the amount as additional Business Income on your application and do not submit additional documentation or your income will be calculated higher than it should be. □ Copy of your business tax return, financial statements or a notarized letter stating your total earnings
Child Support	
	 ☐ If court ordered, provide documentation stating amount of support and your name If not court ordered, you may submit ☐ Transaction record displaying your name and monthly or annual amount
Public Assistance Cash	 □ Award letter displaying name and award amount OR □ Transaction record displaying your name and monthly or annual amount
Food Stamps	
Social Security/SSI	
Unemployment/Worker's Comp	_
Other (includes but is not limited to adoption or foster subsidies, tuition support from family, friends, or employer)	☐ If you have other sources of income not reported elsewhere, please

Page 11 Volume 5, Issue 16

provide notarized letters from your employer, family/friends providing

financial assistance stating the annual amounts.