

Saint Raphael the Archangel

The Guide

A monthly newsletter for the school community

Volume 7, Issue 3

October 25, 2018



From the Principal's Desk

Mrs. Julie Hayes

Lift His Name A Simple Prayer

The fruit of silence is Prayer, the fruit of Prayer is Faith, the fruit of Faith is Love, the fruit of Love is Service, the fruit of service is Peace.

St. Theresa of Calcutta

Dear SRA Families,

During November, the focus virtue will be **STEWARDSHIP** - returning to God the first fruits of your time, talent, and treasures. There could be no better example of Stewardship than St. Theresa of Calcutta. She returned to God - all of her time, shared all of her talents, and whatever treasures she had she shared with the poor and forgotten. May each of us model good examples of Stewardship for our children. The Parent Guide on Stewardship for November is attached to The Guide today.

We had a great time celebrating Red Ribbon Week with accessory days and contests. I know the kids had fun! To culminate the week, today, we had a guest police detective give a presentation to stay healthy and stay away from drugs. The students seemed to enjoy that also.

Our competition winners:

Coloring Page	Anna W.	Kindergarten
Bookmark	Jack B.	1st-Grade
Poster	Sophia R.	4th-Grade
Poem	Jude W.	5th-Grade
Essay	Rory B.	7th Grade

Parent-Teacher Conferences are today from 1:00 PM - 8:00 PM. We want to thank the Home and School Association for providing the teachers with a dinner break from 5:00-5:45 PM. The teachers look forward to taking a small break with delicious food. Thank you Home & School....you are so good to us!

Tomorrow, October 26 the school will be closed for a short Fall Break. No classes for all grades Pre-K through 8th-Grade. See everyone back on Monday.

Halloween is quickly approaching! The 8th-Grade class is sponsoring Trunk or Treat on Saturday evening, October 27. Check-in begins at 5:30-6:00. Halloween Parties on Wednesday, October 31 will begin at 2:00 PM. Let the scary fun begin!

We have a few special days and different dismissal times during November. Be sure to look at the November calendar attached to The Guide. Next week, Grades K-8 will not have school on Thursday, November 1 for the Feast of All Saints. Classes will resume on Friday, November 2. Preschool will be open on Nov. 1.

Please support our Black & Gold Auction next week on Saturday, November 3. Doors open at 5:30 PM. Preview Night will be Friday, November 2 beginning at 7:00 PM. Come and enjoy a great community while helping a wonderful cause - The School!

Two more days I want to give extra attention to in this message:

November 9th Noon Dismissal for Faculty PD
Pre-K will be open
We will provide Aftercare till 6:00 PM as usual.

November 12th The 5th-Grade class will be hosting a Veteran's Day Mass at 8:00 AM and reception to follow. Invite the veterans in your family to join us.

May your month of November be filled with grateful thoughts, generous people, and happy times.

In His Name,
Mrs. Hayes

Announcements



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

November 12
Mass Veteran's Day
5th Grade Planning

November 20
Thanksgiving Mass
STUCO Planning

November 29
Mass St. Andrew
the Apostle
6th Grade Planning

Benediction 2:00pm
First Friday of the
month



November Birthdays

Flora Borowiak-3
Hannah Kratky-3
Jude Wulf-4
Joey Raymo-6
Teddy Adams-6
Mrs. Schmidt-8
Celine Snodgrass-9
Ava Christlieb-11
Francie Berry-12
Thad Berta-12
Eleanor Kane-14
Rosie Hogrebe-15
William Messmer-19
Jett Stemmermann-19
Mrs. Hayes - 20
Joshua Abbott-20
Alexis Young-20
Fr. John-25
Patrick Meier-27
Mrs. Adolph-27
Thomas Finan-29





- Nov. 1 All Saints Day No School K-8 Preschool is open**
- Nov. 2 World Food Day
- Nov. 2 6:30-8:30pm Black & Gold Auction Preview Night
- Nov. 3 5:00-10:00pm Black & Gold Dinner Auction
- Nov. 4 High School Open House
- Nov. 8 2:00-4:00pm Dance
- Nov. 8 3:15-4:15pm Chess in Art Room
- Nov. 9 Noon Dismissal K-8 Faculty PD Day**
- Preschool is open After care until 6:00pm**
- Nov. 10 8:30am-3:00pm Women's Day of Reflection-Church
- Nov. 11 6:00pm Concert-Our Catholic Faith-Church
- Nov. 12 8:00am Veteran's Day Mass & Reception
- Nov. 15 Uniform Picture Retake Day
- Nov. 15 2:00-4:00pm Dance
- Nov. 15 3:15-4:15pm Chess in Art Room
- Nov. 16 High School Applications Due
- Nov. 20 3:15-4:15 De Angelis Children's Choir Rehearsal
- Nov. 21 No School K-8 Preschool is open**
- Nov. 22-23 Thanksgiving Break No School Preschool-8**
- Nov. 27 9:00-10:15 Little Angels
- Nov. 27 3:15-4:15 De Angelis Children's Choir Rehearsal
- Nov. 28 7:00pm 1st Reconciliation in church
- Nov. 29 2:00-4:00pm Dance
- Nov. 29 3:15-4:15pm Chess in Art Room

All veterans are invited to join the school community for a Veteran's Day Mass at church on Monday, November 12th at 8 am. Mass will be followed by a reception in the school cafeteria. Veterans interested in celebrating with us and attending the reception should contact the school office at [314-352-9474](tel:314-352-9474) and should leave their name and number of people coming. Please RSVP by Wednesday, November 7th. Participants are to gather in the back of the church for a procession. We are looking forward to seeing you on November 12th.



The Parents' Corner

We're In your Corner

This month we dive into *behavior as communication*.

All children engage in undesirable behaviors at some point, and when this happens we may wonder: Is this normal? How can I make it stop? Dole out a consequence? Yell? Ignore them? Take something away? Will they grow out of this? And finally – is there something wrong with my child? Usually – NO. More often than not, problem behavior is your child's attempt to communicate. In fact, **everyone** communicates through behavior no matter what age they are. So what can we do?

First – it's helpful to reframe our thinking around behavior. If we consider problem behavior as an attempt at communication, rather than something wrong with a child, we can begin to address the root of the behaviors. Behind every single behavior there is a cause. In this frame of mind, we recognize that the only thing wrong is the child's inability to tell us their need in that moment. The next step is to take a deep breath, remove our own emotion from the situation, and ask ourselves – what is my child trying to tell me?

Let's be honest, some days we still find ourselves in survival mode. Some days we still engage in...The Power Struggle! We engage with our children in battles that have no winners. Consequences, discipline, bribes, promises, taking things away – we've all been there – no judgment here! Disengage. The most helpful thing can be to not enter the power struggle in the first place. *I want you to imagine with me for a second. You feel angry. Now someone yells, scolds or punishes you. Or maybe someone says "calm down," or "you look ridiculous." How does this feel? Are you calm yet?* Yelling at a child for a behavior does not provide them the support they need to learn *how* to act in difficult situations. When adults react with anger, we send the message that anger solves problems. When adults help children find positive ways to communicate their needs to others, children learn important problem-solving skills that will help them throughout life.

On the surface we may see a clingy, attention-seeking, shutting-down, scared-to-make mistakes, hyper-active child. But remember that reframing we did? Every behavior has a root cause. If we look deeper, we see a lack of emotional vocabulary to verbalize needs and feelings, and in turn the inability to self-regulate. When words fail them, children turn to actions. Their emotional brain is activated. They can't access the rational, problem-solving part of their brain. It is our job as caregivers to help them return to that rational place, and to work with them to determine the cause.

Behavior Struggles? Follow these tips:

- 1) **Kids want control.** So give them as much control as you can handle, and offer choices that you are ok with (e.g.: Do you want to do your homework at the kitchen table or in the dining room?).
- 2) **Talk Less!** By skipping the threatening or nagging, you show your child you are not going to be pulled into an argument. Instead of jumping in with a bribe or a punishment or yelling, give yourself some space to gather your thoughts and calm down so that you can respond to their behavior rather than react.
- 3) **Kids love to be part of the discussion – ask them what they think!** Solicit their opinions – whether it be family decisions, consequences for their actions, how they want their day to go (including all of the necessary things you expect).
- 4) **Avoid consequence that you can't follow through with.** If you are in the heat of the moment, walk away and think it through before letting them know what the consequence will be. Every misbehavior doesn't need an immediate consequence, but not following through teaches children to ignore your requests; respond with "I'm going to do something about this. We'll talk later."

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!~

October 2018



Love & Logic classes are available at Saint Louis Counseling—feel the support of other parents and learn valuable tools to use at home with your children.

HOME PROJECTS FOR NOVEMBER

STEWARDSHIP—returning to God the first fruits of your time, talent, and treasure

Grades Pre-K-2—Saint Elizabeth of Hungary:

1. Think about something you do well—reading, writing, drawing, tying your shoes, etc.—and offer to help someone younger than you develop this skill.
2. Ask your parents if you can put some money in the poor box at church or in the Sunday collection.
3. Sacrifice a treat and give the money to the poor.
4. Practice saying the *Sign of the Cross* first thing in the morning when you wake up, to dedicate all your time that day to God.
5. If you take a dance class, show your latest routine to someone who is lonely or sad.
6. Choose a way to practice taking better care of the supplies and toys entrusted to you at home or school.

Grades 3-5—Blessed Fra Angelico:

1. Be a good steward of class property: offer to one of your teachers your help in repairing books or other classrooms items that are damaged or need cleaning.
2. Draw or paint a picture as a gift for someone who is sick or suffering.
3. Sing in the church choir.
4. Are you a good reader? Choose a fairytale with a good moral or a story about a saint and read it to a younger child.
5. Be diligent about remembering to bring a donation for the offertory at Sunday Mass this month.
6. Choose a new way to conserve resources or recycle.
7. Dedicate to God the time and talent you spend in after-school arts, sports, or academic competitions. Make a point to pray before each practice, rehearsal, game, etc., and as you strive for excellence, do it for Him and for your group/team.
8. Is there a class that is hard for you? Consecrate that time to God. In your prayer before that class, ask God to help you put forth your best effort out of love for Him, since it is His will that you do this activity in the time He gave you.

Grades 6-8—Saint Joseph Moscati:

1. Discuss with a friend what humanitarian cause you are most passionate about, and why. (Examples: clean water, medical attention for the uninsured, the pro-life movement in our country, shelters for local homeless, food pantries/soup kitchens.) Choose a way that you and your friend can promote awareness of this ministry. If you communicate electronically with your friends, could you use the same media to communicate these needs?
2. Discuss tithing with a friend. Why do you think many people have abandoned this practice? Do you think it is important? Do you plan to tithe when you are older? If so, how can you start now?
3. Try out as a cantor for church.
4. Teach your favorite sport to a younger child who doesn't know how to play.
5. When things get busy we forget to pray, but it's when we need prayer the most! If you have a crazy busy day this month, deliberately set apart a few minutes for prayer. Later, reflect on how that impacted your day.

YEAR OF FAITH

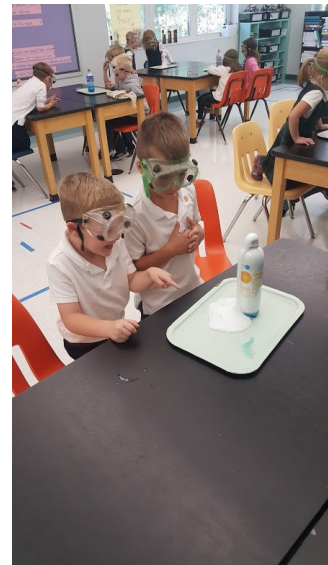
Upcoming Student Council Events

Thank you for your generous support of the canned food drives and The Pink Balloon Project. Red Ribbon Week has been spent learning about the negative effects drugs can have on our lives and futures.

November 9: Veteran's Day - Bring a \$1 or more to be donated to Project Sunscreen (care packages to deployed soldiers) and dress down day

November 12-16: Thanksgiving Food Drive - see the flyer that will be sent home on November 2nd for your assigned item.

Kindergarten made a bubbling witch's potion!



5th Grade made representations of the moon using Oreos!



Mrs. Kathy Doty: Music

It is that time of year for kindergarten-8th grade to learn their Christmas songs for our program Thursday, December 13, 2018 at 7PM. All students will be sent home with a packet of their songs for the program.



Kindergarten- We are finishing our "Pumpkin, Pumpkin" poem. We learned about ta, ti-ti and rest (a beat of silence). We will be learning about ta-ah (half notes), and same and different patterns in our songs.

First Grade - Students are finishing their booklet about the song "Five Little Pumpkins." We discussed same and different rhythm patterns, and also dynamics. We will continue on different dynamics and melody.

Second Grade - We will continue working on learning to read music and playing resonator bells to various rhythm patterns in our songs.

Third Grade - We will be studying the staff (names of the lines and spaces), melody and timbre of songs being taught.

Fourth Grade and Fifth grade - We will be discussing form, syncopation, and different time signatures.

Sixth- Eighth grade - We will be learning about the melody of a song and how, when compared to other songs, they are the same or different. In groups they will have a song (Christmas, winter) change the lyrics and add the resonator bells for their "pitched" percussion instrument for the melody of their song.

Mr. John Bruno: Physical Education

This past week, the students finished playing various frisbee games. The students enjoyed working with frisbees; frisbee golf seemed to be very popular among all of them. This week I will introduce soccer to my classes. I have several soccer activities that hopefully all the students will enjoy. They will play soccer games that will get everyone involved and participating. The students will work in small groups performing different soccer skills.



As always, let's keep up the good work and positive Christian environment at St. Raphael.

I hope everyone has a safe and not too scary Halloween!

Miss Molly Preschool A

The Animals in PreK A have been working hard on their letters and numbers. We have played games, sung songs, and did many projects to help us learn the letters and numbers. The children went on a wonderful field trip to the Pumpkin Patch where they had fun on the hay ride and playing at the Halloween playground. The kids were able to show off their Halloween costumes at their Halloween class party. The parents did a wonderful job having games, activities, and food for the kids. Hope everyone enjoyed the Halloween holiday.

Thank You and God Bless



Miss Chris Prekindergarten

The Bears are certainly grateful for fall finally making its appearance. We have had a wonderful time this month playing and learning. We have worked and played hard, and continue impressing our teacher, Ms. Chris. Our highlights this month include cleaning out pumpkins and playing with the pumpkin pulp. We also loved making our own pumpkin slime. We got a huge kick out of making Witches Brew and finally getting to go on our long awaited field trip to the Pumpkin Patch. The Bears hope everyone has a very safe and happy Halloween!



Kindergarten News: Lu Ann Domijan

The kindergarten class had an AWESOME time on our field trip to Eckert's Farm with the first and second graders. Thank you parents and anyone else that made the trip possible. We are now studying about bats, counting to fifty by ones and fives, and counting by tens to one hundred. We are learning how to write sentences, starting with capital letters and ending with punctuation marks.

Wishing everyone a safe and Happy Halloween!



First Grade News: Mrs. Theresa Schmidt

Happy Fall to everyone. First grade had an amazing time visiting Eckert's Farm. We were able to pick our own apples and pumpkins. One of employees at the farm gave us a great class on the apple and pumpkin life cycles. The students had a great time using their pumpkins in various experiments at school before they brought them home. In math, we are continuing to learn different ways to solve addition facts and soon will be learning strategies to solve subtraction facts. We just finished up short vowels and now are studying the sounds long vowels make. If you come by our classroom, look at our Halloween riddles hanging outside and see if you can guess which student is under the ghost. We hope everyone has a very safe and happy Halloween!



Second Grade News: Mark Messmer

October has been a great time in second grade. We started the month by taking a field trip to Eckert's with kindergarten and first grade to learn about apples and pumpkins - we then wrote about our own pumpkins using descriptive adjectives. October has also been a big month because we have started preparing for our First Reconciliation at the end of November. We are learning about sorrow and forgiveness and how Jesus can heal us. Keep second grade in your prayers during this time.



Third Grade News: Ms. Susan Polson

Third Grade has been busy working on vertical and horizontal bar graphs based on the theme of leaves. We read some wonderful poems about trees. Ms. Polson has been reading aloud magical tree tales from around the world in a book called *A Forest of Stories*, retold by Rina Singh. In English, we are on Unit 2 Nouns, identifying common and proper nouns, and writing possessive nouns. Math has been a lot of adding and subtracting with regrouping. We touched on some basic fractions. All of us are reading about a saint we have chosen and are writing our reports. We are looking forward to Halloween. Our party will be 2:00 on October 31, all are welcome.



Miss Patti Woods: English (4 - 8)

Students in grades 6 through 8 have all written their Opinion Essays for the year. There was such a wide variety of topics, from why standardized tests should not be taken to why it is good to grow up with siblings, why learning American Sign Language is important to why textbooks should be replaced with electronic versions of the same. I really enjoy getting to know the students through their writing. Some of their personalities truly shine through.

The fifth graders are working hard on their timeline projects which depicts an event from their personal life and a world event for each year they have been alive. The children generally all enjoy doing this project and enjoy seeing what their classmates bring in.

The fourth graders finished writing a personal narrative. They are getting a great start in writing stories and essays.

All classes, 4th through 8th are working hard in the unit on verbs. The classes are learning that the same units are presented, but are seeing how they build on it from the previous years.

It's been a great first quarter!

Miss Amanda Imo: Religion, Math, Reading, Vocabulary/Spelling (4-5)

Fifth Grade: During Religion class, the students have been focusing on the Sacraments of Initiation. We started with Baptism, learning about how we enter into God's family. Then we discussed how we renew that faith in Confirmation through receiving the Holy Spirit. Finally, we talked about the first Eucharist and what happened during Passover and the Last Supper. The students did a great job with their saint projects. We invite you to visit our "Living Museum" on November 2nd. In math, the students have been working on long division. They are also learning how to write and solve expressions and equations. During literature, the students have read a few short stories and focused on setting, sequencing, and summarizing.

Fourth Grade: During math, our main focus has been on multiplication. The students are working hard on memorizing their facts quickly. In literature, the students have read a few short stories. With our short stories, the students have worked on sequencing, personification, setting, mood, and main ideas.

**Mrs. Christy Connor: Religion (6) Social Studies (4-8)**

Religion: Sixth grade students are learning about Abraham, Isaac, and Jacob. They are about to begin the story about Joseph and how the Israelites arrive in Egypt.

Social Studies 4: Fourth grade students are continuing to learn about the states. They are also working on note-taking skills.

Social Studies 5: Fifth grade students are learning about United States history. They have completed the section about Spanish settlements in the New World and will begin to discover how other European countries began colonies in North America.

Social Studies 6: Sixth grade students are learning about ancient Egypt and the geography of Africa. They will soon begin to create their own names in Egyptian hieroglyphics.

Social Studies 7: Seventh grade students are learning how the original thirteen colonies are protesting the rule of Great Britain. They will soon begin to study the American Revolution.

Social Studies 8: Eighth grade students have just completed a section on the Spanish - American War. Their next major topic will include study of World War I.

Miss Ashley Schaaf Standard Math & Challenge Math (6-7-8) Pre Algebra, Algebra (7-8)

In standard math, we have been working with decimals. We just finished dividing with decimals, and solving equations containing them. We are currently moving into fractions.

In challenge math with my sixth graders, we have worked with the four operations with decimals, and will be moving on to fractions and mixed numbers.

In challenge math with seventh grade, we have been covering work with fractions. Soon, we will incorporate fractions in equations.

In pre-algebra, we just finished up examining number sequences and real numbers. Next, we will be exploring ratios and proportions.

In algebra, we are finishing up graphs and functions. The next chapter will entail linear equations and their graphs.

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

Literature classes have been reading *The Alchemist* (8th), *Elijah of Buxton* (7th), and *So B. It* (6th). We have been working on character traits, round/flat, dynamic/static, and protagonist/antagonist. Students have been learning about the narrators' point of view, first, second, third omniscient, third limited, and third objective. Students have been working on reading fluency and expression. At the beginning of November, we will begin our 3rd books of the year, *A Separate Peace* (8th), *And Then There Were None* (7th), and *Tangerine* (6th). All three are stories about mystery and life choices. Please encourage students to read every night.

During this last month, 8th grade religion has focused on the unity of Church, witnessing to holiness, and the mystery of the Church. This month we will learn about the Marks of the Church, One, Holy, Catholic, and Apostolic. We will learn about Mary being the perfect example of what holiness looks like. 7th grade religion has been learning about the Nativity Narratives and the early life of Jesus. We have been studying the Sacraments of Initiation. We will move on to Jesus Christ the Truth, where we will learn from teachings and example of Christ how to live according to the commandments, the Beatitudes, and his new law of love, the Gospel.

Vocabulary Workshop schedule should be taped/stapled to your student's vocabulary book cover or in their assignment notebooks. I have also shared the schedule with each of them on Google Drive. Unit 4 test will be Tuesday, October 30th, and Unit 5 test is Thursday, November 15th.

SRA School Volunteers

Volunteers are so important to the success of our school children, so that's why anyone who works or volunteers with children must be compliant with the Safe Environment Program of the Archdiocese of Saint Louis set forth by the USCCB. (United States Conference of Catholic Bishops)

Compliance includes attending a Protecting God's Children Workshop, completing a Worker Registration Form to obtain a background check, and reading and signing a Code of Ethical Conduct. Each parish must have copies of individual background checks & code of ethics forms on file for all active volunteers and employees. Additional background checks may be necessary if you have lived out of state in previous years.

To register online for a Protecting God's Children Workshop, please visit www.archstl.org, scroll down and click on the Protecting God's Children link, then scroll down and click on View Workshops. You will be redirected to the VIRTUSOnline.org site to complete the registration process. The Code of Ethical Conduct and worker registration forms are available from your parish Child Safety Coordinator, Mary Steck (mary.a.steck@gmail.com) and may also be located on our parish website. If you have questions or need assistance with this process, please contact Mary or the Archdiocesan Safe Environment Program at 314-792-7272.

Missouri Background Checks are obtained when you begin your ministry and are updated every even numbered year. Please let the parish office know if you would like to be removed from the list of active volunteers. You must also contact the Missouri Family Care Safety Registry at 1-866-422-6872 with address changes.