



NEWS FROM THE GOOD SHEPHERD

November 7, 2011

"IT'S ALL ABOUT S.U.C.C.E.S.S.!"

We are now in Week Five of the second quarter. You have received your child's first Progress Report for the second quarter and by now you should know the status of your child's progress. It is time to take stock and ask some key questions regarding how your child is doing in school. It is time to ensure that your child understands why it is important to study hard consistently. It is time to look for the following things as they apply to your child's success:

- How serious is your child about his/her school work?
- Does your child do his/her homework on time and is it done with care?
- Is your child taking an apathetic approach to class work and homework? In other words, **they just don't do it!**
- Is your child more focused on **playing** (e. g. video games, sports, etc.) rather than studying?
- How much of your child's time is occupied with television and/or the cell phone?

These are all important questions, but I am sure you can think of more. We need you to check-in with your children every day, ask these questions, and expect more than just one-word answers. For example:

- How was your day today, and what did you learn?
- What do you have for homework? **Remember:** your child **ALWAYS** has homework, either **written, reading, or studying** for a test, quiz, etc.
- Do you have any notices or letters for me from school?

Each **Monday**, your newsletter is sent home. It contains very important information that you need to know. There are three steps used for dispensing the newsletter and there are three responsible parties:

1. **School:** Newsletters are published and given to teachers, to give to students
2. **Students:** Newsletters are given to students to put in their book bags and/or folders to bring home
3. **Parents:** Newsletters must be retrieved from the students and read by the parents

I encourage all parents to check for the newsletter every Monday. Advance notice of events and activities are always in the newsletter.

T.I.P. [The Informed Parent]

Some children experience a great deal of stress associated with school.

What would you say might be some things that trigger school stress? Possible answers:

- being bullied
- having work incomplete, turning work in late, or not knowing the answer
- being slow in sports
- not having fashionable clothes (having out-of-date clothes)
- losing papers and books or having inadequate school supplies

What are some of the symptoms of stress in children? Possible answers:

- irritability, depression, sleep problems, or nervousness
- impulsive behavior, fear, anxiety, worry, headaches

How can we help children deal with and overcome school related stress?

Possible answers

- have realistic expectations for the child
- teach them some simple relaxation techniques
- help them identify their learning style and ways to learn information
- provide nutritious meals and make sure they get plenty of sleep
- cut down on chaos at home--where's my shoe, my book bag, etc.
- don't over commit the child with too many extra activities
- manage time wisely
- spend time having fun
- prepare for tests and discussions
- be available to listen to the child



IT'S A FAMILY AFFAIR

We need all Room Parents to help make this event successful. Please coordinate with the other parents and your teacher. The second notice with details is coming home today.



GSS BOOK FAIR

Don't forget that the **BOOK FAIR** is this week. There are lots of great books that can be added to your home. They also make nice gifts.

NOVEMBER 2011						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

MONTHLY CALENDAR

- 16 Early dismissal at 1 p.m.
- 18 **Progress Report Two**
"It's A Family Affair"
- 21-25 **Thanksgiving Holidays**
NO SCHOOL ALL WEEK
- 28 **STUDENTS RETURN**
DISMISSAL AT 3:00 P.M.

DECEMBER 2011						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MONTHLY CALENDAR

- 3 Saturday Class (9-12 Noon)
- 7 Early dismissal at 1 p.m.
- 12-13 End-of-Quarter Reviews
- 14-16 **Benchmark Tests**
- 17 Saturday Class (9-12 Noon)
- 19 Second Quarter Spirit Day
Christmas Parties
Dismissal at 3:00p
- 20 Christmas Mass/Program
Dismissal at 12:00 Noon
- 21-1/3 **Christmas Break**
NO SCHOOL

FOOD FOR THOUGHT

It is easy to dodge our responsibilities, but we cannot dodge the consequences of dodging our responsibilities.
- Josiah Charles Stamp

Emily M. Paul, Principal