

October 6, 2011



St. Stephen's
Catholic School

Newsletter

506 Jackson Street / Anoka / Minnesota 55303 / tel: 763-421-3236 / fax: 763-712-7433 / web: www.ststephenchurch.org/school & www.edline net

Important Dates...

October...

- 12 -Kinders to Pinehaven
- 17-19 -Pre-school Conferences
- 18-19 -K-8 Conferences
- 19-21 -No School Students
- 20-21 -No School Teachers & Students
- 25 -Picture Retake Day K-8 and T/TH Pre-school
- 26 -Bruce Lansky Visit
- 28 -Big Parade of Little People
- 31 -Grade 1 & 2 Kelly Farm

November...

- 1 -All Saints Day -9:30 Mass
- 3 -8th Grade Field Trip
Girls—Sisters of the Poor
Boys—St. John Vianney

SCHOOL ADMINISTRATION

Fr. Michael A. Van Sloun
Pastor and Superintendent

Mrs. Rebecca Gustafson
Principal

Ms. Sarah Kelly
School Counselor

- School Office 421-3236
- Heidi Staggert 712-7473
- Dawn Graf 712-7427
- Absence Line 712-7467
- Kitchen 712-7460
- BASE 712-7453
- BASE (cell) 612-418-7010*
- *After Hours Emergency



From the desk of Mrs. Gus....

Dear Parents,

On Monday, your child's teachers spent part of the morning talking to Dr. Steve Kahn in order to get more information and thoughts about how to create a school and classroom climate that supports your child academically and emotionally. He shared this article with us and I believe that it may help you as parents as well. Parent-teacher conferences are scheduled for later this month please be sure to contact your child's teacher to schedule this important meeting.

Sensitive Souls

One of my favorite children's movies of all times is *The Lion King* and one of the most memorable scenes from that movie for me is when the warthog declares,

"I'm a sensitive soul, though I seem thick-skinned
And it hurts that my friends never stand downwind."

That one line has been reverberating through my mind ever since the first day of school. In fact, it seems as if all I have been doing the last few weeks is working with sensitive souls and their parents.

The new school year brings many changes and new challenges. Bus routes may have been changed. Children may be starting in a new building. They almost all will have new teachers, a new curriculum, new behavior plans. Some of their new teachers will be more business-like and less touchy-feely, perhaps for the first time. New recess times and the need to connect with new children at recess. The school day might be starting earlier or later, and there is probably more homework and a higher need for organization than last year.

So many of our children are sensitive souls! They might not be worried about the same thing that worried the warthog, but they do worry. Will my teacher like me? Will there be anybody I know on the bus?

Continued on Page 2...

PRE-SCHOOL/ELEMENTARY TEACHERS

Mrs. Angela Tjosaas
Pre-School

Mrs. Deb Cherney
Kindergarten

Mrs. Mary Kay Wesp
Kindergarten

Mrs. Julianne Haenel
First Grade

Mrs. Mary Kay Tyminski
First Grade

Mrs. Jan Applen
Second Grade

Mrs. Sherry Miller
Second Grade

Mrs. Marileen Diederichs
Third Grade

Mrs. Betty Kowalski
Third Grade

Mrs. Marie Penn
Fourth Grade

Mrs. Susie Toenjes
Fourth Grade

Ms. Katie Geis
Fifth Grade

Mrs. Kim Taggart
Fifth Grade

MIDDLE SCHOOL/SPECIALISTS TEACHERS

Ms. Desiree Hyrkas
Sixth Grade Advisor/Media

Mrs. Lynelle Kocher
Sixth Grade Advisor/Art

Mrs. Theresa Hefel
Sixth Grade Advisor/Spanish

Mrs. Jaime Verkuilen
Sixth Grade Advisor/Music

Mrs. Peg Brown
Seventh Grade Advisor/Math

Mrs. Shelly Miller
Seventh Grade Advisor/Social Studies

Mr. Kurt Werk
Seventh Grade Advisor/P.E./A.D.

Mrs. Colleen Hansen
Eighth Grade Advisor/Science

Mrs. Shelley Lysdahl
Eighth Grade Advisor/Literature

Mrs. Judy Radcliff
Eighth Grade Advisor/Formation

Mr. Tim Burke
Computers

Will I get picked for classroom projects or recess activities? What if I drop the ball and my team loses the game? And the worries aren't all about the school day. Just try bringing home something for one child and not the other. Or making a meal that is known as the favorite meal of only one of your children. And if you or your partner travel for business and have to be away for a few days now and then, the sensitive souls in your family will surely let you know how much they are hurting when you are gone.

Was it always like this? Perhaps. In any case, it is probably impossible to compare with previous generations, but when I try to picture my parents or grandparents, uncles and aunts, as children, my sense is they were thicker-skinned than our children. I remember being told that life included hard times and that it was up to us to be ready for whatever came our way. Is this different from the messages we are sending our children today?

It makes sense to me that the children would be sensitive souls and that isn't what worries me. But I sometimes worry when the parents seem to be sensitive souls too. That is, if the child is nervous about whether or not there will be somebody to play with at recess, that seems perfectly normal. But if the parent is heartsick about the possibility that their child might not be perfectly comfortable every minute of every day, then I am more likely to worry.

It is up to us to use the uncomfortable moments of our children's lives to teach them something about themselves and about what to expect from life. One of my favorite mantras when children are upset or worried about some less-than-perfect moment in life is "life includes this." And the other is "let's see what we can learn from this." Even though the school year is just a week or two old, I have shared these two clichés with dozens of parents. By how we are with our emotions, we teach our children how to be with their emotions. Resilience and optimism are taught by parents only and the richest times for teaching resilience and optimism are uncomfortable times. Maybe this is why our children need to have uncomfortable times so often during their childhood. May we all find the strength to resist the impulse to step in, rescue, and do too much for our children. May we be able to see the uncomfortable times for the teaching opportunities they provide.

Dr. Steve Kahn is the author of *Insightful Parenting: Making Moments Count*. Please check www.drstevekahn.com for additional (free) articles about parenting or to learn more about the book, available both in paperback and as an audio book. Please feel free to share this article with others.

For more information on Dr. Kahn:

Dr. Steve Kahn, Ph.D, L.P. and Associates
2697 East County Road E White Bear Lake, MN 55110

stevekahn@comcast.net

651-426-4297

www.drstevekahn.com

What's happening in our Formation?

Our Middle School students welcome Fr. Fernando as a guest teacher in Formation class each Wednesday. Half of the students will enjoy him the 1st semester and the other half will have class with him during the second semester. Father will deepen the student's understanding of the celebration of the Eucharist, focusing on the communion we have in the teachings of the Church and communion with the needs of the poor and common good. The second part of the curriculum will include how we stay in communion with the local and universal church through the use of cultural celebrations such as the feasts of the Day of the Dead, Our Lady of Guadalupe, the Posada and the Three Holy Kings. His final days with the students will deal with how we heal through the Sacrament of Reconciliation. We are looking forward to receiving Father's expert knowledge of these subjects.



Dear parents of K-5 students,

Hello from the music room! We have been very busy in music during September. In October, we are going to start learning Christmas music! In order to keep you as informed as possible, I will be posting a music class update on Edline at least once a month (hopefully more!). You will find this information on my Edline page under "middle school teachers and specialists." Check the folder called "K-5 Music Class News" to find out what's going on in class and what students are expected to know. The folder "K-5 Music Assignments" will contain music for concert songs and occasional homework assignments (if I post an assignment it will most often be for grades 3-5). 4th and 5th graders are expected to bring their recorders to music class. I will have order forms available soon for 3rd graders to order recorders (and anyone else who needs one). If you have questions, I can be reached at

jverkuilen@ststephenchurch.org

Thank you!

Mrs. Verkuilen



Sports News from Mr. Werk...

The B Volleyball team finished their season Tuesday night and will start their post-season tonight at St. Raphael's. They will play St. Als tonight at 7:15. We wish them the best of luck!!!!

<u>B-Squad Volleyball</u>	<u>W</u>	<u>L</u>	<u>Cross Country Times</u>	
1 St. Raphael	6	0	Jack Weinberger	7:01
2 St. Stephen's	5	1	Brendan Corbin	7:13
3 Providence	4	2	Charles Roskowiak	7:16
4 4 th Baptist	4	2	Jacob Ballensky	7:33
5 Epiphany	4	2	Michael Larson	8:02
6 St. Vincent	2	3	Jake Hilton	8:30
7 St. Alphonsus	1	5	Porter Larkin	8:35
8 Sacred Heart	1	5		
9 Heritage	0	6	Gwen Freeman	8:09

The Cross Country team ran their first meet of the season last Friday and did well. They competed yesterday at St. Vincent the results will be in next weeks newsletter.

******Attention all 6th, 7th and 8th grade Boy's!!!!******

Now is the time to sign-up for boy's basketball. Please let me know by Monday if you are interested in playing basketball. I am looking for coaches as well so please let me know if you are interested or know of someone that would be a good coach. Thanks!!!!

Teachers Wish List

- Vinyl Repair Kit and Bean Bag Filler for the Library
- Document Camera for Mrs. Lysdahl and Mrs. Hansen
- Bean Bag Filler for Mrs. Lysdahl
- iTunes Gift Card for music class
- Play Dough for Mrs. Cherney's class
- Stickers and/or Rubber Stamps in Spanish for Spanish Class

THANK YOU FOR ALL THE
GENEROUS DONATIONS!

Before & After School Enrichment

Director: Teri King

BASE Voice Mail: 712-7453

Week of: October 10

	<u>MORNING</u>	<u>AFTERNOON</u>
MONDAY	GYM	Color Pages
TUESDAY	GYM	Book Marks
WEDNESDAY	GYM	Fusion Beading
THURSDAY	GYM	Pet Rocks
FRIDAY	GYM	Black Cats

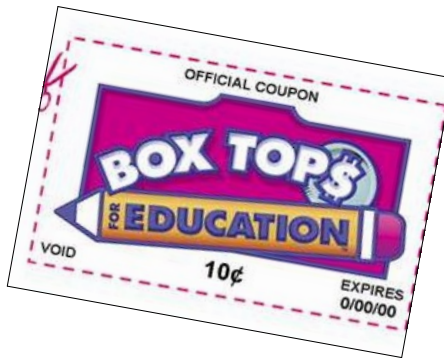


There will be FULL DAY BASE on Wednesday, Oct. 19, Thursday, Oct. 20 and Friday, Oct. 21. Please register early so we can plan accordingly. Please pack a bag lunch and proper weather gear.

We collect labels in our entryway—please bring them and deposit them in the proper bin.

Help us raise \$ for our school!

- Campbell's Labels for Education
 - Box Tops for Education
- Kemps Milk Caps—Nickels for Schools



Thank you for shopping at Target and using your Take Charge of Education REDcard. By using the Target REDcard (in place of credit or debit card), our school was able to earn **\$6,356.42!** Each September, funds are distributed to schools nationwide, including ours. If you are interested in having your own REDcard, please visit Target.com/tcoe.



Innisbrook Fundraiser!

Last week the Innisbrook Fundraiser packet was sent home with each student. This is NOT a mandatory fundraiser, but a fun way to raise money for our school! There are lots of FUN items in the catalog, please take a peek! Here are a few reminders while taking orders:

- Follow the EZ steps to enter orders.
- Our school number is 104331.
- Deadline for orders is October 19.
- DO NOT collect sales tax.
- Our school receives 50% of all orders!
- Make checks payable to Church of St. Stephen's School.

Questions? Contact Krisie Dischinger:
disches@msn.com or 763-360-9647