

February EVENTS

NEWSLETTER 2018

Available online at <http://smmwichita.com/school/>

Stewardship Opportunities Las Oportunidades de Compartir

Volunteers are needed for the following events:

Lunchroom Helpers – Adriana Delgado 267-4911

Classroom Aides – Theresa Lam 267-4911

Tutors – Theresa Lam 267-4911

Gardeners – Kathy Johansen 267-4911

Office Aides – Adriana Delgado 267-4911

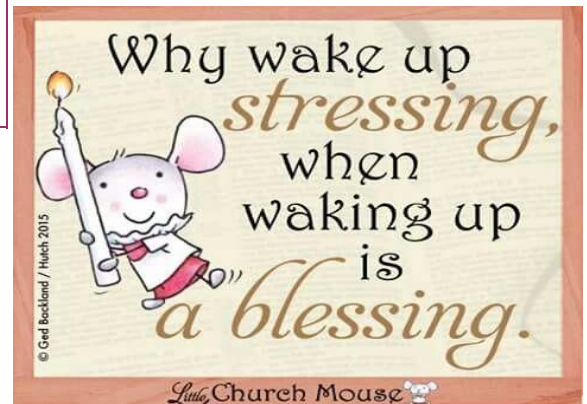
THOUGHT FOR THE MONTH:

True happiness doesn't come when you have all you want but when you want all you have. "A tranquil mind gives life to the body, but jealousy rots the bones." (Proverbs 14:30)

Help! My Child's Behavior is Out of Control



Does your child's behavior seem totally unpredictable? Do you often get notes from teachers about your child's behavior at school? Or maybe her behavior at home seems out of control. Do you want to learn strategies to help prevent and de-escalate challenging behaviors? Don't miss this outstanding breakout session at our February 3rd, Together We Can Learn Conference. (<https://www.eventbrite.com/e/together-we-can-learn-conference-tickets-27732639070>)



Good Consequences

Behaving well and working hard pay off! Help your child see the results of her efforts—you'll find yourself scolding her less often as she learns self-discipline. **Tie good behavior to nice outcomes.** If your youngster is quiet when you're on the phone, you might say, "You were so

patient while I made that call. Would you like to play a game now?" Or when she goes to bed without a struggle, point out how energetic she seems the next morning. **Recognize success.** Maybe you'd like your child's room to be neater. Tell her that if she keeps it clean for a month, you'll help her rearrange or redecorate it. By that time, picking up will probably be a habit. And she'll enjoy her room so much that she'll be motivated to keep it that way. **Tip:** Try not to use rewards like toys or food. You'll train your youngster to expect something in exchange for behaving well. Plus, offering food as a reward can lead to unhealthy eating habits.

Pre-Registration for 2018-2019 School Year

We will be sending out your Pre-registration package to reserve your child's spot for the school year 2018-2019. Those who still owe enrollment fees, chocolate sales, unreturned raffle tickets, latchkey fees, lunch fees, sport fees, library fees, etc. will not be receiving a packet. Most importantly, those who did not return their Stewardship package to the parish office will not be receiving their packet on February 2, 2018. We will continue with on-line enrollment and it is crucial that you meet our pre-registration deadline to return the packet back by February 15th in order for us to prepare for your online enrollment. You will be helping the school and parish save money by meeting the set deadlines.

Ready, Set, Pretend!

No matter how old your youngster is, pretending can boost her creativity and teach her to think abstractly. Try these activities:

- Ask your child to close her eyes and imagine she's a person she has studied (explorer, inventor) or that she's visiting a place she has learned about (White House, rain forest). Encourage her to describe what she sees, hears, and smells. In the rain forest, for example, she might see colorful birds, hear monkeys howling, and smell damp leaves.
- Pick a random object (sponge). Have each family member list creative uses for it (pincushion, hamster tumbling mat, ice pack). After three minutes, compare your lists. The person with the most ideas gets to pick the next item.

Vocabulary Boosters

A large vocabulary can turn your child into a better reader and writer. Try these everyday ways to help her learn new words. **Keep your ears open.** When you and your youngster go places, point out words that people use. Maybe a waiter describes an entrée or the dentist talks about molars. Encourage your child to figure out what they mean by the way they're used. **Go beyond nouns.** Help your youngster add verbs and adjectives to her vocabulary. Sports and games offer opportunities to use action words. Let your child hear you comment on the softball that soars or the runner who sprints. When she sends thank-you notes or greeting cards, suggest descriptive words (a polka-dot shirt, a fantastic birthday).

When people get more of their daily nutrition from vegetables and plants, they experience less obesity, diabetes, heart disease, and cancer. Yes! Frozen vegetables are as healthy as fresh vegetables.

Alfredo Chicken Bruschetta

Ingredients

- 1 bag Birds Eye Voila! Alfredo Chicken Family Size
- 4 slices frozen garlic bread, prepared according to package directions and cubed
- 1 tomato, chopped
- Shredded or grated Parmesan cheese
- Chopped basil leaves, (optional)

Prepare Voila! Alfredo Chicken according to package directions.

Arrange prepared Voila! on serving platter and sprinkle with garlic bread cubes, tomatoes and shredded Parmesan cheese. Sprinkle with basil.

<https://www.birdseye.com/recipe/alfredo-chicken-bruschetta/>

The eyes of all look to you in hope; you give them their food as they need it. When you open your hand, you satisfy the hunger and thirst of every living thing. **Psalm 145:15-16 (NLT)**

The Hidden Mental Health Crisis in America's Schools

Millions of American students struggle with mental health challenges. A fraction of them are receiving the necessary treatment. According to the Centers for Disease Control and Prevention, a brief from the American Institutes for Research (<https://www.air.org/sites/default/files/downloads/report/Mental-Health-Needs-Assessment-Brief-September-2017.pdf>) observes that up to 20 percent of Americans under the age of 18 suffer from mental, behavioral, or emotional disorders. Learn More

(<https://www.the74million.org/the-hidden-mental-health-crisis-in-americas-schools-millions-of-kids-not-receiving-services-they-need/>)



Dive In and Do Your Best

February is the start of many high stake test-taking time for your child. Here are some tips to help you prepare your child:

- 1. Have your test supplies ready. Don't be "caught" unprepared!**
- 2. Do easy questions first. Try not to get "hooked" on the hard ones.**
- 3. "See" all of the answers before picking the best one.**
- 4. Make a splash!. Try hard to do your best. You can do it!**
- 5. Be rested, relax, and ready.**
- 6. Believe in yourself—You got what it takes!**

We were recently notified that the October Birthday list was incorrect. So we get to recognize our October birthdays here.



Legends Are Born In October

Acosta, Andy D
Rosales, Vanesa
Arce, Pedro Daniel
Martinez, Camila
Reyes, Monica
Vargas, Arly
Esparza, Jessica
Delmuro, Chelsea
Navarrete, Yessenia Abigail
Barraza-Hernandez, Angeliah
Duarte, Joanna Lizeth
Soto-Hernandez, Dulce Maria
Ruiz, Alejandro
Juarez, Toriana
Boehne, Matthew Aidan
Bergman, Marc Liam
Rogers, Elizabeth C
Alvarez-Bueno, Arali
Thomas, Tamika Jo Ann
Flores Lerma, Sophia Nickole
Mrs. Lisa Hinson
Mrs. Megan Kisling
Sr. Rose Marie Weber



Martinez, Andrea
Martinez, Isabella
Barrientos, Luz Maria
Martinez, Emily
Mai, Andy Nguyen
Salamanca, Genesis
Walker, Garrett
Navarrete, Fernanda Itzel
Avalos, Juan Martin
Moya, Pedro
Dang, Christien Thanh
Gonzalez, Alexa
Pham, Kristine Le
Vargas, Abraham Armando
Miller, Ivan Anthony
Mrs. Marlene Lyall
Mrs. Ana Trujillo

Upcoming Events

- February 1** **Lead with Love**
\$1 Jeans' Day
3:00 Religion Bowl @ Derby
- February 2** **Be Adorable in Service**
8:00 ALL School Mass – Grade K Leads
Adoration Through-out the Day:
2:15 K-6 Religion Bowl Relays
- February 3** 9:00 Grade 6 Girls Basketball @ Siena
10:00 Grade 7 Boys Basketball @ Magdalen
- February 5** School Wide Cooperative Challenge: Demonstrate a Waiting Strategy
Penny War, Door Decoration & Banner Contest Winner's Dress Down Day

February 6 8:00 Grades 5-8 School Mass – Grade 7 Leads
9:00 Confession – Grade 8
10:00 Diocesan Spelling Bee Contest (Gabriel Walker)
3:30 Faculty Meeting

February 7 **Penny War Most Money Winner’s Ice Cream Party**
Monthly Spirit Day
7:00 KMCHS – Curriculum Fair for Incoming Freshmen

February 8 **Winter Olympics Begins**
8:00 Grades K-4 School Mass – Grade 2 Leads
3:00 Scholar’s Bowl Make-Up Session @ CTK
6:00 School Council
6:30 Grade 7 Boys Basketball @ SEAS (Make-Up)
7:30 Grade 7 Girls Basketball @ SEAS (Make-Up)
7:30 Grade 8 Girls Basketball @ SFA (Make-Up)

February 9 8:00 ALL School Mass – Grade 8 Leads (Memorial Mass for Genny Pham)
6:30 Movie Night for Walk In Sister’s Shoes: St. Katharine Drexel Fund

February 10 CSAL Basketball Tournament Begins

February 11 3:00 Vietnamese New Year Celebration with Bishop Kemme @ Magdalen

February 12 School Wide Cooperative Challenge: Everyone Participates
6:00 Spring Sports Meeting

February 13 **Mardi Gras**
8:00 ALL School Vietnamese New Year Celebration Mass – VN Students Lead
9:00 Confession – Grade 7
12:55 WSU Nursing Student Presents during PE Class – Grade 7
3:30 Mentor/Mentee Meeting

February 14 8:00 ASH WEDNESDAY ALL School Mass – Grade 6 Leads
9:00 Stations of the Cross – Father Leads

February 15 3:00 Final Scholars Bowl @ SFA
4:30 – 7:30 BCCHS Parent Conference

February 16 NO Title 1 and IEP Services

February 19 **President’s Day – NO SCHOOL**

February 20 NO Title 1 and IEP Services
School Wide Cooperative Challenge: Use a Win-Win Solution
8:00 Grades 5-8 School Mass – Grade 7 Leads
9:00 Confession – Grade 6
12:55 WSU Nursing Student Presents during PE Class – Grade 6
3:30 Department Meeting

February 21 9:00 Stations of the Cross – Grade 8 Leads
6:30 KMC Cum Laude Program
6:30 BCCHS Incoming Freshmen Parent Meeting

February 22 8:00 ALL School Mass – Grade 5 Leads
3:30 Health & Wellness Committee Meeting

February 23 8:00 Grade K-4 School Mass – Grade 1 Leads

February 24 WISS 5K BCCHS Invitation

February 26 School Wide Cooperative Challenge: Help and Encourage Others
Book Fair Week
NO Title 1 Services
CSAL Track Starts

February 27

8:00 Grades 5-8 School Mass – Grade 6 Leads

9:00 Confession – Grade 5

11:30 – 12:45 February Birthday Celebration

6:00 Skating @ Roller City

6:30 – 8:00 Career Night

4:00 – 8:00 KMCHS Enrollment Night

February 28

9:00 Stations of the Cross – Grade 7 Leads

10:30 – 2:00 Thunder Field Trip Day of STEAM Focus – Grades 2, 3, 4, 5

7:00 BCCHS Incoming Freshmen Parent Meeting