



ST. PAUL PARISH SCHOOL

St. Paul Parish School Voyager

Dec. 6, 2018

St. Paul Parish School
1201 Satre Street
Eugene, OR 97401
541-344-1401
www.saintpaul-school.org

A Voyage in Faith and Learning

PASTOR

Fr. David Brown
541-686-2345

PRINCIPAL

Kelli Braud kbraud@saintpaul-school.org

ASSISTANT PRINCIPAL

Kelly Hughes
khughes@saintpaul-school.org

ADMINISTRATIVE ASSISTANT

Anne Krush
akrush@saintpaul-school.org

BUSINESS MANAGER

Lynda Weilbrenner
lweilbrenner@saintpaul-school.org 541-342-2776

ADVANCEMENT & PR

Autumn Whittaker
awhittaker@saintpaul-school.org

FUNDRAISING & VOLUNTEERS

Annie Posen
aposen@saintpaul-school.org

COMING EVENTS

Dec 7 – **Christmas Hat & Sweater Friday! Bring a can of food!**

Dec 7 - Staff Christmas Luncheon by HOC & parents, 11:30-1:00

Dec 10 & 11 – Capital Campaign Presentations – Mon at 6:30pm; Tues at 8:15am

Dec 12 – 9:00am, Mass in honor of Our Lady of Guadalupe, hosted by 2/6

Dec 13 – Pizza Lunch sponsored by Student Ambassadors

Dec 14 – **Christmas Hat & Sweater Friday! Bring a can of food!**

Dec 19 – 9:00am Dress rehearsal at The Shedd. Parents drop students directly at Shedd at 8:40am; buses will transport to arrive back at St. Paul by 11:15.

Dec 19 – Christmas Program at the Shedd. The night will open at 6:15pm with prelude music by the band; the full program will begin at 6:45pm.

Dec 20 – Class Christmas parties / Noon Dismissal / Teacher inservice

Dec 20 – St. Paul Family Meal Out fundraiser at Hot Mama's Kitchen, 11:00am+

Dec 24-31 – Christmas Hospitality at The Annex

Dec 24-Jan 6 – Christmas Break

Jan 7 – Classes resume

Dear St. Paul Families and Friends,

This past Monday, at our weekly school prayer service, we began the week focusing on Advent. Students in our fifth-grade class made a big, beautiful advent wreath for us and it is posted on our gym wall. It is a great visual reminder for each of us to stay focused on this season of preparing our hearts for the birth of Jesus. I also want to thank fifth grade students, Daniel, Emily, and Maddie, for helping lead the prayer service and sharing with students the importance of Advent. They did an awesome job!!

Next Wednesday, students in second and sixth grades will host an all school Mass on the Feast Day of Our Lady of Guadalupe. In 1531, our Mother Mary appeared to Juan Diego at Tepeyac Hill, the site of a former Aztec Temple. She instructed him to meet with the Bishop to tell him to build a church. Through a few miracles, the Bishop eventually listens to Juan Diego and does as he is told. Still to this day, the church, located outside of Mexico City, is visited by many pilgrims. To learn more details about Our Lady of Guadalupe and the story of Juan Diego visit this link:

https://www.catholic.org/saints/saint.php?saint_id=456. I hope you can join us for Mass at 9:00 on Wednesday as we remember and celebrate this special appearance by our Mother Mary through the Eucharist.



As I mentioned earlier in the year, Mrs. Krush, our Administrative Assistant, will retire at the end of December. We have been blessed to have her serve in this role at St. Paul for twenty years. Through those years, she has welcomed many people through the front doors of our school. There are countless responsibilities that she has taken care of for us, including many scrapes, bumps, and fevers along the way. We have been blessed to have her work in the ministry of Catholic education with a servant attitude. Immediately following Mass on Wednesday, we will recognize Mrs. Krush for her years of service and then there will be a reception in the gym. Please feel welcome to stop by to say thank you to Mrs. Krush and wish her well as she begins a new, well-deserved adventure in her life. There will also be a basket in the front office if you would like to drop off a card for her. Thank you Mrs. Krush for all you have done for us. We are grateful for you.

For the past couple of weeks, the Administrative Team has been interviewing potential candidates for the Administrative Assistant position. We have received some wonderful applications from many people that are interested in filling this role. I am hopeful that early next week I will be able to share the news with you of our new hire. Please keep us in prayer for a smooth transition and a successful hire in this important position at our school.

Students have started preparing for our annual Christmas Program. This is definitely one of my favorite nights of the year when we join together as a community and hear the beautiful sounds of Christmas shared through music, song, and performance by our students. Please remember to mark your calendars for Wednesday, December 19. We will send home more details early next week.

*In Christ's Peace,
Kelli Braud*

Pizza Lunch on Dec. 13!

Order forms are going home with students today for the Student Ambassador-sponsored Pizza Lunch on Thurs, December 13th. Make sure to order no later than 12/12 at 9:00am so we can place the order!

Christmas Program Attire

For our annual Christmas Program at the Shedd on December 19, students in grades 1-5 are asked to dress up as though it is 1954. Middle school students should dress up in very colorful Christmas wear.

Lost & Forgotten

The Lost & Found clothing bin is overflowing with items that need to go home. Most of the clothing is teenage girls' pants. So if your girls are missing slacks – possibly after basketball practice or games – please claim them soon. They will be given to charity after Christmas.

Auction Parties

Coming Up!

5th grade Harry Potter Party

Friday, Feb. 8, 3:30-6:00pm

Food, games and Potter inspired fun in gym!

6th, 7th, 8th grade Bowling Party

Date TBA in early spring

Two hours of bowling, food and drink provided at Emerald Lanes.

Marist Catholic High School Preview Day

Discover the Marist difference – a faith-based, thriving and diverse school where students are known, challenged and given the tools to be successful. Please join us for **Preview Day on Saturday, January 12th, 1:00 p.m.** at Marist Catholic High School. Your family will meet Marist staff, learn more about our faith-based environment, take a campus tour, hear from a panel of students, learn about scholarship opportunities, and our Equal Access Tuition Program! Doors open at 12:30 p.m. for registration or pre-register online at www.marisths.org. If you have any questions, please contact Admissions Manager, Rodrigo Hernandez, 541-681-5464 or rhernandez@marisths.org.

Next St. Paul Family Meal Out!

December 20th

Mark your calendars for an opportunity to support St. Paul Parish School by enjoying a meal out together! **Hot Mama's Kitchen**, at 329 Oakway Road, will host a benefit day on December 20th, beginning at 11:00am with a percentage of proceeds coming back to our school. You will need to show either a hard or digital copy of the flyer below when you order.

Marist Youth Baseball Program

Baseball PARENT MEETING: An informational meeting about the 2019 Marist Youth Baseball Program will be held at 6:00pm, Thursday, December 13th, in Marist's Bob Devereaux Theater (access to the theater will be the door under the blue awning that is attached to the front school building closest to the main parking lot.). Please attend to learn about the competitive teams forming for 4th-8th grade, Marist-bound baseball players, our current winter workouts and the planned 2019 tournament & league schedules. For additional information, please email Rob Kimble (former O'Hara & current Marist parent) at maristyouthbaseball@gmail.com. Let's Play BALL!



AMAZON SMILE

Please support the St. Paul School Foundation with your Christmas purchases!

<http://smile.amazon.com/ch/93-0752600>

HOT LUNCH MENU

WEEK OF DECEMBER 10th- 14th 2018

MONDAY

- A. Chicken nuggets & tater tots
- B. Chicken caesar salad & roll
- C. Turkey & cheese sandwich & chips

TUESDAY

- A. Nachos & Spanish Rice
- B. Garden Salad & roll
- C. Ham & turkey sandwich & chips

WEDNESDAY

- A. Chicken pot pie & dinner roll
- B. Chef salad & roll
- C. Turkey & cheese sandwich & chips

THURSDAY

- A. Mac-n-cheese & veggies
- B. Chicken caesar salad & roll
- C. Ham & turkey sandwich & chips

FRIDAY

- A. Chicken noodle soup & quesadilla
- B. Chef salad & roll
- C. Ham & cheese sandwich & chips

DAILY SALAD BAR SIDES WILL INCLUDE:
LETTUCE, TOMATO, CUCUMBER, AND A SELECTION OF FRUIT
ALL LUNCHESES INCLUDE MILK

PRICES:
PRE-SCHOOL - 5TH: \$3.50
6TH, 7TH & 8TH: \$4.00
STAFF & ADULTS: \$5.00
SINGLE MILK: \$0.50

Home & School

CONNECTION[®]

Working Together for School Success

December 2018

St. Paul Parish School

SHORT NOTES

Put memory to work

Many card games build *working*, or short-term, memory. This kind of memory lets your youngster remember and use information he learned recently. Play Go Fish or Crazy Eights together. By keeping track of which cards have been played, your child will make better moves!

Taking the lead

You may have heard the phrase “a born leader.” But leadership skills, such as speaking up and taking initiative, can be learned. Encourage your youngster to practice during group projects. For example, she might suggest a way to divide up tasks or offer to give the introduction during the group’s class presentation.

Busy parents can volunteer

Whether you have a little time or a lot, you can pitch in at your child’s school. Ask teachers and PTO or PTA officers for ways to volunteer that fit your schedule. Maybe you’ll listen to students read for 20 minutes during your lunch break or compile families’ book catalog orders on the weekend.

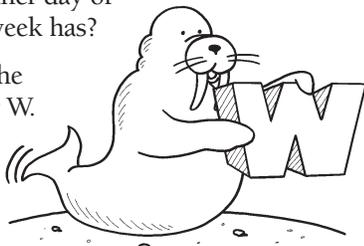
Worth quoting

“If opportunity doesn’t knock, build a door.” *Milton Berle*

JUST FOR FUN

Q: What does Wednesday have that no other day of the week has?

A: The letter W.



Smart discipline

Disciplining your child is all about guidance. You’re training her to follow rules and behave in an acceptable way—without your nagging or yelling. Consider these strategies to make discipline easier and more effective.

Stay positive

Rather than telling your youngster what she *can’t* do, try explaining what she *can* do. Instead of “Don’t shove your brother,” you might say, “Keep your hands to yourself, and politely ask Billy to move out of the way.” Giving your child clear instructions will inspire her to cooperate.

Watch body language

When you correct your youngster, speak face-to-face rather than calling to her from across the room or another part of the house. You could get down on her level, gently touch her shoulder, and speak softly. Sensing that you’re in control of yourself will keep her calm so she focuses on what you’re saying.



Be consistent

If your child breaks a rule, announce a consequence right away. This helps her see cause and effect. For example, if she eats in the living room and that’s not allowed, ask her to vacuum up the crumbs right away. *Tip:* Being consistent with consequences shows that you’re serious. If she knows you won’t change your mind, she’ll be better about sticking to the rules.♥

Engineering at play

Every time your youngster has fun on the playground swings, he has engineers to thank! Let him explore engineering for himself by constructing a play swing set.

He might use craft sticks for the frame, yarn for the chains, and cardboard for the seat.

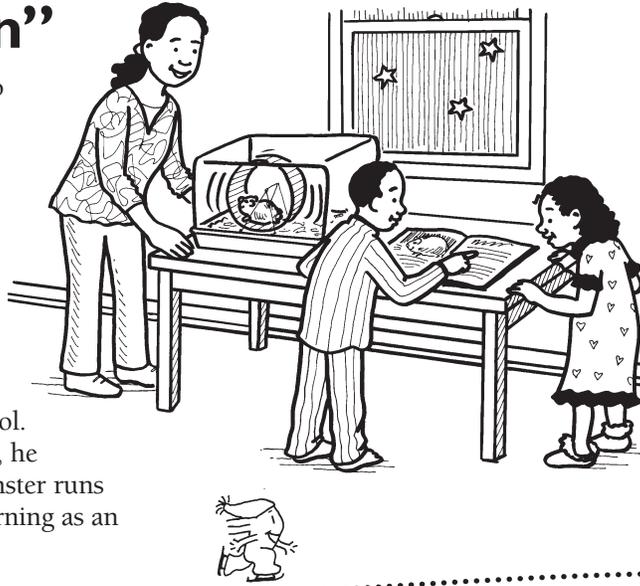
How could he make a swing that gives a longer “ride”? Suggest that he adjust the length of the “chains,” and then test it each time. He can set a timer for one minute, pull back the seat, and count the swings per minute. What does he notice? (The shorter the chains, the more swings per minute.)♥



“I love to learn”

Children devote more energy to learning when they're motivated. These ideas will boost your youngster's thirst for knowledge.

Show enthusiasm. Tell your child what you learn. (“I found out that about 90 percent of the world's population lives in the Northern Hemisphere!”) Also, ask him to teach you information he learns in school. If he's studying nocturnal animals, he might explain to you why his hamster runs on its wheel at night. He'll see learning as an



everyday activity for kids and grown-ups, and your attitude will be contagious.

Inspire curiosity. Express interest when your youngster poses questions. If he asks why we get the hiccups or whether owls really are wise, you could say, “That's a good question! Let's find out together.” Then, help him look up the topic in a library book or online. When you discover the answer, encourage him to share it with friends or relatives so they can learn more, too.♥



ACTIVITY CORNER

Frosty science

With this experiment, your child can see frost and learn why people sprinkle salt on icy sidewalks and roads.

How? Have your youngster rinse out two empty soup cans, remove the labels, and fill each halfway with ice. She should stir $\frac{1}{4}$ cup salt into just one can and set both cans aside.



What happens? After 10 minutes, she'll notice frost on the “salty can” and water on the other one.

Why? Salt lowers the melting point of the ice, so the can with salt got colder than the other can. When water in the air condensed onto the cans, it froze into frost on the one with salt. That's why salt is useful in winter—it melts snow and ice, making it safer to walk or drive.♥

Q & A

Grit: A family challenge

Q: My son wanted to learn to ice skate, but he changed his mind after he fell one time. How can I teach him not to give up when something is tough?

A: Children (and adults) may believe they should be able to easily do whatever they try right away. Understanding that setbacks are normal will help your son develop *grit*, or perseverance toward long-term goals.

Talk about times when you were successful even though you struggled at first. Maybe you were afraid to put your face in the water but you learned to swim by taking lessons and working hard to overcome your fear.

Then, consider having a “family grit challenge.” Each person can choose one thing to tackle that is hard for him and requires persistence, such as following a fitness routine or cutting back on screen time. Compare notes after a month, and then set your next goals!♥



PARENT TO PARENT

Making a difference

I wanted my daughter, Charlotte, to learn about the importance of helping our community.

While grocery shopping one day, we saw a sign announcing that each customer could pick a favorite charity for the store to support. I let Charlotte choose, and she decided on a non-profit that benefits kids with cancer. Now every time we buy groceries, she reminds me that we're helping sick children.

That led us to think of other ways kids can make a difference. Recently, we decided to bake brownies and take them to the fire station. I explained that this would show appreciation for the hard work that firefighters do.



Charlotte felt proud when the firefighters thanked her. I realized that the more ways we can find to serve our community, the more likely it will become a habit as she gets older.♥

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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