



St. Mary's Bell

Mission Statement: St. Mary's Catholic School is a parish ministry that actively assists families by fostering community while providing Catholic formation within a strong academic program.

Prayer of the Week:

"The Lord watches over the way of the just, but the way of the wicked vanishes." *Psalms 1:6*

Oct 20, 2011

Week at a Peek
10/16/11



Mon, 10/24

Tue, 10/25

Code of Conduct Class
6-7pm in Library

Wed, 10/26

Foundation Mtg @ 6:30pm

Thur, 10/27

Mass @ 8:15am

Fri, 10/28

Sat, 10/29

**HALLOWEEN
CARNIVAL**
3-5 pm



SCHOOL/EDUCARE HANDBOOK:

Parents, each year you and your student(s) need to read the handbook we have on the website, sign the signature page and turn it into the Office. This years **deadline is tomorrow, Friday, Oct. 21st.**

You can locate the handbook on the website under the "About" tab, then click on "Admissions", then click on "Handbooks" and then click into the handbook for your student(s) grade level(s). The first page of the handbook is the signature page. Print the signature page off, sign and return to the Office. If you have any questions, please feel free to contact the Office. Thank you!



NAUDITT'S NOTES:

Dear Families,

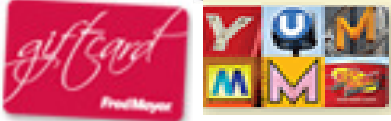
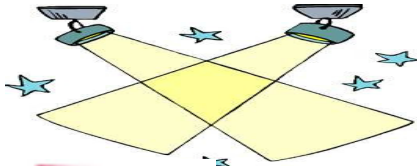
In last week's Bell article I shared some information about some scientific findings about the effects of technology use on children. I would like to continue this week with a focus specifically on computer games. Ninety-two percent of kids (ager 8-18) play video games regularly. Studies have shown that parents have good reason to be concerned over the risk of exposing children to the violent content that is part of many computer games. Parents should be just as concerned with the amount of time that kids spend playing even non-violent games. Douglas Gentile of Iowa State University said in his 2011 study on video games and children that "Increased game play is related to poorer school performance as well as higher rates of obesity. For every hour children are spending on games, they are not doing homework, exercising, or exploring." There is also the very real problem of video game addiction. It works like this. When kids play video games a wonderful, pleasure inducing chemical called dopamine kicks in. For those of you who may remember Psych 101 and stimulus/response training, the most enduring training for creating a habit was intermittent (variable) reinforcement. This is exactly what happens in a video game – you don't win every time, you don't lose every time. You win enough to make you want to continue to play. If it sounds like gambling, that is because it is the same kind of schedule of reinforcement. It is also just as addictive as gambling. Almost 10% of children who play video games will become addicted – meaning that their game play interferes with the rest of their lives. In the Iowa State Study on video games Douglas Gentile indicates that 12 percent of boys and 3 percent of girls who play these games will become addicted. There is a much higher appeal of video games for boys because their brains respond more to stimulus involving movement, especially movement through space (which is exactly what many video games supply). There is no clear-cut way to predict which kids will actually become addicted to video games. Being socially awkward, having challenges fitting in at school, and poor impulse control seem to be common factors with children who are addicted. Some signs of addiction may be a change in sleep patterns (children wait until parents are sleeping and then pay games for hours), increased anxiety, and a drop in grades. Researchers and psychologists recommend that parents limit game play to one hour each day and closely watch the content of the game.

Some of you know that in Washington State (because of a law called the Blaine Amendment) private schools are not entitled to any public funding. There are some limited Federal funds that private schools can access. These funds are based on per pupil enrollment at the school and can be used for staff development according to a yearly plan submitted by the school administration to the local school district. Over the last seven years the funds for St. Mary's have been used to send many teachers to various workshops and conferences. This fall we were given the chance to register for a workshop that would have enabled teachers to learn techniques for using an iPad to teach elements of literacy. The cost of the workshop was a little spendy (\$700), but the teachers would have left with the training and an iPad to use in their instruction. After being told that I could use our Title funds for this class I asked to register several teachers. I was then told by Julie Wright (the Special Programs Director at OSPI, ph-360/725-6340, email-Julie.Wright@k12.wa.us) that they would not fund the workshop. I am deeply disappointed in the decision by OSPI and wanted you to know that our teachers were denied this opportunity.

Blessings,
Lauri Nauditt

"Rejoice in the Fruits of the Spirit"

THE SCHOOL HOUSE THAT GIFT CARDS BUILT!!!



This week we are featuring **Fred Meyer** and **Red Robin** cards... **Fred Meyer** is available in \$25, \$50 & \$100 cards. **Red Robin** is available in \$10 & \$25 cards. Both cards make great gifts for the ones you love!

YES, it's TRUE! CHRISTMAS IS COMING...



We have **Bath & Body Works** gift cards for the women in your life! Stop by the office to order/pick-up yours. They come in \$10 and \$25.



GIFT CARD CORNER:

*Don't forget to **set up** your **STANDING ORDER** for the school year. Forms are available online and in the Office* If every family purchased **\$200 total, a month**, for groceries and gas, the school would receive approximately **\$10,000 in profit** a year!

PARENT/TEACHER CONFERENCES:



Conferences are coming in November. Conference sign-up slips went home Last Monday. The deadline to sign-up for conferences is Fri, Nov. 4th. Conferences are mandatory. If you have not received your sign-up sheet, we have extras in the office or you can go to the school website under "news/Events", then "Conferences". A sign-up sheet is located there.

GRANDPARENT'S DAY:

A special program is being planned for the half-day before Thanksgiving.

MARK YOUR CALENDARS November 23th 8:30-11:00am



AUCTION BACKPACKS:

Again, this year we will have backpacks filled with supplies for the following school year available to bid on at the Auction. If you have extra school supplies at home and want to get a head start on your Auction donations, drop them off in your child's classroom or the Development Office! Don't forget to fill out a n auction donation slip. Extra supply lists are available in the office.



SCHOOL HALLOWEEN CARNIVAL:



The school Halloween Carnival is Sat., Oct 29th from 3-5pm. Remember to begin planning to decorate your trunk for the "Trunk or Treat". Prizes for the winner will be a \$25 gift card and a free dress pass for the children of the family. Look for details in the next "Bell".

HAV WESTERN WEAR: "UNIFORM CLOSE-OUT SALE"



HAV Western Wear is having a "UNIFORM CLOSE-OUT SALE" at their store. If you're looking for pants and long sleeve shirts, head on over to HAV Western Wear and get them for a great sale price. Don't forget to stop by the school office and purchase HAV Western Wear gift cards before you head over to HAV.

WE NEED YOUR HELP...

We are in need of 2011-2012 Auction Committee members.



This is a great way to get your volunteer hours! If you are interested please contact Nicole in the Development Office via phone or email: Ph: 924-4300 ext.206



nheimbigner@stmarysspokane.org

AUCTION KICK-OFF and DAVID'S PIZZA FUNDRAISER



Bring the family, support the school and get in on the ground floor of the **2011-2012 AUCTION!**

Friday, November 4th 5-7pm in the Parish Hall Details to Follow

HONOR BAND:

The Diocese Honor Band is resuming rehearsals for advanced students in the Diocese Elementary Band Program. This is a great opportunity for advanced students to ply in a large group. The music will be more difficult, and prepared in less time. Please see Mr. Heath, Band Teacher, about enrolling in Honor Band! Rehearsals are Wednesday's from 6:30-7:30pm in Gonzaga Prep's band room. The cost is \$40 annual (or \$20 for each half to avoid conflicts with sports). This group is meant for students with one or more years experience.



Catholic Grade School League Wrestling



TEAMS

St. John's + St. Mary's—Practices at St. John's

St. Thomas More + Assumption—Practices at St. Thomas More

All Saints + Cataldo—Practices at All Saints

St. Aloysius + Trinity + St. Charles + St. Patrick's—Practices at Gonzaga Prep



Separate teams for 3rd-4th grade,
5th-6th grade and 7th-8th grade.

PK-2nd grade 5-week camp at
G-Prep



Dates: October 31—December 3

Sign up through your Athletic
Director

2011 Bullpup Junior Wrestling Registration

Last Name: _____

First Name: _____

Age: _____

School: _____

2011/2012 Year in school: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

E-Mail: _____

T-shirt Size YS YM YL AS AM AL AXL

Parent/guardian, please read and sign the following medical consent and release of liability:

I, the undersigned parent/guardian of _____, a minor, do hereby agree to allow the individual named herein to participate in the wrestling program and authorize the program directors and/or instructors as agents for the undersigned to consent to medical, surgical, and or dental examination, in addition to any and all other treatments that may be deemed necessary by medical personnel. It is understood that this activity involves elements of risk and a danger of accidents, and knowing those risks, I hereby assume those risks. In addition, I understand that by signing this agreement, I hereby discharge Gonzaga Preparatory School & the above listed school from any and all liability resulting in injury associated with participant's participation in this activity. In the absence of a parent/guardian's signature below, payment of fees and participation in the program shall constitute acceptance set forth in this release. Gonzaga Prep will not provide health and /or accident insurance for program participants. As the undersigned parent/guardian, I understand that no confirmations will be mailed.

X _____

Please note there is no fee for this program, however if you would like to make a donation to the Bullpup Jr. Wrestling Program contact your athletic director.

K-2 Wrestlers Practices held at Gonzaga Prep Tues and Thurs 5:30 to 6:30 starting Nov. 1st

3-8 Wrestlers Practices held at St. John Vianney gym Mon., Tues., Thurs. until matches start, and then just Tues. & Thurs. beginning Nov. 1 from 3:15 to 4:45

DEADLINE: Return registration form to your school office by OCTOBER 31st!

Save the date: College Bound Saturday
Eastern Washington University

What: FAFSA Preparation Event:

- ♦ FAFSA and Scholarships
- ♦ College Applications
- ♦ Campus Tour
- ♦ Paying for College
- ♦ EWU 101
- ♦ College Fair

Who: 9th-12th grade College Bound Students and Families

When: Saturday, October 22nd, 2011

- ♦ 9:00am - 11:45am (registration begins at 8:30am)

Where: Eastern Washington University

RSVP: www.ewu.edu/rsvp

- ♦ Contact Jana Jaraysi - 509-359-7898 - jjaraysi@ewu.edu
- ♦ Travis Merrigan - 509-426-4365 - tmerrigan@collegesuccessfoundation.org



Sponsored by:



West Valley
Outdoor Learning Center



PUMPKIN PAINTING!

Help support the OLC and decorate your house at the same time! Pick out your very own pumpkin and let the OLC's talented staff and volunteers help you make it into a one of a kind work of art!

Saturday, Oct. 22nd

10:00 am-3:00 pm

Join the Outdoor Learning Center as we celebrate the best of fall this October! We will be making crafts, playing harvest themed games, bouncing in a bounce-house and learning all about Hawks and Owls! All proceeds from this event go directly to help support the Outdoor Learning Center!

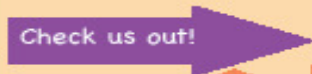


\$5 Per Person
Suggested Donation

- Events
- Live music from local artists
 - Hawk and Owl talks featuring LIVE birds of prey!
 - Face Painting
 - Harvest Themed Crafts and Games



West Valley
Outdoor Learning Center
8706 E Upriver Drive
Spokane, WA 99212
(509) 340-1028



www.ollc.wvsc.org



Parenting Workshops

www.backtobasicsparenting.com

Are you overwhelmed with how difficult it is to be a parent?

Is your child showing behaviors that concern you?

Would you like to learn strategies to help your child be more successful in school?

Join Tom and Cathy Carter for a parenting workshop, specifically designed to answer your questions about parenting and to address any behavioral, academic or social issues your child is experiencing. Twenty years owning, operating and living at a private therapeutic boarding school for troubled teens have given Tom and Cathy Carter the insight to develop an effective and innovative technique for helping families and children. Sign up today for your choice of workshops!

Parenting Basics Workshop

A one day workshop, held the 1st Saturday of each month, 10 a.m. – 3 p.m.
\$50 per person, or \$85 for two people attending together.

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| Parenting techniques | Effective consequences |
| Communication styles | Academic success strategies |
| Strategies for ADD, ADHD, ODD | A plan to create respect and structure in your home. |

Parenting Strategies Workshop

A one day workshop, held the 1st Sunday of each month, 10 a.m. – 3 p.m.
\$50 per person, or \$85 for two people attending together.

| | |
|---|--|
| Parenting tools that work | Conflict resolution |
| 7 parenting styles | Common forms of manipulation by children |
| Academic strategies to get your child back on track | |

Intensive Weekend Seminar

A two day workshop, scheduled the 3rd weekend of each month, 10 a.m. – 6 p.m., Saturday and Sunday. This workshop is designed to provide in depth analysis of current parenting challenges, including:

| | |
|---|-------------------------------|
| Adoption issues | Strategies for ADD, ADHD, ODD |
| Dealing with defiant behavior | Anger management skills |
| Lack of respect for rules | Conflict Resolution |
| Managing the challenges of today's electronic world | |
| Establishing effective rules and consistency in your home | |

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