



HUSKY HOTLINE

A weekly publication from Notre Dame School

Notre Dame School
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NDS
Christmas Program
December 15, 7 pm
St. John's Church

FROM THE OFFICE

Surveys: Thank you to all the families that have already responded to the Catholic Identity Survey! If you haven't had a chance, please **click here**. The survey will only take 15 minutes and is important for our upcoming accreditation! And don't forget the randomized parent survey from NDS and the Catholic Schools Department in Sacramento. Should you receive an email from school-surveys@schoolyardapp.com, please be sure to open it and complete the survey for our school!

Before School: Extension is now open M-F at 7:30 am. Your children may also go directly into the gym at 7:50 am with no charge for Extension. A teacher is on duty outside beginning at 8 am every morning. As a special privilege to the Jr. High students only, the 6th-8th grade classrooms are open at 8 am. Students may use that time to check in with their teachers, go to their lockers, or visit with friends. Jr. High students who are dropped off before 8 am must follow the same procedures as all other students ~ they need to go directly into the gym. They may not be outside or at their lockers until there is a teacher on duty (8 am).

Morning Mass at our church begins at 7:30 am each day. With the exception of Friday (because we have School Mass), there is usually a school parent or teacher present at morning Mass. This means there would be a responsible parent there at Mass with your child – as long as the child was dropped off on time at 7:30 am.

WHAT'S HAPPENING NEXT WEEK, NOVEMBER 27 – DECEMBER 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
Online Calendar 	Walk the Block Oseguera	Walk the Block Ostendorf	Walk the Block Rose	Walk the Block Beck	5 th Grade leads Mass 8:45 am Walk the Block Seibert	

GIRLS ON THE RUN LEARN LESSON OF COMMUNITY

Fifteen NDS girls in grades 3-5 completed their 12-week Girls on the Run fall season with a 5K run in Bidwell Park recently. The program gives pre-teen girls an interactive curriculum to encourage self-respect and healthy lifestyles. Lessons range from gossip, bullying and body image to other topics such as the meaning of community. The program requires that the girls develop and complete a community service project.

During our community session, we learned the many definitions of community. We did fun exercises to illustrate the concept of strength in numbers. At another session, the girls brainstormed ideas and then picked a



bake sale as their community service project. The girls raised \$150 by selling their baked items. Several of the girls' families pledged to match the bake sale total. One dad even paid \$10 for one cookie.

As a result of the power of community (including all the kids and parents who bought these items, thank you), these

girls raised \$600 to shop for food for needy families this holiday season.

We have adopted a needy family from St. John's parish and we will also purchase lots and lots of food to deliver to the Food Locker, which is run by the Catholic Ladies Relief Society. It is our hope that we can have the girls and their parents deliver this food so they can truly see the benefit of giving and sharing in our community.

There has been some interest in a possible spring GOTR and Girls On Track (grades 6-8) program at NDS. If you are interested, please contact NDS GOTR coaches Kristina Smith, Heather Quilici or Sheila Murray. For more information about the program, visit www.gotrbuttecounty.org.

HOT LUNCH

**Hot Lunch Schedule for the week of
Tuesday, November 29 – Thursday, December 1**

Tuesday: Christian Michael's Burgers
Volunteers: Julie Polito and Suzi Carlos

Wednesday: Franky's Spaghetti & Salad
Volunteers: Steve & Kathy Matalavage

Thursday: Mr. Pickles Sandwiches
Volunteers: Cathleen Greenlee, Evangelina Henman

Contact Kami at ksmith@ndschico.org

SCRIP NEWS

Start planning for the Christmas season now with gift cards/certificates. We currently have Sin of Cortez as a new vendor and will carry Best Buy cards available in \$25 and \$100 increments. Also, before you go to Round Table for their monthly Notre Dame Pizza nights, please purchase your \$20 gift cards and earn an additional 10% for our school! Thanks for using scrip. Every gift card you purchase helps our school!

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Home & School CONNECTION[®]

Working Together for School Success

Diocese of Sacramento
Catholic School Department

November 2011



SHORT NOTES

Sign your name

Your youngster will sign his name thousands of times in his life. When he learns cursive, encourage him to practice by writing his signature with a variety of colorful pens (felt-tipped, ballpoint, gel). Have him sign cards and notes, or show him your signature on a receipt and let him sign his name on the back.

DID YOU KNOW?

Water “wakes up” the brain. Staying hydrated throughout the day can help your child be alert and think clearly. Suggest that she have a glass of water before school and any time she feels thirsty. Also, remind her to drink from the water fountain during class breaks.

Question jar

Here’s a way for your youngster to practice research skills and learn new facts. If he asks a question you can’t answer, have him write it down. *Example:* “Are orangutans monkeys?” Keep his questions in a jar. When you have time, pull one out and find the answer together. He could check a book or website or call someone who might know.

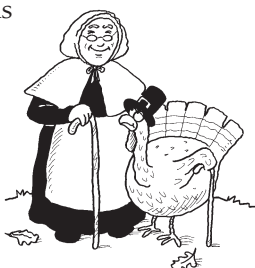
Worth quoting

“It takes as much energy to wish as it does to plan.” *Eleanor Roosevelt*

JUST FOR FUN

Q: If the Pilgrims were still alive today, what would they be most famous for?

A: Their age!



Forecast: Cooperation

What is the atmosphere like in your house? You can encourage your child to cooperate by creating a pleasant environment in which everyone works as a team and enjoys each other’s company. Try these ideas.

Warm reunions

The first few minutes you and your youngster spend together after school or work can increase your chances for a nice evening. Try joining her while she eats her snack, or color pictures together. The attention from you and the relaxed tone may make her feel more cooperative as she does homework and chores and gets ready for bed.

Nice consequences

Show your youngster that cooperating leaves more time for activities she enjoys. For example, point out that if she helps you with the laundry, you’ll have time for a game or an extra bedtime story. Or tell her that if she entertains her little brother while you pay bills, you’ll finish faster

and will be able to watch her play outdoors.

Gentle requests

Stay upbeat and seek her input—your child may be more likely to cooperate. Say you find toys covering the living room floor. You can ask, “What’s your plan for tackling cleanup?” Or if you want her to start making her own lunch, you might say, “Where should we keep supplies so you can pack your lunch easily?” ♥

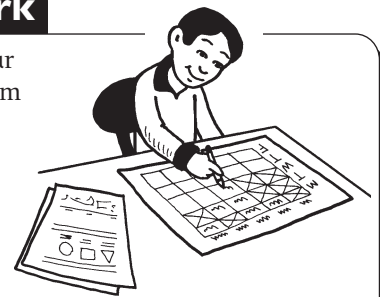


Homework routines that work

Starting a homework routine now can help your youngster develop good habits that will benefit him throughout school. Consider these suggestions.

● **Make a homework chart.** Have your child draw a grid on a sheet of paper with the days down the left side and school subjects across the top. Each day, he can “x” out where he doesn’t have homework. Then, as he finishes an assignment, he can initial the correct box. He’ll have a nice visual reminder of what he has accomplished and what he still needs to do.

● **Review assignments together.** This will give you a chance to see what your youngster is working on and to make sure he finishes his work. *Tip:* You can point out mistakes, but have him correct them on his own so his teacher will be able to see if he needs extra help. ♥



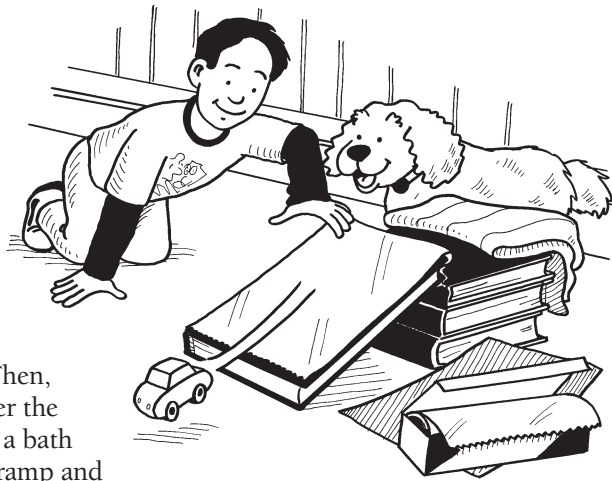
Road science

Cars—both toy and real ones—give your youngster opportunities to learn about force and motion. Spark his interest in science with these experiments.

How much friction?

Friction is created when two objects touch. Have your child gather a toy car and make a ramp by stacking three books and leaning a fourth book against them. Then, give him several different materials to cover the ramp (aluminum foil, construction paper, a bath towel). He can hold each material on the ramp and let the car roll down.

Which does he think will cause the car to travel the shortest distance? *Answer:* the towel, because it is the roughest material and produces the most friction.



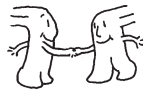
Which direction?

When you're in the car, let your youngster place a ball on the floor and predict which direction it will roll when you turn right. Have him watch the ball closely as you turn. What happens?

He might be surprised to see it roll left! That's because a moving object (the ball, which is moving along with the car) continues in its original direction (straight) until something

stops it. Even though the car turned right, the ball kept going in the direction you were driving—toward the road that is now to your youngster's left. ♥

ACTIVITY CORNER



Pass it on

Try this dinner conversation game to sharpen your child's memory and thinking skills.

Begin by having one person finish this sentence: "I have one ____." She should fill in the blank by naming something that she has just one of (nose, bedroom). The next person repeats that item and adds something that she has two of: "I have one bedroom and two earrings."



Continue around the circle and try to get to 10. Add to the fun by being silly or creative ("I have eight legs on a toy spider").

Start over whenever someone forgets one of the objects or can't think of an item to go with the next number. ♥

OUR PURPOSE

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

Resources for Educators,
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Conference tips

Whether your child is doing well in school or struggling, a conference is an important way to touch base with her teacher. Here's how to make the most of your meeting:

- Write down questions for the teacher ahead of time. To come up with your list, think about each subject ("Is Amelia reading at grade level?") as well as social skills and behavior ("Is she making friends?").
- Carry a pen and notepad to take notes during the conference. Write down information to share with your youngster ("The teacher said you help other kids during group work") and ideas for helping her at home ("Board games can teach math facts!").
- Be on time—the teacher will be meeting with many parents, and conferences are usually scheduled back-to-back. Also, consider swapping babysitting with another parent so you can attend without your children. ♥



PARENT TO PARENT

Learning an instrument—and more

This year, our son Nicholas started playing the violin at school. I play piano, so I was thrilled when he expressed an interest in music. I know that learning an instrument can teach a child about patience and hard work—and it can be a fun and satisfying hobby.

At first, Nicholas got discouraged easily when he practiced. He said it didn't sound "like real music." His teacher emphasized that patience is important, and she encouraged us to be

positive, too. She said that we should make comments like, "You're working really hard" or, "I love that part!" She also suggested that we refer to practice as "playing time" and let Nicholas know we'd be happy to listen to him perform anytime.

Her advice has made a difference. Our son has been practicing regularly, and the teacher is pleased with his progress. ♥



Home & School CONNECTION[®]

Trabajando juntos para el éxito escolar

Noviembre de 2011

Diocese of Sacramento
Catholic School Department



NOTAS BREVES

Firma tu nombre

Su hijo firmará su nombre miles de veces a lo largo de su vida. Cuando aprenda a escribir en letra cursiva, animelo a que practique su firma con plumas de colores y de varios tipos (rotulador, bolígrafo, de gel). Dígale que firme tarjetas y notas o enséñele la firma de usted en una factura y que él firme su nombre por detrás.

¿SABÍA USTED?

El agua “espabila” el cerebro. Conservar la hidratación a lo largo del día puede ayudar a que su hijo se mantenga alerta y piense con claridad. Sugíerale que beba un vaso de agua antes de clase y siempre que sienta sed. Recuérdele también que vaya a la fuente a beber entre clase y clase.

Tarro de preguntas

He aquí una manera de que su hijo practique técnicas de investigación y aprenda nueva información. Si le pregunta algo que usted no puede contestar dígale que lo escriba. *Ejemplo:* “¿Son los orangutanes monos?” Guarde sus preguntas en un tarro. Cuando tengan tiempo, saquen una y busquen juntos la respuesta. Su hijo podría mirar en un libro o un sitio web o preguntarle a alguien que quizá lo sepa.

Vale la pena citar

“Se necesita tanta energía para desear como para planear”. *Eleanor Roosevelt*

SIMPLEMENTE CÓMICO

P: Si los primeros colonos vivieran hoy, ¿por qué serían famosos?

R: ¡Por su edad!



Pronóstico: Cooperación

¿Qué atmósfera hay en su casa? Anime a su hija a que coopere creando un ambiente agradable en el que todos trabajen en equipo y disfruten de la compañía mutua. Ponga a prueba estas ideas.

Reuniones cálidas

Los primeros minutos que usted pase con su hija después de la escuela o del trabajo pueden hacerles más grata la tarde. Acompañela cuando se siente a merendar o coloree dibujos con ella. La atención que usted le preste y el tono relajado contribuirán a que ella coopere con más ganas mientras hace los deberes y las tareas de casa y se prepara para irse a la cama.

Consecuencias agradables

Demuéstrele a su hija que cooperar deja más tiempo libre para las actividades que le gustan. Por ejemplo, indíquele que si le ayuda con la colada usted tendrá tiempo para jugar con ella o para leerle un poco más antes de dormir. O dígale que si entretiene a su hermanito mientras usted paga facturas, usted terminará antes y podrá acompañarla cuando salga a jugar.

Hábitos eficaces para los deberes

Si establece ahora un sistema para hacer los deberes podrá ayudar a su hijo a desarrollar buenos hábitos que le beneficiarán a lo largo de sus estudios. Considere estas sugerencias.

● **Hagan una gráfica de los deberes.** Dígale a su hijo que dibuje una cuadrícula en un folio con los días en vertical en el margen izquierdo y las materias de la escuela en horizontal en la parte superior. Puede señalar con una “x” el día que no tenga deberes. Más tarde, cuando termine una tarea, puede escribir sus iniciales en la cuadrícula adecuada. Recordará de un vistazo lo que ha hecho y lo que aún tiene que hacer.

● **Repasen juntos las tareas.** Así verá usted lo que estudia su hijo y se asegurará de que termine su trabajo. *Idea:* Puede indicarle los errores, pero deje que los corrija él solo para que así su maestra vea si necesita ayuda extra. ♥



Peticiones amables

Conserve el buen humor y pida la opinión de su hija: a ella le costará menos cooperar. Digamos que usted se encuentra un reguero de juguetes por el suelo del salón. Puede preguntarle: “¿Qué plan tienes para recoger la habitación?” O si quiere que empiece a prepararse su propio almuerzo podría decirle: “¿Dónde podríamos guardar los materiales para que te resulte más fácil empacar el almuerzo?” ♥



Ciencia en la carretera

Los autos—los de juguete y los de verdad—proporcionan ocasiones de que su hijo aprenda sobre la fricción y el movimiento. Despierte su interés por las ciencias con estos experimentos.

¿Cuánta fricción?

Se produce fricción cuando dos objetos se tocan. Dígame a su hijo que junte un carro de juguete y haga una rampa hacinando tres libros y apoyando un cuarto sobre ellos. A continuación, dele materiales para que cubra la rampa (papel de aluminio, cartulina, una toalla). Puede sujetar cada material sobre la rampa y dejar que el carrito se deslice por ella.

¿Sobre qué superficie viajará menos distancia el auto? *Respuesta:* sobre la toalla porque es el material más basto y produce más fricción.



que algo lo detiene. Aunque el auto giró a la derecha, la pelota siguió moviéndose en la dirección que iban: hacia la carretera que ahora está a la izquierda de su hijo.♥

¿En qué dirección?

Cuando vayan en el auto, que su hijo coloque una pelota en el suelo y prediga en qué dirección rodará cuando giren a la derecha. Dígame que observe la pelota con atención cuando giren. ¿Qué sucede?

¡Le sorprenderá ver que rueda hacia la izquierda! Es porque un objeto en movimiento (la pelota, que se mueve con el auto) continúa moviéndose en la dirección original (en línea recta) hasta



RINCÓN DE ACTIVIDAD

Pásalo

Este juego de conversación durante la cena agudizará la memoria y la capacidad de pensar de su hija.

El juego comienza pidiendo a una persona que complete esta frase: “Tengo un _____”. Debería completarla nombrando algo que tiene y sólo tiene uno (nariz, dormitorio). La siguiente persona repite el objeto y añade algo de lo que tiene dos (“Tengo un dormitorio y dos aretes”).



Continúen en círculo e intenten llegar a 10. El juego es más divertido si procuran ser cómicos y creativos (“Tengo ocho patas en una araña de juguete”).

Empiecen de nuevo cuando alguien se olvide de un objeto o no pueda pensar en algo que vaya con el número siguiente.♥

NUESTRA FINALIDAD

Proporcionar a los padres ideas prácticas que promuevan el éxito escolar, la participación de los padres y un mejor entendimiento entre padres e hijos.

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Ideas para las reuniones

Tanto si su hija va bien en la escuela como si tiene dificultades, una reunión es un método valioso de entrar en contacto con su maestra. He aquí cómo sacar el máximo provecho del encuentro:

- Escriba con anticipación preguntas para la maestra. Para empezar su lista piense en cada materia (“¿Lee Amelia al nivel de su grado?”) así como en su capacidad de socializar y su comportamiento (“¿Está haciendo amigos?”).
- Llévese pluma y papel para tomar notas durante la reunión. Escriba la información para compartirla con su hija (“La maestra dijo que ayudas a otros niños durante el trabajo en grupo”) así como ideas para ayudarla en casa (“¡Los juegos de mesa pueden enseñar matemáticas!”).
- Sea puntual: la maestra tiene que reunirse con muchos padres y las reuniones se programan una detrás de la otra. Intercambie el cuidado de niños con otros padres a fin de poder acudir a la reunión con los maestros sin sus hijos.♥



DE PADRE A PADRE

Aprender un instrumento y más

Este año nuestro hijo Nicolás empezó a tocar el violín en la escuela. Yo toco el piano así que me alegré cuando expresé interés por la música. Sé que aprender un instrumento puede desarrollar en los niños paciencia y esfuerzo y puede convertirse también en una afición agradable y satisfactoria.

Al principio Nicolás se desanimaba cuando practicaba. Decía que no sonaba “como música de verdad”. Su maestra repetía que la paciencia es importante y

nos animaba a tener una actitud positiva. También nos dijo que deberíamos hacer comentarios como “Te estás esforzando mucho” o “¡Me encanta ese trozo!” También sugirió que nos refiriéramos al estudio como “tiempo para tocar” y que le dijéramos a Nicolás que nos encantaría escucharlo cuando él quisiera.

Su consejo ha sido provechoso. Nuestro hijo practica con regularidad y su maestra está satisfecha con su rendimiento.♥

