



HUSKY HOTLINE

A weekly publication from Notre Dame School

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Issue 3 2011-2012 School Year

September 2, 2011

FROM THE OFFICE

Medication/Prescriptions: We have a new form that must be used for student medications. The information below is Diocesan Policy, and is in our 2011-12 Parent and Student Handbook.

Please pick up a form from the office if your child will need medication during the school year. It is very important that parents provide all medications with the appropriate signed form. The school will not provide aspirin, cough drops, etc. and the school may not furnish any medications to students. The school may *administer* medication. All medication must be kept in the school office. Should your child have any special medication needed during the school hours, please discuss this with the principal. It is a state law that we keep a record on file.

To administer any medication we must have the following: medicine should be in original container with the child's name on it accompanied by a written statement from the parent/guardian and a written statement from the physician detailing the method, amount and schedule by which the medication is to be taken.

The school will make every effort to administer the medication in a timely fashion, but the variable nature of a school's office means that some medication administration may be delayed or missed. Should this situation occur, parent(s) would be notified promptly.

SCRIP News: Scrip is now available for purchase every Monday through Wednesday mornings in our school parking/drop-off area, as well as every Thursday morning in the upstairs scrip room, and during the weekdays through Mrs. B in the office. Before you go out to buy your morning coffee, fill up your car with gas or stock those refrigerators and cupboards with groceries, please first purchase your scrip gift cards to buy those items. Every bit helps raise money for our school.

Notre Dame Student Masses: Our next NDS student-hosted Mass of the new school year is Sunday, Sept. 11 at 5 pm at St. John's. Please plan to attend this Mass to show support of our student and parent body as a vibrant and generous part of our great Catholic parish!

Uniform Update: FREE DRESS!

Free dress will remain on the first Wednesday of the month! Free Dress is NOT on half days. We think it is important to avoid Free Dress on Mass days. We are encouraging students to remember that it is still on Wednesdays by telling them they now get a FULL day of Free Dress! We will have Free Dress in conjunction with Monthly Awards. So the first Wednesday of each month is Free Dress and Monthly Awards— an awesome day!



Computer Lab: If you didn't have a chance to stop by at Back to School Night, please be sure to come in and see our new Computer Lab. The Lab was made possible by several generous donors, and many parent volunteers!

WHAT'S HAPPENING NEXT WEEK, SEPTEMBER 4 – SEPTEMBER 10

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9	10
 Online Calendar	Labor Day No School!		Free Dress!		6 th Grade leads Mass 8:45 am Early Dismissal	



**NOTRE DAME SCHOOL
 FALL FESTIVAL**

FAMILY FUN

HOEDOWN

SUNDAY, OCTOBER 2 10 AM TO 4 PM

**GAMES FOOD
 ENTERTAINMENT
 RAFFLE
 COUNTRY STORE**

TRI-TIP DINNER SATURDAY, OCTOBER 1 5-8 PM

The Fall Festival is coming up! Start collecting your unneeded items now for our Notre Dame Country Store! We need books, games, antiques, basically everything but clothes! Tri-Tip dinner tickets are \$14 for adults, \$7 for kids or \$40 for a family (parents and children). One ticket will include one drink ticket, and a family ticket will include four drink tickets.

CHICO ART SCHOOL AUCTION

The Chico Art School & Gallery (located at 336 Broadway) is hosting an art show for the Kirshner Wildlife Foundation. We will have lots of child and adult student artwork up for sale. The sale will begin Sept. 1 and continue until the reception Oct. 22, from 12-5 pm. Silent bid sheets will be hung under each piece of art for approx. the next two months . . . so come up and bid on your favorite pieces. Many affordable adorable artworks! New art will be hung as it is created by students up until the reception. A large percentage of sales (45-95% depending on artist's wishes) will go to the animals at the Kirshner Wildlife Foundation. Please come up and support the animals! Hours open are as follows: Monday 12-2:30 pm; Tuesday 1-2:30 and 3:30-5 pm; Wednesday 1-2:30 pm and 3:30-5 pm; Thursday 3:30-5 pm and 6-8:30 pm.

PENNY HARVEST

It's time to peer into drawers, look under the cushions in your sofa and peek under your car seats because we need pennies! It's Penny Harvest time!

HOT LUNCH

**Hot Lunch Schedule for the week of
 Tuesday, September 6– Thursday, September 8**

Tuesday: Kinder's

Wednesday: Speedy Burrito

Thursday: Mr. Pickles

Contact Kami at ksmith@ndschico.org

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Home & School CONNECTION[®]

Working Together for School Success

September 2011

Diocese of Sacramento
Catholic School Department



SHORT NOTES

TV solutions

Encourage your youngster to watch less TV without saying a word! First, help him choose a limited number of shows. Then, record them as a “list of favorites.” He can watch the shows, one at a time, and fast-forward through the commercials. Also, be sure to turn the set off when no one’s watching.

Be a leader

After-school activities can build leadership skills. Check the school website or newsletter, and suggest activities that your child might enjoy. For instance, she could run for student council, serve as a peer counselor, or be a yearbook editor. She’ll gain practice being in charge, which can help her feel comfortable tackling bigger roles as she gets older.

One-on-one time

Spending time alone with each of your children on a regular basis can help you stay close. For instance, play cards or work on a scrapbook with your older child after the little one is in bed. Or bake cookies with your youngest when your older children are out playing with friends.

Worth quoting

“Education is learning what you didn’t even know you didn’t know.”

Daniel J. Boorstin

JUST FOR FUN

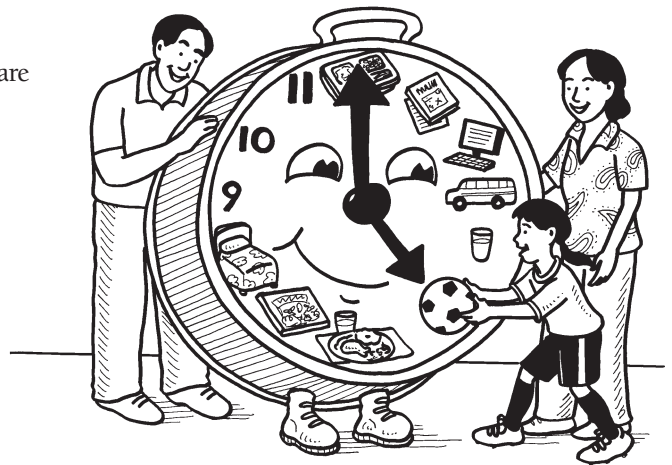
Q: Six children were walking under one umbrella. Why didn’t they get wet?

A: It wasn’t raining.



All set for learning

When you ask your child about her day at school or help her prepare for the next day, you teach her that learning is important. She’ll see that success in the classroom begins at home—with family conversations, regular routines, and healthy habits. Try these tips for a great year.



Talk about school.

Encourage your child to share her accomplishments with you by asking her specific questions. (“What did you make in art?” “Who did you read about in history?”) Or make it a game to discuss the day on your way home—take turns describing something you did, and see how much each person can share before you reach your house.

Follow a routine. Create a schedule for your youngster to stick to on school nights. Include time for homework, dinner, playing, reading for pleasure, and relaxing. *Tip:* Ask her teacher how much

homework your child can expect, and help her set aside enough time to finish it. Finally, figure out a bedtime that gives her 9–11 hours of sleep.

Make attendance a priority. Let your youngster know that it’s important to be in school every day. Talk about ways she can stay healthy and avoid sick days, like washing her hands regularly and eating a balanced diet that includes plenty of fruits and vegetables. Also, try to schedule doctor appointments and family trips when school isn’t in session. ♥

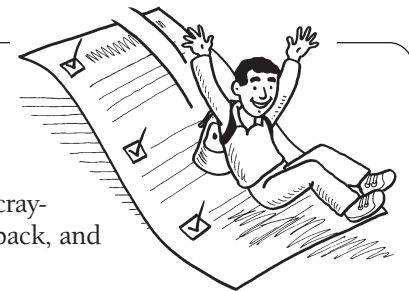
My checklist

Who is in charge of your youngster’s learning? He is! Share this checklist to help him do his best.

I arrive ready to learn. I have the supplies I need (sharpened pencils, eraser, paper, crayons). I have completed homework in my backpack, and I will remember to turn it in.

I’m a good listener. I look at my teacher, and I think about what she is saying. I keep my hands and feet to myself, and I am quiet so others can hear.

I participate in class. I raise my hand to answer the teacher’s questions. I share my ideas during discussions. ♥



Strategies for success

There's more to doing well on an assignment than knowing the material. Your child needs to understand the directions, avoid careless mistakes, and look over his work when he's finished. Suggest these ideas.

1. Read directions carefully. It might help your child to underline important information



("Use blue to circle the math problems that equal 7") or to say the instructions in his own words ("If the answer is 7, the circle should be blue"). He can also refer back to the directions to make sure he stays on track.

2. Learn from mistakes. Encourage your youngster to make a list of his most common errors. ("The first letter in a sentence is uppercase." "The less-than sign points to the smaller number.") He can tape his list in a folder, notebook, or binder so he can consult it as he works.

3. Double-check. When your child finishes an assignment, he should reread it to be sure he did his best. He can check subtraction problems ($15 - 9 = 6$) by adding ($9 + 6 = 15$) or use a dictionary to look up words.♥

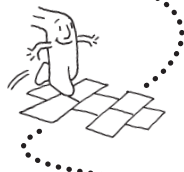
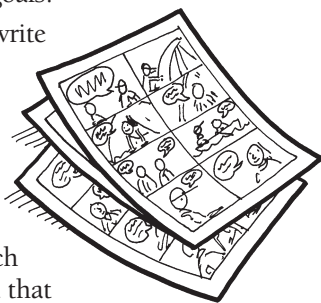
ACTIVITY CORNER

Starring... me!

On the first day of school, did your child write about her summer vacation? Now encourage her to write at home by creating more stories about her life:

- Have her summarize a special hobby or interest in exactly 10 words. This activity will teach your youngster to get her point across using only the most important words. She can start with as many words as she needs and then cut those that aren't essential. *Example:* "Soccer is fun. I love dribbling, passing, and making goals."

- She could write a story in the format of a graphic novel. These books have comic strip frames on each page. Suggest that your child divide a sheet of paper into four to eight squares. In each, have her draw a different scene from a family activity (camping, crafts). Let her write a sentence to go with each one ("Dad and I pitched a tent") and include dialogue in bubbles above characters' heads ("Listen to the crickets!").♥



PARENT TO PARENT

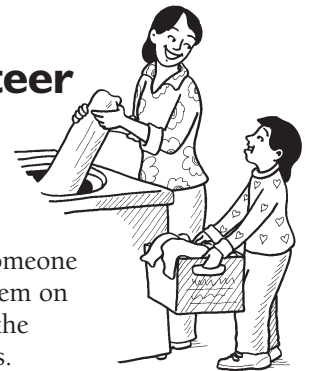
This year, I'll volunteer

I've always wanted to volunteer at my children's school, but I work during the day and couldn't seem to find time. This year, I emailed the girls' teachers to ask how I could help.

My younger daughter's kindergarten teacher needed someone to take the classroom dress-up clothes home and wash them on a regular basis. She also wanted help collecting items for the science table, so I've sent in pinecones, acorns, and leaves.

For my fifth-grade daughter's teacher, I have been calling parents to find volunteers who will read aloud to the class or help out in the computer lab.

I was surprised to discover how many volunteer opportunities there are for working parents. My girls are proud that I'm helping, and seeing how much the teachers appreciate my help makes me feel good, too.♥



Q & A Playground fun for everyone

Q: My son doesn't like recess. He says he isn't good at jumping rope or climbing on the jungle gym.

How can I help him feel more confident and enjoy recess more?

A: Recess is important because it provides exercise and gives your child a break from school-work. It's also a good opportunity to build social skills, like starting conversations with other children and working together to

make decisions about what and how to play.

Try visiting playgrounds together to build your son's confidence. Let him practice skills like climbing ladders, sliding down poles, crossing monkey bars, swinging, and kicking and catching a ball.

Also, suggest that he make recess plans ahead of time. In the morning, for example, he might ask a friend to play hopscotch with him on the playground.

Finally, be sure to ask how it's going, and if things don't improve, talk to his teacher.♥



OUR PURPOSE

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

Resources for Educators, a division of CCH Incorporated
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Home & School CONNECTION[®]

Trabajando juntos para el éxito escolar

Septiembre de 2011

Diocese of Sacramento
Catholic School Department



NOTAS BREVES

Soluciones fáciles a la TV

¡Anime a su hijo a que vea menos TV sin decir una palabra! Ayúdelo a que elija un número limitado de programas. Grábelos como una "lista de favoritos" para que los pueda ver, de uno en uno, sin anuncios comerciales. Asegúrese también de apagar la televisión cuando no la esté viendo nadie.

Ser líder

Las actividades extraescolares pueden desarrollar aptitudes de liderazgo. Infórmese en el sitio web o en la circular informativa de la escuela y sugiera a su hija actividades con las que pueda disfrutar. Por ejemplo, podría presentarse a las elecciones del consejo escolar, servir como mediadora entre compañeros o trabajar como editora del anuario escolar. Ganará práctica en estar al frente de algo y eso puede ayudarla a enfrentarse a tareas más exigentes cuando sea mayor.

Tú y yo

Pasar tiempo a solas con cada uno de sus hijos de forma regular puede ayudarlos a mantener la intimidad entre ustedes. Juegue a las cartas o haga un álbum con su hijo mayor cuando haya acostado al pequeño. Hornee galletas con el pequeño cuando sus hijos mayores estén jugando con sus amigos.

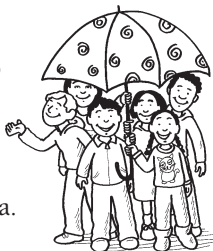
Vale la pena citar

"La educación es aprender lo que no sabías que no sabías". *Daniel J. Boorstin*

SIMPLEMENTE CÓMICO

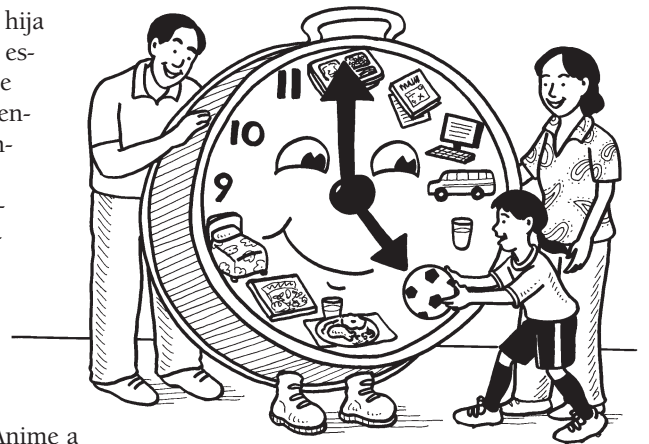
P: Seis niños estaban paseando bajo un paraguas. ¿Cómo es que no se mojaron?

R: Porque no llovía.



Listos para aprender

Cuando le pregunta a su hija qué tal le ha ido el día en la escuela o la ayuda a prepararse para el día siguiente le está enseñando que aprender es importante. Se dará cuenta de que el triunfo en la clase comienza en casa: con conversaciones en familia, hábitos regulares y costumbres sanas. Ponga a prueba estas ideas para iniciar un estupendo curso.



Hablar de la escuela. Anime a su hija a que comparta con usted sus logros haciéndole preguntas específicas. ("¿Qué hiciste en arte?" "¿Sobre qué personaje leíste en clase de historia?") O bien convierta en juego la conversación acerca de su jornada cuando regresen a casa: describan por turnos algo que hizo cada uno y vean cuánto puede contar cada persona antes de llegar a casa.

Seguir un horario. Creen un horario firme para las noches de los días de escuela de su hija. Incluya tiempo para los deberes, la cena, para jugar, leer por placer y para relajarse en familia. *Idea:* Pregúntele a la maestra cuántos deberes puede esperarse

su hija y ayúdela a dedicar suficiente tiempo para completarlos. Finalmente piense en una hora de acostarse que le dé de 9 a 11 horas de sueño.

Convierta la asistencia en prioridad. Que su hija entienda que es importante asistir a clase cada día. Comente con ella maneras de mantener la salud y de evitar los días de enfermedad, como lavarse las manos con regularidad y comer una dieta equilibrada que incluya frutas y verduras. Asegúrese también de programar las visitas al médico y los viajes familiares cuando no haya colegio. ♥

Mi lista

¿Quién está al cargo de los estudios de su hijo? ¡Él mismo! Comparta con él esta lista para ayudarlo a rendir al máximo.

Llego listo para aprender. Tengo los materiales que necesito (lápices afilados, borrador, papel, pinturas de cera). Tengo los deberes terminados en mi cartera y me acordaré de entregarlos.

Escucho bien. Miro a mi maestra y pienso en lo que está diciendo. Procuro no moverme y estoy callado para que mis compañeros puedan oír bien.

Participo en clase. Levanto la mano para contestar las preguntas de mi maestra. Comparto mis ideas durante las discusiones de clase. ♥



Estrategias para triunfar

Para ir bien en una asignatura se necesita más que conocer el material. Su hijo necesita entender las instrucciones, evitar errores por falta de atención y repasar su trabajo cuando lo haya terminado. Sugérole estas ideas.

1. Leer las instrucciones con cuidado. A su hijo podría serle útil subrayar la información importante (“Usa azul para poner un círculo alrededor de los problemas de



matemáticas que sean igual a 7”) o repetir las instrucciones con sus propias palabras (“De acuerdo, si la respuesta es 7, el círculo tiene que ser azul”). También puede volver a leer las instrucciones de vez en cuando para asegurarse de que no se despista.

2. Aprender de los errores. Anime a su hijo a hacer una lista de sus errores más frecuentes. (“La primera letra en una frase se escribe con mayúscula”. “El símbolo para menos apunta al número más pequeño”.) Puede pegar con cinta la lista en una carpeta, en un cuaderno o en un archivador para consultarla cuando trabaje.

3. Repasar otra vez. Cuando su hijo termine una tarea debería volverla a leer para estar seguro de que la hizo lo mejor posible. Puede comprobar los problemas de resta ($15 - 9 = 6$) sumando ($9 + 6 = 15$) o usar un diccionario para buscar palabras.♥

RINCÓN DE ACTIVIDAD

¡Yo soy la estrella!

¿Escribió su hija una redacción sobre sus vacaciones de verano el primer día de clase? Anímela ahora a que escriba en casa redactando nuevas historias sobre su vida:

- Que resuma una afición o un interés especial en exactamente 10 palabras. Esta actividad enseñará a su hija a comunicar una idea utilizando solamente las palabras más importantes. Puede empezar empleando cuantas palabras necesite y luego quitar las que no sean esenciales. *Ejemplo:* “El fútbol es divertido. Adoro regatear, pasar y marcar goles”.

- Podría escribir una historia en formato de novela gráfica. Estos libros tienen marcos de tiras cómicas en cada página. Sugérole a su hija que divida un folio de papel en recuadros, de cuatro a ocho. En cada uno de ellos, dígame que dibuje una escena distinta de una actividad familiar (acampada, trabajos manuales). Que escriba una frase que vaya bien con cada imagen (“Papá y yo pusimos la tienda de campaña”) y que incluya diálogos en las nubes encima de las cabezas de los personajes (“¡Mira cómo cantan los grillos!”).♥



DE PADRE A PADRE

Este curso haré voluntariado

Siempre he querido trabajar como voluntaria en la escuela de mis hijas pero trabajo durante el día y no encontraba tiempo para hacerlo. Este año le envié un correo electrónico a las maestras de mis niñas preguntándoles cómo podía echar una mano.

La maestra de kínder de mi hija pequeña necesita a alguien que se lleve los disfraces que usamos en clase a casa y los lave con regularidad. También quiere ayuda para coleccionar objetos para su mesa de ciencias, así que he enviado piñas, bellotas y hojas.

Para la maestra de la hija que tengo en el quinto grado he llamado a padres para encontrar voluntarios que lean a la clase en voz alta o que ayuden en el laboratorio de computadoras.

Me sorprendió enterarme de la cantidad de oportunidades de voluntariado que existen para los padres que trabajan. Mis hijas se sienten orgullosas de mi colaboración y ver cuánto aprecian las maestras mi ayuda hace que también yo me sienta bien.♥



P & R Divertirse en el patio

P: A mi hijo no le gusta el recreo. Dice que no se le da bien saltar a la cuerda o trepar por la jungla del gimnasio. ¿Cómo puede adquirir más seguridad en sí mismo y disfrutar más del recreo?

R: El recreo es importante porque proporciona a su hijo ejercicio físico y descanso del trabajo escolar. También es una oportunidad excelente para adquirir habilidades de socialización como entablar conversaciones con otros niños y tomar decisiones en común sobre a qué jugar y cómo hacerlo.

Vaya con él a varias zonas de recreo para que desarrolle la confianza en sí mismo. Que practique habilidades como trepar escaleras, deslizarse por un mástil, cruzar barras horizontales, columpiarse y lanzar y atrapar un balón.

Sugérole también a su hijo que haga planes para el recreo con antelación. Por la mañana, por ejemplo, podría pedirle a un amigo que juegue con él a la rayuela en el patio. Finalmente, asegúrese de preguntarle qué tal le va y si las cosas no mejoran, hable con su maestra.♥



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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