

# Mighty



# Knights

## SEPTEMBER

Labor Day-No School	5
Chapel led by 3rd Gr 2:45 pm	7
Teacher Inductions 8:30 & 10:45 am	11
Parents of Hope Meeting 8:15 am	13
Student Council Assembly TBA	
Chapel led by 4th Gr 2:45 pm	14
Dessert Concert 7-9 pm	16
Chapel led by 5th Gr 2:45 pm	21
6 week Progress Reports	26
Student Council Speeches 8:15 am	27
Chapel led by Kinder 2:45 pm	28

September



Teach me good discernment and knowledge; for I believe in your commandments.



Loving Father,

Our Creator, our Savior, our Companion...bless this journey of a new school year. Refresh our souls and renew our spirits as we embrace the beautiful mystery you have called us to. We welcome those who are new to our community and ask that you strengthen them to share the wonderful gifts you have given them. Lord make our hearts pure as we undertake this mission of educating youth and guide our students to have open hearts and eager minds to learn.

Amen

*Steven McGlaun*

## Welcome Back!

It is so good to see all our beautiful families back again. Summer vacation makes us realize how very much a part of our lives your children are. It's super seeing them again! Wow...how they've grown!

I'd like to also welcome all our new families into the Cross of Hope fold! I hope each of you will find opportunities to mingle and get to know our community during day-to-day pick-ups, drop-offs, and ongoing school events. We invite you to join us for Parents of Hope meetings every second Tuesday of the month where you're guaranteed to meet a group of loving, involved folks. And don't forget our upcoming Dessert Concert and Silent Auction featuring singer/songwriter, James Hersch! Enjoy a night out with fellow COHES families. We are blessed that you are here!

Billy Hayden's Family  
The Polanco Family  
The Bevill Family  
The Gamble Family  
The Cunnico Family  
The Stephenson Family  
The Ramirez Family

The Brackeen Family  
The Nisbet Family  
The Barreras Family  
The McLellan Family  
The Clang Family  
The Solomon Family  
The Parkin Family

The Bakas Family  
The Sadler Family  
The Brock Family  
The Zimmer Family  
The Lerma Family  
The Hielkema Family

## BACK-TO-SCHOOL BLUES

Did you know that teachers, *and administrators*, universally start having bad “school” dreams about three weeks before school starts? It’s true. Ask any teacher! It’s been twenty-five years since I started teaching and every year, like clock-work, dreams of back-to-school disasters haunt me as summer vacation draws to a close. **School anxiety is very real** for young and old alike. Most teachers will tell you their school nightmares disappear after the first day of school, but for children, this is often when school anxiety sets in. Parents often wonder...what happened? Suddenly, *back-to-school bliss* has turned into *back-to-school blues*! A week into school and little Johnny doesn’t want to go to school anymore!

**Change is exciting**...at first. But, it is also **hard work**. Getting used to new routines, different teacher personalities, new friends, and harder, more challenging school work takes time. Change in status...such as grade level...also takes some getting used. Sometimes, kids feel downright uncomfortable in their new and older roles, because as expectations change, so does self-concept. Kids become anxious...worried that they’re not up to the challenge. Let’s face it. Deep down...aren’t we all a little afraid of failure? Different children demonstrate their discomfort in different ways...some cry, others get tummy aches, still others start acting out at home or in school.

Don’t despair. This will pass. The sooner teachers and parents can establish routines around family life in relation to school life the better. This is why teachers spend so much time establishing routines and setting boundaries and expectations at the beginning the year. *Teach...Practice...Review...Consistency...Patience...Celebration* become a teacher’s mantra.

Setting up routines at home will also help alleviate children’s school anxiety as well as alleviate some of the tedious battles parents often find themselves embroiled in over things like **GETTING UP IN THE MORNING AND HOMEWORK!**

Here are a few ways you can settle into *Life After Summer*:

- ◆ *Make a daily schedule and stick to it...rising, meals, homework, playtime, baths, and bedtime.*
- ◆ *Never skip breakfast and avoid eating on the run...family meals are comforting and do wonders for children’s self-esteem.*
- ◆ *Pick **one** extra-curricular activity...no one can do it all...especially kids!*
- ◆ *Make time every day to check in and discuss the day’s events. Ask questions that require detailed answers. Stay away from ones where kids will answer yes, no, good, bad, fine, nothing. Get specific!*
- ◆ *Limit TV and video games.*
- ◆ *Set a daily homework regimen by following these simple tips:*
  - ~*Allow your child some down time before you begin homework*
  - ~*Don’t have the TV on. If dad’s watching TV, so will Johnny. If Johnny needs sensory stimulation try music instead.*
  - ~*Make your homework area a bright, happy space, with healthy snacks, a beverage, or sticks of gum.*
  - ~*Sit with your child and do YOUR homework-write letters, check emails, pay bills, read a book. Model to your child that you set aside time to do your homework too. This way you are available, but not looking over your child’s shoulder and feeling like a task master.*
  - ~**Never** *do your child’s homework...or give away answers. If it’s too hard and you’ve done your best to explain it, write a note to the teacher. If your child can do it, but chooses not to for whatever reason, then the consequence is s/he receives a zero. Natural consequences are great motivators and each new day is an opportunity to start again. Avoid allowing homework to become a battle. Keep the routine and consequences simple, immediate, and consistent.*
  - ~*Set a timer for each subject. 15 to 20 minutes **per subject** should be plenty of time to complete homework. At the buzzer let your child take a 10 minute break. Then, keep going until each subject area is finished.*
  - ~*Take time to look over your child’s homework. Praise him/her for neatness and accuracy. When*



**STUDENT COUNCIL**

*This month we begin our search for 2011-2012 student council officers. If you are a 2nd-5th grader, you are eligible to run for a student council office. Offices include:*

- ◆ *President (5th grader)*
- ◆ *Vice President (4th-5th grader)*
- ◆ *Secretary (3rd -5th grader)*
- ◆ *Treasurer (3rd-5th grader)*
- ◆ *Primary Student Representative (2nd grader)*

*Information Assembly will be September 13  
Candidate Speeches will be September 27  
Elections will be October 4*

*All student council meetings will be held 3:30-4:30 on the third Tuesday of every month.*

**PARENTS OF HOPE**

Upcoming Meeting  
**September 13**  
**8:15 am**  
**Great Hall Alcove**



*Topics of Discussion:*

- ◆ *Dessert Concert*
- ◆ *Student Council*
- ◆ *Harvest Hoedown Family Costume Dance*
- ◆ *Other Business*

**Dessert Concert**

**&**

**Silent Auction**

Featuring Christian Singer/Songwriter Artist



James

Hersch

September 16, 2011

7-9 pm

Tickets: \$15 (Adult Event Only)

*Proceeds to benefit Cross of Hope Elementary*

Kids will get a concert too, starring Mr. James Hersch during the school day on September 16 !



*you notice an incorrect answer, misspelling, or messiness, ask your child what his/her goal is for a grade. When s/he has told you, then challenge your child to be a detective and find the mistakes. Can s/he correct the inaccuracies and achieve that goal?*

*~Give incentives if homework becomes a hassle. For instance, if homework is finished in the time allotted each evening give your child a sticker to put on a chart and reward him with a bike ride with mom around the block, 15 minutes computer time, or throwing the football with dad. When s/he has earned 20 stickers, perhaps s/he earns a sleepover with friends. Try to keep rewards as relational and intrinsic as possible. Buying kids "stuff" may send the wrong message.*

- ◆ Anticipate the business of the next day, by preparing for it the night before. Have your child bathe, set out his/her clothes, and make his/her lunch ahead of time. That way your mornings can be all about a relaxing, hearty breakfast and an unhurried drive to school.

Remember...**Teach...Practice...Review...Consistency...Patience...Celebration**. Make that your mantra too!

### LUNCH REMINDER

- Step 1:** Prepay for 10 lunches (\$37.50)
- Step 2:** Weekly order forms go home each Friday
- Step 3:** Turn in weekly order form each Monday

The office will keep track of how many lunches your student orders and when s/he has two left on his/her ticket, you will receive a reminder to send in payment for another 10 lunches.



<b>Monday</b>	<b>Cheese or Pepperoni Pizza with Veggies &amp; Fruit</b>
<b>Tuesday</b>	<b>Subway (choice of Turkey, Ham, or Veggie Sandwich) and fruit</b>
<b>Wednesday</b>	<b>Lunch from home</b>
<b>Thursday</b>	<b>Subway (choice of Turkey, Ham, or Veggie Sandwich) and fruit</b>
<b>Friday</b>	<b>Half Day - No Lunch</b>

#### Lunch Times:

<b>11:30-12:00 am</b>	<b>Primary Lunch (K-2)</b>
<b>12:00-12:30 pm</b>	<b>Intermediate Lunch (3-5)</b>

**Lunch Manager**     **Alisha O'Halloran**  
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