

# The Quill

[www.cdeducation.org](http://www.cdeducation.org)

St. Paul Newsletter

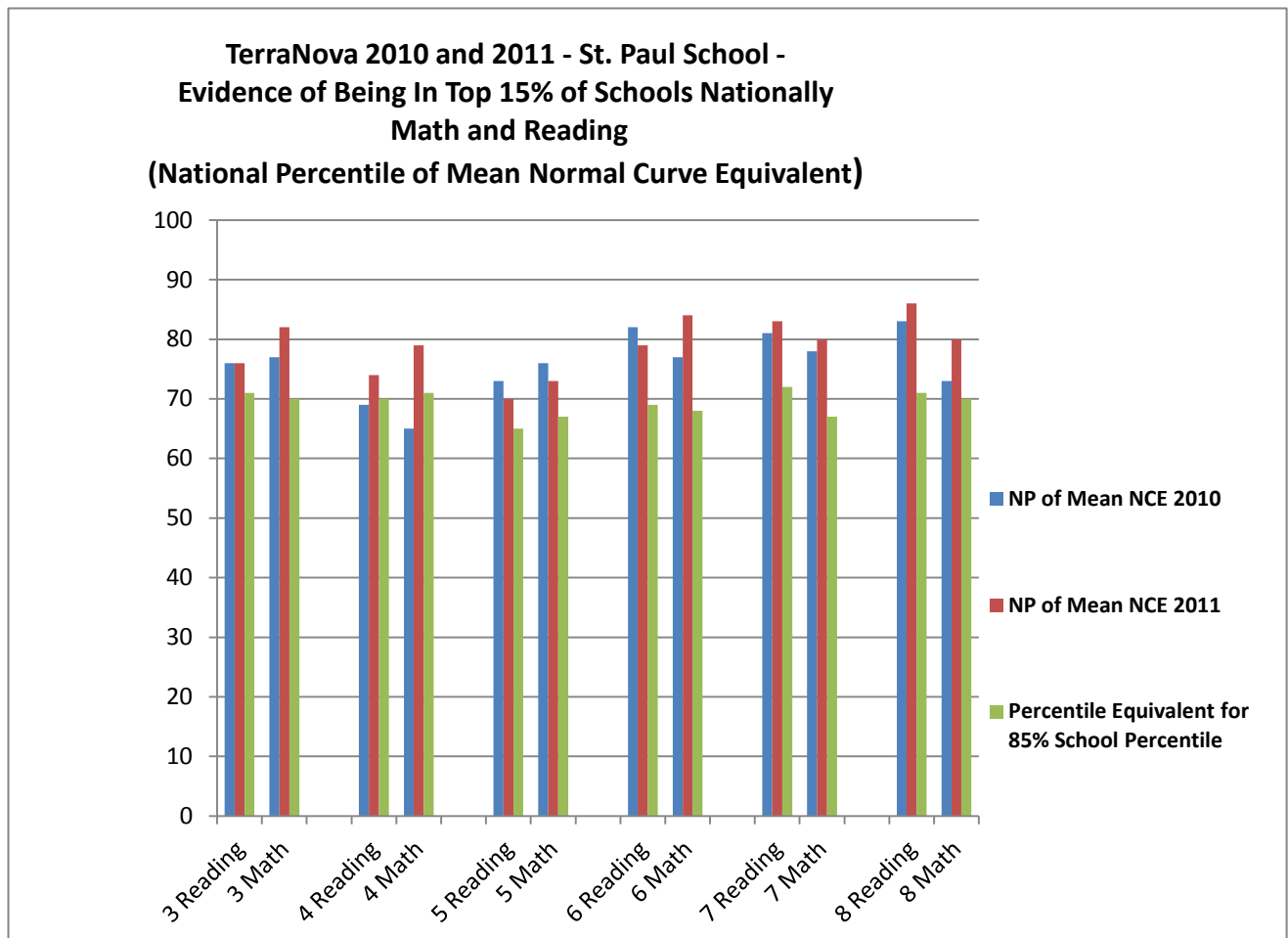
January 2012

**HAPPY NEW YEAR 2012!!!**

Dear Parents,

The results of the TerraNova provide us with a wide range of data. This particular report that I compiled for you and our staff focuses on 2010 and 2011 TerraNova National Percentile scores for our students. "A National Percentile is the percentage of students in a norm group whose scores fall below a given student's score. For example, a student that scored in the 65<sup>th</sup> percentile in Reading indicates that the student scores equal to or above 65% of the students nationwide in Reading. National **Percentiles of 25 – 75 percent are considered to be in the average range. A score of 65%** would be interpreted to be in the **upper end of the average range** (TerraNova, Third Edition)." The good news is that our scores continue to improve and the majority of our students' scores surpass anticipated score levels.

The table below depicts our 2010 and 2011 TerraNova scores in math and reading compared to the standard set forth by the Council for American Private Education (CAPE) Blue Ribbon Schools Program. The U.S. Department of Education has CAPE facilitate the Blue Ribbon School process for private schools. Our 2010 and 2011 NP (National Percentile) of Mean NCE (National Curve Equivalent) student scores as reflected in the chart below put our students math and reading scores this year in the top 15% of all schools nationally. Furthermore, at each grade level in reading and math our students as a group scored higher than the percentile equivalent for the 85<sup>th</sup> school percentile (green bar). In particular you will note that our math scores this year (red bar) have improved significantly.



All this being said, please know that we will continue to improve instruction for all of our students through a cycle of assessment, analysis, and action. We will also continue to provide the professional development our teachers need to succeed in each part of this cycle. The work we have put into standards-based teaching and learning has paid off in many ways. We know that teachers must adhere to the same standards and assessments for all students in any given grade level and content area. This is an essential common thread for high levels of student achievement (Fenton and Murphy, 2011). I cannot stress enough how much your support at home and at school also means to our success as a faith-based school.

At the end of the day we could not achieve anything without the guidance, support, and love of Jesus. We are truly blessed to be a part of St. Paul School, a place where we have the opportunity each and every day to teach, live, and learn in the Light of Christ.

Yours in the spirit of prayer, sacrifice, and charity,

Kathleen Norris, PhD  
Principal – St. Paul School

### **IMPORTANT TUITION INFORMATION FOR THE 2012 – 2013 SCHOOL YEAR**

**Mark Your Calendar with the following information regarding Diocese of Columbus Tuition Assistance for the 2012-2013 School Year!**

- **ALL APPLICATIONS MUST BE DONE ONLINE AT ([www.factstuitionaid.com](http://www.factstuitionaid.com))**
- **SUBMITTED ELECTRONICALLY BY MARCH 15, 2012**  
If you do not have internet access, please check with your local library or see if you can make arrangements with your school.
- **FILE 2011 TAXES EARLY!!**

**To be considered for the Diocese of Columbus Tuition Assistance Program:**

1. **You must be registered in one of the Diocesan schools by March 15, 2012.**
2. **The Diocese will only accept ONLINE APPLICATIONS ([www.factstuitionaid.com](http://www.factstuitionaid.com)).**  
The application must be submitted by March 15, 2012 and supporting documentation must be postmarked by March 15, 2012. (Please file early in case additional documentation is requested by FACTS .)
3. **Payment of the \$25.00 application fee must accompany the application.**
4. **Only one application per family is required.**

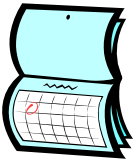
**Please remember that if there is a financial need families have two options. First, application can be made through FACTS Tuition Assistance (deadline March 15, 2012) and secondly families may apply for tuition assistance through the parish. However, in order to be considered for financial assistance from the parish, families must first have applied through FACTS Tuition Assistance.**

#### **REMINDERS:**

1. **8<sup>TH</sup> Grade Confirmation meeting student/parent meeting Sunday, Jan 8<sup>th</sup> at 2pm in Miller Hall.**
2. **Early Dismissal - Thursday, January 19<sup>th</sup> @ 1:30pm**
3. **Yearbook Sale – January 23<sup>rd</sup> – February 3<sup>rd</sup>. Cost \$14.00, checks made payable to HR Imaging.**
4. **Catholic Schools Week – January 30<sup>th</sup> – February 3<sup>rd</sup>.**
5. **LOST & FOUND – Our lost & found bin is over flowing. Please come to see if your student has lost a coat, sweater, sweatshirt, shoes, books, water bottles, lunch boxes etc. All items NOT claimed by the end of January will be donated to the needy.**

**The office staff would like to thank everyone for all the treats, cookies, cards, and gifts at Christmas. Your kindness was very much appreciated!**

**Kindergarten Registration** for the 2012-2013 school year is Tuesday, February 7, 2012 in the MPR from 9am – 1pm. Documents needed: original birth certificate, Baptismal Certificate if not baptized at St. Paul, Social Security number, and a \$100 registration fee.





### **December Student of the Month:**

**Kindergarten** – Griffin H Luke F, Brooke E, Aiden S

**First Grade** – Joey B, Stella H, Colin C

**Second Grade** – Michael C, Stephen S, Sarah K

**Third Grade** – Bennett W, James F, Lauren C

**Fourth Grade** – Drew H, Bryce W, Nick J

**Fifth Grade** – Payton M, Megan B, Cole K

**Sixth Grade** – Sarah S, Olivia M, Katie B

**Seventh Grade** – Melissa M, Connor C, Gina G

**Eighth Grade** – Ashley M, Colleen B, Joseph T

**Spanish** – Alex F

**Library** – Jacob M

**Gym** – Nick G

**Music** – Alexis A, Andrew T

**Art** – Margo N, Katie M, Stephanie S

**Nurse** – Ava R, Lizzie G

**Band** – Jackson M

### **Kindergarten News:**

- Our classrooms will be filled with fun winter related activities.
- Our discipleship friends send their thanks for your thoughtfulness and prayers. Continue to follow the schedule or send a special card at any time.
- Thank you so much for all of the wonderful Christmas presents. We hope you had a relaxing break.

Kelly Grote

Holly Rose

### **First Grade News:**

In Religion, we will discuss the importance of peace in the world, those who have worked for peace, and ways that we all can keep peace. The children are also learning about the life of Jesus.

Catholic Schools Week begins January 30<sup>th</sup>. There will be special activities throughout the week to show our appreciation for those involved in making St. Paul's the special place that it is. This year you will also have the opportunity to purchase a hand-crafted item made by our very own first grade students. This project concludes our economic unit and money raised from the sale will benefit a local charity.

Both addition and subtraction facts through the sum and difference of ten have been introduced to the first graders. They have used manipulatives and learned the strategies of counting on from the higher number if adding or counting back from the higher number if subtracting. They have also discussed fact families. First graders are now expected to master their facts to the sum and difference of 10.

The first graders are excited about attending computer class. They will begin computer class the week of January 23<sup>rd</sup> and continue through the rest of the year.

Please check with your child about his/her supplies, i.e. scissors, glue, crayons. Many students are in need of replacements. Please **label all supplies (including sweaters and sweatshirts)** with your child's name in permanent marker. Remember, we do go outside for recess as much as possible so please be sure that your child is dressed for the weather. Sending your child to school daily with coats, hats, and mittens will ensure that your child is warm no matter where we have recess.

Your generosity at Christmastime was greatly appreciated. Thanks so much for your cards, gifts, and kind words! Thank you for the time you take to read with your child, practice math facts, and go over papers in his/her Friday folder each week to reinforce what is taught at school.

### **Upcoming events:**

Jan. 16<sup>th</sup> – No School, Martin Luther King Day

Jan. 20<sup>th</sup> – End of 2<sup>nd</sup> Quarter

Jan. 30<sup>th</sup>-Feb. 3<sup>rd</sup> – Catholic Schools Week

Feb. 2<sup>nd</sup> – Open House

Feb. 3<sup>rd</sup> – Progress Reports Sent Home

Sincerely,

Marie Kadel

Kris Pinciotti

Michelle Posani

### Second Grade News:

We hope everyone had a blessed and refreshing Christmas holiday and a happy start to the New Year. We are already hard at work in the second half of the school year.

We are continuing to study Weather and Air in our new Foss science program which is enjoyable as well as informative. Our work with regrouping in addition and subtraction continues to require practice. In our next math unit we will be studying money. The nightly assignment in the Simple Solution math book remains popular with all second grade students. Some children still need to memorize addition and subtraction math facts to 18 so on-going practice is recommended.

Our Reconciliation Services on Sunday, December 11, were beautiful and very meaningful in the lives of all the second grade children. Now we are beginning preparation for the most important event in the lives of our second graders -- their First Holy Eucharist. The Parent Meeting for the First Eucharist will be held on Sunday, March 4, 2012, at 2pm. (Class times for First Communion will be assigned at a later date.)

We wish all St. Paul families a 2012 rich in blessings.

Peggy Oxley Theresa Rodocker Laurie Schneider

### Third Grade News:

Thank you all for the wonderful Christmas wishes and gifts! We are all very appreciative of your generosity. Thank you to all the volunteers who help in and out of the classroom. We are very blessed to have such supportive parents.

In January we will be studying division in math. Please encourage your child to continue to practice multiplication facts as these are the inverse operation of division. Quick recall will help your child feel less stressed during daily work and tests.

All classes are enjoying our hands-on Science investigations. Please stress to your child the importance of explaining answers with details as critical thinking and application skills are being assessed throughout the Science program.

Students will learn about the Catholic Church in room 7 and Jesus' life and ministry including his miracles and parables in rooms 9 and 10.

We are half-way through the year already! Please ask your child if they need to replenish any of their supplies.

May God bless you and your family this winter season.

Mary DeGenova Joanne Durbin Andrea Shearn

### Fourth Grade News:

We hope everyone had a blessed and relaxing Christmas season and a wonderful start to the New Year. Thank you all for the wonderful Christmas wishes and gifts! We are all very appreciative of your generosity. We are very blessed to teach at a school with such supportive parents.

In **Religion** we are focusing on identifying the Ten Commandments as a response to the covenant and as the fulfillment of the covenant begun with Abraham. Please help your child memorize the Ten Commandments in order!

During math we are continuing to focus on long division with and without remainders. Students should be able to recognize that division may be used to solve different types of problems and situations. They should know how to interpret the meaning of remainders.

In **Science**, students continue to study and experiment with current electricity. We are also learning about scientists and inventors who worked with electricity.

**Social Studies** classes are focusing on Ohio's early settlement, frontier wars and early statehood. Students are working on a variety of projects to show what they have learned about Ohio's early days. Projects are due by January 20<sup>th</sup> and will be displayed during Catholic Schools Week.

**Literature Circles** have begun in LA class. Each student has been assigned a Lit Circle novel. Students are responsible for a certain number of reading pages each week, and each student has a Lit circle job to complete each week. Discussion groups meet on Thursday and Friday, depending on the novel. Students should have their discussion day indicated in their Lit Circle folders.

**Spelling** has changed: students are now choosing their own spelling words each week. Please review your child's spelling words with them. It is imperative that words are correctly spelled at the beginning of the week in order to insure correct spelling on the test at the end of the week.







### **Jr. Hi News:**

Happy New Year! Thank you for your kind wishes and generosity. You were in my thoughts and prayers over the holidays as well.

Mark your new calendar: April 3rd: 7<sup>th</sup> Grade Field Trip to Cleveland Museums of Natural History and Art, cost to be determined, (chartered buses and 2 science work sessions). Leaving: 7:30, Returning: 5:00.

We will be studying minerals and rocks in 7<sup>th</sup> grade this month.

The 8<sup>th</sup> graders will continue to study the atom, elements and Periodic Table.

All students should be finishing the experiment for their science project, assuming their experiment was approved. Once they collect their data, they can write a conclusion and abstract and prepare their display and presentation. We will discuss each of these assignments in class. The information is also available on-line. The St. Paul/Harpster Science Fair is February 25<sup>th</sup>. Attendance is optional but I highly encourage all students who complete a project to attend. Set-up will take place Friday, February 24<sup>th</sup> during the school day.

The New Year is a great time to get re-organized. Please check to see that lockers and binders are in good order. Assignments are posted on the web site if students forget to write them down or are unsure of what is due. It is very important all assignments are completed and in class on the assigned day!

**7<sup>th</sup> Grade Language Arts:** It's hard to believe Christmas has come and gone. Let's pray for a healthy and prosperous New Year for all.

I want to congratulate the Power of the Pen official teams. Ms. Becker and I had the difficult task of choosing six seventh graders and six eight graders to represent St. Paul School on January 28 and March 31. We hope all writers will continue to attend our meetings and invite anyone who is interested to attend! If your student is in ski club, they are still able to be part of the team and club.

We are beginning to brainstorm ideas for Catholic Schools Week which is January 30 through February 3. Our Open House is the 2nd of February from 6-8 p.m.. Look for notices and ideas during the next few weeks!

We are working on Unit 7 in spelling/vocabulary and finishing *Nothing but the Truth* in reading. Our next book is *The Giver* by Lowis Lowry, a selection about a utopian society. We will have many good discussions about this book. Most students read *Number the Stars* by the same author in 5<sup>th</sup> grade. In we are working on modifiers and some sentence diagramming.

Thanks again to all for your holiday cheer and kindness. I send my best wishes for a safe and wonderful 2012!

**8<sup>th</sup> Grade Language Arts:** Happy New Year! It is hard to believe that Christmas break is over and the students are back in class. We have had a great quarter so far and will be finishing up this month. In reading, we completed the novel *A Christmas Carol*. We listened to the book in class and completed a study guide about the novel. The students used their reading comprehension skills to answer literal and comprehensive questions about the story. We also made many parallels between the novel and our Catholic beliefs. Our next reading unit will focus on myths and legends.

In writing, we will finish our compare and contrast unit. The next area we will focus on is having the students write their own myth or legend.

In grammar we will begin working on Unit 4. This unit focuses on modifiers. Please encourage your child to learn the definitions for all grammar terms. This will help them be successful with their homework and assessments. We will also be working on Unit 7 in our vocabulary book.

Thank you as always for your prayers and support. God bless you!

### **Mrs. Power 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> Math**

#### 6<sup>th</sup> Grade

- Solving one step equations with fractions
- Changing units in the customary system
- Understanding and using ratios
- Determining the difference of rates and unit rates
- Finding unit rates
- Simple Solutions – weekly quiz

## 7<sup>th</sup> Grade

- Solving one step equations
- Solving multiple step equations
- Writing equations from a word problem
- Graphing inequalities
- Simple Solutions – weekly quiz



## 8<sup>th</sup> Grade

- Solving and graphing linear equations
- Solving and graphing inequalities
- Using the distributive property to solve expressions
- Solving multi-step equations
- Simple Solutions – weekly quiz

6<sup>th</sup> and 7<sup>th</sup> grade students made beautiful ornaments. They had to carefully inscribe equilateral triangles in a circle. The circles were then glued together following a precise pattern. The result was a beautiful keepsake. I hope you will hang these ornaments up for years to come. This is also a great way to recycle your Christmas cards. It would be greatly appreciated if any old Christmas cards you have at home or work were sent into the school so the students next year will also be able to complete this math project.

### Math & Religion – Gary Norris

The **Algebra** students completed a chapter on systems of equations and inequalities. They were required to solve them three different ways and determine which way was the best method to use. In January they will work on multiplying polynomials and using the properties of exponents.

The **Advanced Math** students completed a chapter on rational numbers where they had to add and subtract them. They then moved to a chapter on multiplying and dividing rational numbers. In both chapters they were to be able to incorporate the processes into solving simple equations. After the break they will begin solving larger, more challenging equations.

The **seventh grade religion** students just completed a unit on the Liturgical Year and they moved quickly into a discussion of Advent. We incorporated the use of the Bibles into our discussions and they got into a brief historical discussion of what was going on during that time. They continue to do reflections on topics and on their service projects. After the break we will move to the Holy Spirit, the promise of salvation, and the teachings of Jesus in the Gospels.

### 7 Green Religion

I hope everyone had a wonderful Christmas. I want to give you a quick update this month because we have a few things going on.

At the end of this month is Catholic School Week. There are a number of events planned, so please watch your emails from the school for updates and information.

The end of the quarter is quickly approaching. I want to remind everyone that the students' service logs are going to be due on Jan. 20<sup>th</sup>. Please remember that there is a reflection sheet that now goes along with their service log. This reflection sheet was given out shortly after the quarter began and I have additional copies if people need them. We are trying to help the students begin to grow in faith as they do their service for one another. We are hoping that this adds to their service experience and guides them down the path of being in service as Jesus served.

Last but not least, we are in our new unit: Who is Jesus. The kids are doing well and we should actually be finishing this unit around the end of the quarter. Our next unit is on the Sacraments.

As always, if you have any questions or concerns please do not hesitate to contact me at miporret@cducation.org.

### Eighth Grade Religion - Mrs. Jenni Sage

8<sup>th</sup> Grade Religion- Continue Unit 2: "Who are Our Ancestors?" This follows the curriculum of Standard II: Discover, recognize and use God's revelation in the Sacred Tradition of the Catholic Church. Students will also be continually working to prepare for the Sacrament of Confirmation. We are also beginning a parish and school history project. Each student will be assigned an aspect of the history to research to prepare presentations for Catholic Schools Week, January 30<sup>th</sup>- February 3<sup>rd</sup>.

Keep up the great work with services! Many of students have really found a need within their school, parish, Westerville and Central Ohio communities. A reminder to record all service in the log sheets



provided. A service reflection has been provided to each student to reflect on how our gifts and talents help others.

REMINDER; Confirmation Parent Meeting- Sunday, January 8<sup>th</sup> at 2:00 in Miller Hall. All parents and students are asked to please attend.

### **Social Studies – Mr. Gruzs**

As the second quarter comes to a close, we will have completed more than two of our six units of the *We the People* program – a comprehensive study of the creation of our government. Students recently had the opportunity to watch the movie *The Great Debaters* on the “big screen” with their fellow 8<sup>th</sup> graders in the AC. As a surprise, students also received a pocket copy of the U. S. Constitution prior to break -- Christmas gifts compliments of Mrs. Vermilyea and Mr. Gruzs. This little pocket copy is a very timely item – as House Republicans – who seldom leave home without theirs -- continue to remind their members to not introduce a bill or joint resolution without a “statement citing as specifically as practicable the power or powers granted to Congress in the Constitution to enact” it. Last January, the 112<sup>th</sup> Congress opened its session with a reading of the entire Constitution – something that had never been done before.

Students in grades 5 through 8 recently completed the first round of the National Geography Bee. Results are being calculated, and the highest performers will be asked to compete at the next level here at St. Paul. The winner will have the opportunity to move on to the district competition – as the sole representative of our school.

Daily homework, reading assignments and quiz & test dates can be found on the St. Paul website – [www.stpaulrams.org](http://www.stpaulrams.org) . Please encourage your student to complete these assignments. You might even want to engage them in conversation about their readings, as these discussions at home will enhance the learning process for them.

Thank you for your continued support. Please email me ([sgruzs@cdeducation.org](mailto:sgruzs@cdeducation.org)) if you have questions.

Margie Ford, NBCT, Karen Rawlins, Saya Becker, Marcine Power, Gary Norris, Mike Porretta, Jenni Sage, Steve Gruzs

### **Las noticias de la clase de español** (Spanish class news)

Hola!

Brrr...hace frio, as we say en la clase de español. We are fully in the lovely season of “invierno”, but that is not stopping our progress in learning the Spanish language!

**In fifth grade**, we are partaking in a silly interactive story in Spanish class in order to improve our reading, listening, writing, and speaking skills. We are enjoying using the vocabulary from this silly story to make up stories of our own. We are looking forward to engaging in more conversational Spanish in the weeks to come! We need to continue to bring our cuadernito (mini Spanish notebook), Spanish class packet, Spanish class folder, and homework and participation sheet to each and every class!

**In sixth grade**, we are in the midst of our own silly interactive story about a little bear losing his non-Spanish-speaking cousin, a squirrel, of course, in the big “ciudad” of Barcelona. We are improving our reading, writing, listening, and speaking skills daily, but need to continue to stay organized and come prepared to Spanish class...in fact, we just cleaned our “carpetas” (folders) de la clase de español. We are continuing to utilize our cuadernitos, Spanish class folders, and Spanish class packets that we will be expected to keep throughout the remainder of our time at St. Paul. We are also expected to bring our participation sheet and any homework/handouts to each and every class!

**In the seventh grade**, we are focusing heavily on la gramática in Spanish class! We are finishing up a unit on “pronombres” (pronouns) in Spanish and are becoming “profesionales” at using them in our own oral and written sentences! We need to continue to be attentive and respectful in the classroom, and we also need to continue to come to class prepared – always bringing our cuadernitos, Spanish class folders with participation sheets, homework, and handouts, and our Spanish class packets with us to each and every class!

**In the eighth grade**, we need to continue to push ourselves to speak in the Spanish language in the classroom...we are currently learning how to describe different family members with fun adjectives and professions. It should be a fun unit! We are also delving more heavily into “la gramática”...we need to continue to apply good study skills and really strive to use our Spanish “afuera” (outside) of the classroom, so that it becomes second nature! We need to continue to bring our cuadernito (mini Spanish

notebook), Spanish class packet, Spanish class folder, and homework and participation sheet to each and every class!

**Some additional notes:**

**HOMEWORK & “La Hola”**- As stated in the initial letter that went home the first week of school and the September Quill article, grades 5-8 will have homework just about every night (that they have class). Assignments are always posted on a weeklong HW board in the room, as well as online; furthermore, we discuss the HW in class daily and the students are **REQUIRED** to write the assignments in their assignment notebooks at the **BEGINNING** of class. Generally, assignments take no more than 5-10 minutes and are to be taken seriously. Due to the fact that we have limited time being immersed in the Spanish language, it is important that students complete assignments on time and find ways to study and practice Spanish outside of the Spanish classroom.

Homework is to be placed on students’ desks as soon as they enter the classroom, and the students are to follow “La Hola” (our version of “bell-work” located on a board in the room) and complete any tasks listed. Tasks usually include copying the next night’s homework from the homework board, practicing conversing in Spanish with a friend, or studying a few pages that we may be focusing on in class that day. Other times, it may include a quick fun competition or beginning a quiz. Both homework and La Hola are important to the success of Spanish class and help to encourage the students to be prepared, organized, and ready to learn upon entering the classroom.

**Participation/Speaking Grades** – This year, students representing grades 5-8, will be not only assessed on their formal speaking assessments (interviews, in-class presentations, guided group conversations, etc.), but also on how much Spanish they utilize in the classroom on a regular basis via volunteering, giving demonstrations, and following directions for Spanish partner conversational work by speaking in Spanish through the entire activity. In order to assess students, students have a Participation Sheet where they tally every time that they earn a speaking point in Spanish; Señora Jamil also keeps track of tallies on the students’ seating chart; every week or so (depending on grade level), the students receive Spanish stamps for the amount of tallies that they have marked, as long as they match up to what Señora Jamil has marked. Both the student and Señora Jamil will be keeping track of points, so that the system encourages honesty, responsibility, and accountability. This system is practiced in many foreign language classrooms, and its goal is great in that it encourages students to speak in the target language, Spanish, as much as possible.

**SPANISH CLUB** – The 7<sup>th</sup> and 8<sup>th</sup> grade Spanish club has been nothing short of fabuloso! What an impressive group of estudiantes! Thus far, they have participated in the Our Lady of Guadalupe Mass, served Tuesdays and Friday mornings as tutors to students in grades 5-8, hosted a native speaker who cooked a delicious dish for them know as “migas”, and they have “adopted” the 4<sup>th</sup> graders for a fun Spanish Halloween activity, the 1<sup>st</sup> graders and the kindergarten students for a fun Christmas activity, and they are planning to sell “pulseras” (bracelets) for a great organization that supports the children of Nicaragua...they are excited to begin those sales the week before Catholic Schools Week. We are always open to new ideas and new experiences, and would love to be more connected with the Hispanic population right here within the Westerville community. If anyone has any information or connections with any of the above please feel free to contact me at [ajamil@cducation.org](mailto:ajamil@cducation.org) or send the information with your student to the next club meeting.

There is so much more to be said about the wonderful progress that all of the students are making and about our future goals, but there is simply not enough space nor time! Therefore, if you have any questions or comments, please feel free to email me at [ajamil@cducation.org](mailto:ajamil@cducation.org). And again, be sure to check out the Spanish page on St. Paul School website – it is updated daily with homework, study suggestions, helpful websites, and assessment reminders!

**Muchas gracias, Mrs. Amanda Jamil (Señora Jamil)**



### **Music 4-8:**

BRAVO again to 4<sup>th</sup> Grade. Your Christmas concert was excellent. Thank you for all your hard work.

5<sup>th</sup> Grade once again sent us off for break thinking of the real meaning of Christmas with their beautiful Nativity story and carols. Thank you! D.A.R.E. Graduation is Jan. 12<sup>th</sup>.

8<sup>th</sup> Grade will be finishing their unit on Irving Berlin and Aaron Copland. Then they will start on their Talent Show.

7<sup>th</sup> Grade got to enjoy Tchaikovsky's Nutcracker and now have a lot of work ahead on Mozart.

6<sup>th</sup> Grade will be starting their work on their musical. The date for the musical is Tuesday, March 20, 2012 at 7 p.m.

Thank all of you for your generosity at Christmas. I am very blessed to teach your children and work at such a wonderful school. I hope you all had a wonderful Christ-filled Christmas.

God bless you,  
Jamie Kolp



### **Art News 5-8:**

The 5<sup>th</sup> grade Columbus Museum of Art field trip was a hit with both students and chaperones. It seems that everyone had fun reading works of art. The staff at the museum thought our children to be respectful and extremely knowledgeable – good job!

It seems that many parents will be receiving a letter of congratulations from Nationwide Children's Hospital in the near future. Anne Dierker, from Children's has been to Saint Paul several times choosing art to be professionally framed and hung at the hospital. The letter asks you and your young artist for the donation of the artwork. This donation is completely up to your family, and I know many of you will have a difficult decision.

The upcoming art show, during Open House, will be Thurs., Feb. 2<sup>nd</sup>. Every one of my 5-8 graders will have at least two pieces in the show – including any donated works to Children's.

Sincerely,  
Patty McCreary

### **Health and Physical Education:**

#### **Grades 5-8.**

In Health and Physical Education we will be focusing on and praying for the virtues of generosity and joy. We will continue to encourage ways to demonstrate generosity within our class, families, the St. Paul community and everywhere there is a need. Also, we will focus on using our faith in God as a way to experience an inner joy which can impact our everyday attitudes and outlooks. This will continue to reinforce and develop the spiritual component of our wellness model here at St. Paul.

In Health class we will develop our mental, social and spiritual health as we analyze the importance of making good decisions. The students will analyze and discuss ways to develop good decision making skills using a variety of resources. We will determine consequences from making good and bad decisions about our personal health and safety.

In Physical Education we will begin our group projects of Invent-A-Game for the 6<sup>th</sup> and 7<sup>th</sup> Grades while the 8<sup>th</sup> grade will start working on their group fitness videos focusing on cardiovascular endurance, muscular strength and muscular endurance. The 5<sup>th</sup> grade will be introduced to a variety of exercises as we start to develop more focused fitness movements for strength and endurance.

As always the students are really working hard and we are extremely pleased with their attitudes and motivation to develop spiritually, physically, mentally and socially. Participation has been outstanding and we are excited about all of the learning that will follow in the coming weeks.

Happy New Year!

Deke Hocker – 5-8 Health and Physical Education teacher-St. Paul School

## St. Paul Instrumental Music Department

I sincerely hope that everyone had a wonderful Christmas. I need to start out by saying thank you for a wonderful Christmas concert. I thought the kids did really well and I hope we can continue to grow as musicians in 2012.

We have a number of events coming up, but they only concern specific groups.

1. Catholic School Week: The Junior High Band is currently scheduled to play once again at the all school Mass on Tuesday, Jan. 31. Our last performance went really well and we have been asked to play again. In the future, I am exploring ways to allow our 6<sup>th</sup> graders to also play at the Mass.
2. Catholic School Week: The Junior High Band and probably the St. Paul Strings will be performing at the Open House on Thursday, Feb. 2. I do not have specifics yet, but I will be sending them out very soon regarding meeting times and where kids will meet.
3. We may have an additional performance at the end of the year for everyone. Once I have finalized these arrangements, I will email specifics.



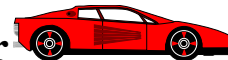
I need to personally thank Mr. Bryan for giving us four Manhasset music stands (these are the real deal). They are very nice and I hope to be able to add to them very soon with some of the money that our parents have raised for the program. We will be using some of the money that we currently have to purchase some needed supplies, help Brian Doney with the building of our shelving, and bring in an adjudicator to give the kids some feedback on their playing.

Finally, we are starting jazz band on Wednesdays, starting on Jan. 11. I know that many students are also part of chess club. It is okay for students to come to jazz band on the days they do not have chess club. We will be working on playing jazz styles, reading jazz notation, blues scales, and improvisation.

Please continue to encourage your child to practice at home...even make a special spot for them to practice. The more they practice, the better they will get. In turn, the better the groups will be as well. If you have any questions or concerns, please do not hesitate to contact me at miporret@cducation.org. Mike Porretta



## Mr. Carr's Counseling Communicator



The Westerville Character Education "Word of the Month" for January is *Attitude*. Quoting Charles Swindol: "Life is 10% what happens to us and 90% how we react to it...we are in charge of our attitude". With the holiday season now past us, many of us may have made New Year's resolutions about improving ourselves in various ways. Our attitude about work, play, and relationships colors our lives.

### **People with a positive attitude:**

- Focus on the good rather than the bad.
- Use positive language.
- Naturally give compliments.
- Understand that mistakes are normal and try to learn from them.
- Have dreams and goals for the future.

A positive attitude toward our work affects our emotional wellbeing. The strategies listed below can help reinforce a positive attitude toward approaching school work that can help parents and students stay positive and optimistic.

### **Strategies for Helping Your Child Stay Positive**

Personal image plays an important role in all of our lives. Encouraging a positive self-image in our children is a fundamental role of parenting. To have positive personal self-image, it is important for our children, as it is for all of us, to strengthen the following characteristics:

- **A sense of belonging**-to feel accepted and loved by others, beginning with the family.
- **A sense of competence**-to feel able to set and achieve goals. Setting achievable goals, not too easy nor too hard, is very important in developing competence and confidence.

- **A sense of accepting mistakes and set-backs**-As Troy Smith said “As you get older, you make mistakes, you learn from them, and you grow” (2006)
- **A sense of making personal choices and decisions**-within the context of your child’s age and abilities, empower them to make choices. Voice confidence in their ability to solve their problems.
- **A sense of responsibility**-show trust in your child by allowing them to take responsibility for family and personal duties.

#### **Some Signs that Your Child May Need Help**

- Lack of interest or poor performance in school
- Absence of age-appropriate anger control skills
- Seeing self as always the victim
- Disregard for or refusal to follow rules
- Cruelty to animals
- Artwork or writing that is bleak or violent or that depicts isolation or anger

**For more information, visit [www.aap.org](http://www.aap.org) or [www.nmha.org](http://www.nmha.org)**

#### **Health Services January, 2012**

Blessings to all of you for your kindness during the holidays! It is a privilege to to serve such a wonderful school!

A **BIG THANK YOU** to all who have volunteered their time and provided supplies for the clinic.

#### **HELP!**

**Your child’s safety is our utmost concern! We need a parent to call the school if your child will be late or absent by 8:30 a.m. All students must be accounted for every morning. It may take numerous calls to reach parents but it only takes one if a parent calls the school. Please help us!**

#### **IT IS COLD!**

Please make sure your children’s coats are in working order (zippers, snaps, velcro, etc.) and teach them how to fasten them. Some students don’t know how to zip. It is very difficult to try to zip coats in the hall during dismissal. Please instruct your children to fasten their coats anytime they are going outside and especially at bus time.

#### **Stomachaches and Headaches**

Many children are coming to the clinic complaining of stomachaches and headaches. They are often hungry because they don’t have breakfast and/or do not bring their snack. Poptarts, toaster pastries and candy bars are high in sugar and do not provide adequate nutrition. By 10:00 a.m. students are complaining of headaches and stomachaches.

#### **TRANS FAT FREE DOES NOT MEAN HEALTHY!** (The Dish with Dr. Eckel)

An American Heart Association volunteer recently heard a [story on the radio about a state fair](#) requiring its vendors to use *trans* fat-free cooking oils to make their deep-fried treats. Many others had heard this and mistakenly believed that because the funnel cakes and corn dogs contained zero grams of *trans* fat, they could now be enjoyed without guilt. Some even called them “healthy” and looked forward to placing an extra order. This concerned the volunteer, and it concerns me too.

Many of us look forward to splurging on treats at the state fair. But let’s set the record straight: Foods described as “*trans* fat-free” or “zero grams *trans* fat” are not necessarily good for you. In many foods labeled “*trans* fat-free” or cooked with “*trans* fat-free” oils, the [trans fat](#) may have been simply replaced with oils high in [saturated fats](#), which raise your [bad cholesterol levels](#) and can raise your risk of heart

disease. As an example, chicken fried in lard or palm oil may be "*trans* fat-free" but can still increase your risk of heart disease. Fried foods are never really good for you regardless of the oil used.

Foods labeled or advertised "*trans* fat-free" may also lack essential vitamins and nutrients. For example, french fries, cookies and doughnuts prepared with "healthier oils" are still not nutritious. These foods are high in empty calories, plus they're generally low in nutrients and contain a lot of saturated fat and/or added sugars.

Another point: Foods made with zero grams of *trans* fats can contain the same number of calories as foods made with *trans* fats. It's unrealistic to think that "healthier oils" are the green light to overindulge in high-calorie foods. Wondering how many calories and how much fat you should be consuming a day? Check out the [My Fats Translator](#) tool.

Let's exercise some good old-fashioned common sense: Enjoy all foods in moderation and consider foods high in the "bad" saturated or *trans* fats occasional treats. After all, doughnuts have never been touted as the "breakfast of champions."

For a great and entertaining overview of good fat vs. bad fat go [http://www.heart.org/HEARTORG/GettingHealthy/FatsAndOils/MeettheFats/Meet-the-Fats\\_UCM\\_304495\\_Article.jsp](http://www.heart.org/HEARTORG/GettingHealthy/FatsAndOils/MeettheFats/Meet-the-Fats_UCM_304495_Article.jsp)

For more information go to [www.americanheart.org](http://www.americanheart.org)

#### January Nutrition Tip

Don't Be Fooled! When shopping for whole wheat bread, don't be misled by many "brown breads" on the market today. To be labeled "whole wheat", bread must be made from 100% whole-wheat flour and stated as such in the list of ingredients. "Brown breads" may get their color from molasses or caramel coloring added to white flour. Source: The American Dietetic Association's Complete Food and Nutrition Guide (Chronimed Publishing).

#### Quick Tips: Fitting Physical Activity Into Your Day:

You may not even realize that many of the things you do during the day are ways for you to meet your physical activity needs. Many household chores, for example, will get your heart rate going faster. A faster heartbeat is what defines moderate-level activity.

Experts say to do 2½ hours of moderate activity a week. Moderate activity means things like brisk walking, brisk cycling, or shooting baskets. But any activities—including daily chores—that raise your heart rate can be included. Many of us are so busy that fitting in physical activity can seem impossible on most days.

Here's some good news: It doesn't have to be a certain amount each day. It's fine to do blocks of 10 minutes or more throughout your day and week. Here are some ideas for fitting short bursts of activity into your day:



#### At work

- Use your commute to do some extra walking. Park several blocks away, or get off the bus a few stops early.
- Use the stairs instead of the elevator, at least for a few floors.
- Suggest holding meetings with colleagues during a walk inside or outside the building.
- Go the extra distance when possible: Get your coffee on another floor (use the stairs) or use the restroom that's the farthest from your office.
- If you need to speak to a coworker, walk to that person's office or station rather than using e-mail or the phone.
- Use your morning and afternoon breaks to take quick 15-minute walks.

Happy New Year!

## **PAC Meeting - December 1, 2011**

**Attendees:** Bill Graver, Brandy Wardlow, Lindsay Richards, Kim Mattingly, Ted Jordan, Karen Gavin, Sharon Gillivan, Kris Doney, Dr Norris.

Bill Graver, PAC President, called the meeting to order and opened with prayer and reflection.

### **Officer Reports**

**President:** Bill Graver confirmed that PAC will be doing a holiday thank you to committee chairs this year.

**First Vice President:** Ted Jordan reported that the teachers and staff Christmas gifts from PAC this year will be gift cards to Giant Eagle (that will be purchased through Fast Scrip). This will give the teachers and staff the opportunity to either use them at Giant Eagle to purchase food or to repurchase a gift card of their choice.

**Second Vice President:** Lindsay Richards reported that the last day for teachers to make requests for teachers Wish List is Jan. 31<sup>st</sup>.

**Secretary:** Motion was made by Kim Mattingly and seconded by Kris Doney to approve November's minutes. Vote was taken and motion was passed.

**Treasurer:** Kim Mattingly presented an updated financial report. Kim reported that not all the numbers are in for Secret Santa or the Bazaar. Kim request that if you are making copies that you please get her a receipt.

### **Committee Reports**

**Social/ Communication:** Brandy Wardlow is working on gathering information for all events in PAC. This binder will help future committee chairs to understand how things have been or need to be done in order to run efficiently. Brandy will also create a timeline and calendar. Brandy will help communicate to families all upcoming events in PAC.

### **Old Business**

**Playground:** Thank you to everyone who helped to build the playground. Special thanks to the Ruff's for organizing and keeping everyone informed. The rubber flooring is to be poured this Sunday, December 4<sup>th</sup>. Basketball hoops still need placed in the parking lot by Moss Rd. The green space in back will not be completed until spring.

**Skating Party:** December 21<sup>st</sup> is the date for the first skating party, from 11am – 2pm at the Chiller North. There will be a raffle that everyone can get involved in for \$1 per ticket. PAC will not have supervision there. So for the parents, the Chiller North has a very nice and large upstairs that is heated, overlooking the ice rink that you can bring you holiday projects (wrapping, cards, etc.) with you to complete, while watching your child skate. Tables and chairs will be available. Concession stand will be open.

**Family Fun Night:** This will be Friday Jan 27<sup>th</sup> at SuperGames. Please mark the date down. Details will follow.

### **New Business:**

**Catholic Schools Week/Open House:** Catholic Schools Week will be the week of Jan. 30<sup>th</sup>. Open House will be Thursday Feb 2<sup>nd</sup>. More details to come.

### **Upcoming Dates:**

Early Dismissal	December 20 <sup>th</sup>
Christmas Break	December 21 <sup>st</sup> – Jan. 2 <sup>nd</sup> .
Skating Party	December 21 <sup>st</sup> , 11am -2pm
No School – MLK Day	Jan 16 <sup>th</sup>
Early Dismissal	Jan 19 <sup>th</sup>
Family Fun Night	Jan 27 <sup>th</sup>
Catholic Schools Week	Jan 30 <sup>th</sup> – Feb 3 <sup>rd</sup>
Open House	Feb 2 <sup>nd</sup>

**NEXT PAC MEETING - Thursday, January 5<sup>th</sup> at 9am**

# USED UNIFORM SALE SUNDAY, JANUARY 22

Is your daughter's jumper ripping at the waist or is it too short (above the knees)? Is your son wearing "flood pants"? Do they need a sweater or maybe a sweatshirt? The St. Paul used uniform sale will take place in the **MPR** on **Sunday, January 22<sup>nd</sup>** after the 9:00 a.m. and 10:30 a.m. Masses.

If you have any questions or are interested in helping with the sale, please contact Chris Julian at (740) 548-6974.

Thanks everyone for coming!



# Partners in FAITH™



Helping our children grow in their Catholic faith.

January 2012

St. Paul School

Kathleen Norris, Ph.D., Principal



## Thoughtful Moments

### Resolutions

The New Year is a good time to set resolutions that will help us grow in character. Even young children can form resolutions that will help them improve. The key is to pick age-appropriate resolutions they can actually accomplish. A good rule of thumb is, the younger the child the fewer the resolutions.



### Make it last

Don't take the Christmas tree down just yet. The retail Christmas season starts so early that by the time December 25th comes, we are ready to stuff the decorations away for another year. But for the Church, the Christmas season starts on the 25th and goes until January 9th, the feast of the Baptism of Our Lord, the true end of the Christmas Season.

### Parents' advice

*"Hear, my son, your father's instruction, and reject not your mother's teaching; graceful diadem will they be for your head; a pendant for your neck" (Proverbs 1:8-9).*

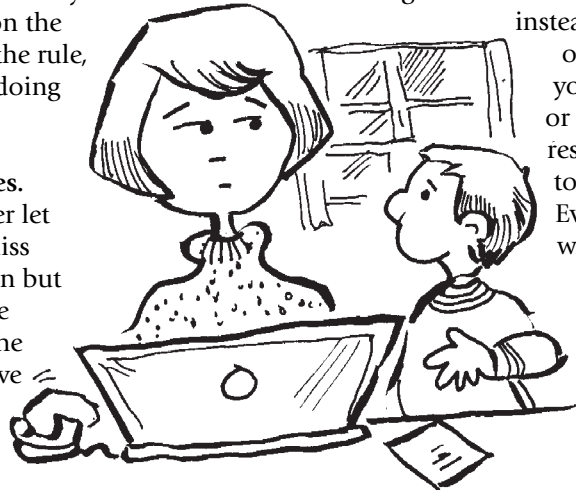


## Are you teaching your children to sin?

Sounds like a silly question, doesn't it? No Christian parent would teach a child to sin. But, if whether or not you follow God's rules yourself depends upon the situation or the rule, you may be doing just that. For example:

"White" lies. Have you ever let your child miss school for fun but sent in a note saying that she was sick? Have you dodged a phone call by saying,

"tell him I'm not home!"? Have you snuck extra items on the express grocery line? If so, you demonstrated that it's okay to break God's law about telling the truth. How can children tell when to stop?



"Thou shall steal?" Do you download copyrighted movies and music without paying? Do you tap into a neighbor's internet or cable service

instead of buying your own? Do you help yourself to napkins or silverware from restaurants or take towels from hotels? Even if the victim is wealthy, you are breaking God's law against stealing.

Do as I do. To our children, what we do is more powerful than what we say. *"Whoever causes one of these little ones who believe in me to sin, it would be better for him to have a great millstone hung around his neck and to be drowned in the depths of the sea"* (Matthew 18:6).

## Why Do Catholics Do That?

## Why are there statues and images in our churches?

In the early days of the Church, many of the faithful couldn't read or write. Images, icons, and statues in our churches served as teaching tools and spiritual aids.

Today, images of the Crucifix remind us of Jesus' sacrifice and



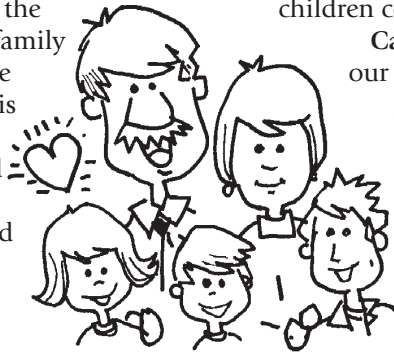
Resurrection. Statues of Mary and the saints recall their heroism and remind us of what we can become. These tools call us to better efforts at holiness, and urge us to ask God for the grace to keep trying for saintliness.

## Catholic families shine with love

Pope Benedict recently said that just like the Catholic Church as a whole, the Catholic family is called to “welcome, radiate and show the world the love and presence of Christ.” This love is evident when we:

**Care for and educate our children.** And studies have shown that youth who feel loved and cared for are more likely to avoid risky behavior like indulging in drugs, alcohol, and sexual activity.

**Care for the poor.** Families that make a regular practice of helping the poor teach



children compassion, empathy, and love of neighbor.

**Care for our local parish.** Without each of us, our parishes can't pay bills, perform necessary ministries or do God's work. Becoming active in and supporting the parish at a young age helps build a child's Catholic identity, and that helps to “radiate” the presence of Christ as an adult.

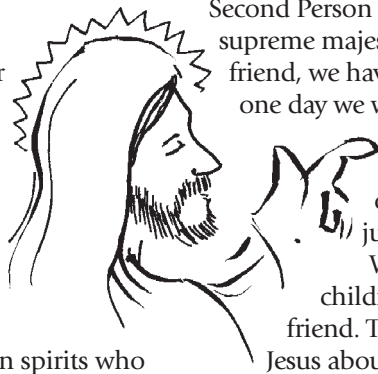
**Strike a balance between work and play.** Work is important, but it is often during the family time when we make loving memories that will last a lifetime.

### Scripture LESSON

### Mark 1:21-28, My Buddy or My God?

This Gospel describes Jesus and his apostles entering the synagogue at Capernaum. Jesus taught those gathered for the Sabbath. Most teachers or prophets would have said, “Thus says the Lord...” But Jesus said something like, “I tell you...” He taught as one who had the authority of God and that astonished his listeners. Even the unclean spirits who tortured a man at the synagogue recognized who Jesus was.

As a kind and gentle soul, it is easy to



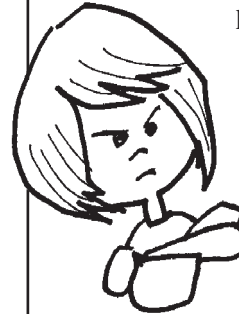
treat Jesus as a buddy and he wants us to trust and rely on him. But as the Second Person of the Trinity, Jesus has supreme majesty. While he is our friend, we have to remember that one day we will appear

before him on bended knee. He is our divine savior, not just our buddy.

We can explain to our children that Jesus is our friend. Teach children to talk to Jesus about anything that happens, good or bad. At the same time, stress that Jesus is God and deserves to be worshipped and adored.

### Parent TALK

Jeff's job was in jeopardy and we were both worried. We thought we were hiding our concern until I got a call from our third-grader's teacher.



Mrs. Conboy said that Leslie was becoming argumentative, bossing other students around, and even told Mrs.

Conboy that she wished she would be “more proactive,” something I had said to Jeff just a few nights before. Mrs. Conboy chuckled, but I didn't find it funny. We obviously weren't doing a good job of hiding our tension and Leslie was mimicking my behavior.

Before dinner that night, we prayed a family Rosary and talked with the children. We also acknowledged that we have been worried about Jeff's job but also said we knew that God would take care of us. We promised to pray more and worry less.

The atmosphere in the house got lighter and I didn't get any more phone calls from school.

### Feasts & Celebrations

In January we celebrate the Holy Name of Jesus. “...At the name of Jesus every knee should bend, of those in heaven and on earth and under the earth” (Philippians 2:10).

**January 1 – Solemnity of the Blessed Virgin Mary, the Mother of God.** When we celebrate this feast, we honor Mary, but also Jesus as God.

**January 24 - St. Francis de Sales (1622).** As bishop of Geneva, St. Francis bolstered the faith of others by his writings and works. For the laity, St. Francis wrote Introduction to the Devout Life, which is as applicable today as it was in his day.

**January 26 – Sts. Timothy and Titus (1st century)** Timothy was converted by St. Paul and later became his trusted friend joining him in apostolic work. He was with Paul at the founding of the Church in Corinth. Titus, also a friend of St. Paul's, served the early Church as a peacemaker and as administrator to a community on Crete.



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