



Saint John the Evangelist School
March 2010
Sjolc.org



Mission Statement: Saint John's School provides students with a strong Catholic foundation and an excellent academic program with the support and involvement of the family.



March Dates To Remember



No Vadnais Bus

March 4, 5

Wolf Ridge

Environmental Camp

March 8-10

Teacher In-Service

March 12

No School

Spring Break

March 15-19

School Resumes

March 22

No Vadnais Bus

March 29, 30, 31

April 1 & 2



Saint John's

Annual School Auction!

Take Me Out to the Ball Game

Don't miss this exciting event. It is a special night out for adults to get together in support of the children of Saint John's School.

Friday, April 30

If you would like to be a part of one of our many fun groups working on the auction, please contact Becky Castro

School - 651-288-3247

Home - 651-653-3595

Email - bcastro@stjohnsoflc.org

The auction invitations will be mailed out in March. Take advantage of our Vanco online payment option. Come and meet our special celebrity, Wally the Bearman!!

Auction Classroom Basket Reminder

Parents, please remember to send in your money donations for this year's Auction classroom baskets. The classroom with the most money collected will receive a pizza and movie party in April! Any questions about the classroom baskets, feel free to email

Lisa (ilmortfam@aol.com)

or Steph (stephvarley@gmail.com)

Eagle Club

The Eagle Club program may be OPEN during spring break, March 12-19. If you plan to use the program for your child(ren), please indicate your intention on the sign up sheets inside the room.

The registration deadline is Friday, March 5th. This will allow us to plan our staff accordingly.

We reserve the right to close Eagle Club if the student population is less than 6. The spring break information sheet was emailed to this week.

Thank you



Saint John's School recently participated in the Leukemia and Lymphoma Society's "Pennies for Patients" program. We raised \$2,784.02 which averages to be around \$10.00 per student! The top three classes were first grade (\$15.05 per student), second grade (\$15.77 per student) and fifth grade (\$23.99 per student)! Thank you for bringing in money to help this great cause.

Vanco On-line Payments

Everyone is encouraged to use our school VANCO system when making payments for any activity. Go to the school website sjolc.org and under the *Online Payment* tab, click on the VANCO icon and follow the prompts. Payments can be made for field trips, Wolf Ridge, sports, yearbooks, Eagle Club, auction tickets, science fair boards (if your total is at least \$5), and a whole lot more. We just ask that on the line after the payment amount you include your child's name and grade. If you have online payment questions please contact

Kate Brown

651-288-3222

or

kbrown@stjohnsoflc.org



School Registration

2009 - 2010



Registration packets for grades 1-8 were sent home with your child on February 5th, 2010. The registration deadline is Monday, March 1st. Thank you to everyone who has submitted their registration materials in a timely fashion. If you have not yet done so, and you plan to have your child(ren) attend Saint John's School next year, please return your completed forms and your \$100.00 (*per family*) registration fee to the school office as soon as possible. If you do not plan to have your child(ren) attend Saint John's School next year, please send us a letter stating your intent. We continue to receive many inquiries about classroom availability for next year. Your cooperation is most appreciated. If you have any questions about registration, please call Kate Brown in the office at 651/484-3222.

Mark Your Calendar



The teaching faculty will be attending the convention which is hosted by our Archdiocese during the week after Easter. Rooted in the Gospel of Jesus Christ, the National Catholic Educational Association (NCEA) is a professional membership organization that provides leadership, direction and service to fulfill the evangelizing, catechizing and teaching mission of the Church.

Please mark your calendars:

Monday, April 5th school is in session-NO ROSEVILLE bus service.

Tuesday and Wednesday April 6th and 7th NO SCHOOL. Teachers at the NCEA convention in Minneapolis.

Thursday and Friday April 8th and 9th school in session. All bus service available.

Papa Murphy's

Donut Hut

Mixx Salon

Mad Jack's

Champp's

Norm's Tires

Culvers

Saint John's Spring Fundraiser

A & W

Little Venetian



The Home and School are conducting a fundraiser with an exciting new product and are pleased to offer you a **Gift-checkbook** with over \$550 in Gift-Checks from local restaurants and merchants.
Information coming soon!

Alumni News

Maria Cook was recently notified that she has won First Place in the Ryder Vehicle Sales Team Excellence Scholarship competition held recently in Miami, Florida. She was selected as the top winner out of many applicants. Maria will receive her first place check of \$7,000 at an awards ceremony that she will attend with her parents Wanda and Keith Cook along with her brother Matthew Cook. The ceremony will be held at the Westin Diplomat Resort and Spa in Hollywood, Florida. Maria is a senior at Hill-Murray High School and will be attending Augustana College in Sioux Falls, S.D. in the fall on a combined Academic/Athletic scholarship playing NCAA Division II Soccer. She loves children and plans on majoring in Biology while pursuing her dream of helping children as a Pediatrician. She is a graduate of Saint John's and maintains a GPA of 4.25. Great Job Maria! We are all proud of your accomplishments!

2010 Science Fair Project Results:

1st place -Cullen H., Josh M

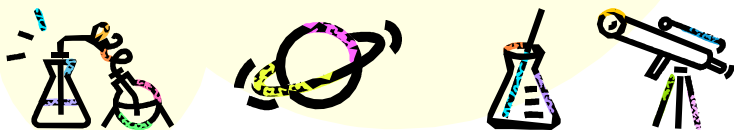
2nd place-Mia C., Andres F., Elisabeth C-M, Ryan M.

3rd place-Allison A., Lauren B., Reilly K., Shelby K., Quinn M., David M., Luke P., Michael W.

Honorable Mention-Claire B., Rachel G., Emmanuel C., Ellie M., Gabby E., Dylan B., Allie M., Alana M., Joe U., Ellie P., Annie L., Rachel K.

Thank you to the Saint John's School alumni that so generously gave their time to judge the projects this year.

Ben B., Katie D., Maria C., Amelia H., Nick N., Anthony C., Conor M., Abby T., Amy G., Kevin F., Ian L., Erin P., Marissa Y., Joe M., Christina A., Emily M., Carter B.,



Seder Meal



As part of a long Saint John the Evangelist school tradition, the students will be celebrating the feast of Passover with an all school Seder Meal on Holy Thursday, April 1, 2010 at 11:45 a.m. in the school gym. In our classrooms we will be discussing this holy Lenten celebration so that this meal can be as meaningful as possible for the students. Lunch will be provided for every student free of charge. We are in need of two or three volunteers to help set up, serve and clean up. Please contact the school office if you are able to help with this special Lenten tradition.

Special Thank You!

Thank you to Michelle K., and Julie M. from the Home and School Executive board for providing dinner for our teachers on Tuesday and Thursday during conferences. The teachers greatly appreciate having something warm and available for them to eat during this busy time.

Box Tops for Education

March Boxtop Update: Our final 2009-2010 submission was on February 26, 2010. While the exact number is still being tallied, be aware we were very close (if not over) our \$1500 goal. It's great in this tough economy to be able to help our school with an amount like that. Many thanks go out to the parents, students, and teachers for helping us reach our goal. Our final number will be in next month's newsletter. Watch for it! 8th grade was the January Boxtop winner, with 397 submitted. They will be picking out a DVD for their prize. Way to lead, grade 8! Who will be the February winner? Watch for next month's notice. Right now, three classes are neck and neck. It's going to come down to the wire for the February winner.

Note from our Nurse

Scoliosis Screening
From Debbie Legan, RN, LSN



In March, we will be conducting scoliosis screening. Students that are screened are 5th grade girls, 6th grade boys and girls, and 7th grade boys.

Scoliosis is a condition in which the spine does not grow straight. It can show up during a child's puberty growth spurt. Thus it is best checked in boys and girls in the grades prior to the teen years. In most cases the cause is unknown. Statistics show that for every 100 students screened, 6 to 10 will have some unusual curving of the spine, and only 2 to 3 will need medical follow up. When medical attention is needed, early intervention is extremely beneficial.

Screening is very simple. The student is asked to take off bulky sweatshirts or sweaters. Screening is easily done with a shirt on. The student bends over at the waist, dropping their arms, and the nurse drags a scoliometer down their back. The scoliometer is similar to a small carpenter's balance. The screen takes about 5 seconds. Remember, this is a screening, not a diagnostic procedure.

Most students pass. If there is any concern, you will receive a call from the school nurse to explain the results of the screen and options for follow up. For more information on scoliosis, go to: www.scoliosis.org

Debbie Legan, RN, Licensed School Nurse

Classroom News

Mrs. Thureson's kindergarten: Kindergarteners have been very busy during February. They celebrated the 100th day of school with fun activities. Lily's mom, taught them about the Chinese New Year. They made a dragon hat and ate snack with chopsticks.

We had a Fitness Fun class with Collin's mom. Sophie's mom, and, Zoe's mom, helped us make some awesome masks for Art Adventure.

Mrs. Rowles' 2nd grade: As usual, the second graders have been very busy!! We are so proud that our classroom participated in the "Pennies For Patients" program, and we are happy to report that we are one of the 3 classrooms to win a pizza party!! We collected close to \$400.00!!! We are really having fun with our new science unit entitled, "Balance and Motion." Next week we will construct mobiles. Stop in and see them hanging on our classroom high wire. Our timelines that are hanging in the hallway have been very popular, and many students and visitors have stopped to read about our lives!! As we look forward to the holy season of Lent, we will be preparing our hearts and minds for the feast of Easter. We will be making Lenten Crosses and working in our prayer journals during the next six weeks.

Mrs. Yzaguirre's 4th grade: The 4th grade has started a new science unit: Earth Materials. We examined mock rocks and broke them apart to determine what they were made of. We then sorted the ingredients. The students also learned the difference between a rock and a mineral

Mrs. Pieper's 5th grade: In *Family Life*, Grade 5 has been learning about their ethnic backgrounds, and cultural and family value influences in their lives and the lives of others. As a part of this study, they learned about Ghana from Bonnie C. and Jane D. who visited and taught in this country in Africa for two weeks. The class will be pen pals with a class of 6th graders in Ghana. Also, the fifth graders will be heading a service project during March to collect toothbrushes for children in Haiti. They are excited about reaching out to others in our world in these two projects.

Middle School: The middle school students will be going to Wolf Ridge Environmental Learning Center in Finland, Minnesota March 8-10.

Spelling Bee

On Thursday, February 26th, the 4th-5th-6th graders' class winners took part in a Spelling Bee. The winners were: Gr. 4 - Michael L., Will R., Gr. 5 - Emmanuel C., Rachel G., Gr. 6 - Andres F., Gabby E. Our School Spelling Bee Champion was Emmanuel C.



Good Job!!!!



Community Corner

This month we have forms from PayPAMS, Roseville Baseball Registration. If you are interested in this program stop by or have your child pick one up.



Deus Te Ama and We³At Saint John's Do Too

Feeling Less Burdened

There are moments when parents let their guard down, either in counseling or in the middle of a parenting talk and say something like: "I'd like to be able to parent in a calm and patient way but I'm just not wired like that."

What does that mean, "not wired like that"? Do certain parents think their inability to stay calm, forgive instantly, and discipline with reassurance instead of anger has something to do with their genetic makeup? And if it doesn't have to do with their wiring, what does it have to do with?

More likely, it has to do with the burden parents feel to get everything right. Everything! Children should never fall behind in school, never be disrespectful, always get along with their siblings, and never have friendship problems. And the list goes on and on without end. I believe that more than any other single factor, it is this *self-imposed, unrealistic burden that makes it hard to parent in a calm and patient manner*.

The first step towards parenting the way we promise ourselves we will when our children are not around, is to learn how to feel less burdened by the responsibilities of parenting. Start by rethinking what constitutes the burden. Do you have unrealistic expectations about how your children are supposed to act at their ages? Do you believe they should "change on a dime," never repeating their mistakes, rather than accepting that children (and adults!) change slowly.

Parenting is definitely an enormous responsibility. But that only makes it more urgent that we learn how to feel less burdened by its enormity. How our children turn out has more to do with how we respond to them than what we are responding to. How do we sound when we give a consequence? Are we constantly nagging and reminding? Do we get more and more impatient when they make the same mistake over and over again?

But there is a way to feel less burdened. In fact, an important part of working with parents is teaching them how to identify the components of the perceived burden that actually comes from stress they carry needlessly. For example, if parents of 4th-graders panic when assignments are done poorly, or when 7th-graders roll their eyes in a disrespectful way, they are creating needless stress by panicking. If parents remember that 4th-graders are allowed to struggle for a while as they learn the skills required to become a successful student, and that 7th-graders almost always go through a time of inflated grandiosity, they will feel less of a burden and be able to handle the challenging moments calmly.

Fourth-graders can lose the privilege of being driven places until they are all caught up and 7th-graders can lose their right to practice with their team until they find their lost manners. The point is our children need us to be unburdened by needless stress. *Let us only feel burdened by the standards for our own behavior*. It is unnecessary for us to need our children to be better than they can be. May we learn how to think about parenting in a way that allows us to be calm, patient and forgiving at all times, especially when our children are making mistakes. That is the only way we will be able to see the moment clearly, find the teachable moment, and help them learn what they can from their mistake.

Let's hoard our psychological resources. Our children need us to not get worn out, not be at wit's end, and not act as if we feel the world is ending. Try to remember that all that is happening is that our children are acting like children. They are works in progress, learning the best way they can, by making mistakes. It does not mean that there is anything wrong with our parenting when our children make mistakes. As long as we handle ourselves with calmness and inner strength, they will gradually learn from the privileges lost, consequences given, and from our forgiving tone, gentle presence, and from our successful protection of the connection.

Dr. Steve Kahn is the author of *Insightful Parenting: Making Moments Count*. Please check www.drstevekahn.com for additional (free) articles about parenting or to learn more about the book, available both in paperback and as an audio book. Please feel free to share this article with others.



Out and About-Two events that may be of interest.

Third Annual Cathedral Family Day

Sunday, March 7th 1:30-4:30 pm

Costumed tour guides * Pipe Organ demonstrations *

MN Children's Museum Art Projects* Science Experiments

The Cathedral of Saint Paul is throwing open its massive doors for the 3rd Annual Cathedral Family Day. Enjoy a tour of the landmark church highlighting art and history led by guides wearing costumes from the early 1900's when the cornerstone was laid.

Highlights include:

- Moving to stations around the Cathedral to hear stories from costumed guides
- Climbing into the gallery to peer down on the workings of the pipe organ while it's played.
- Sculpting with clay to make your own "Michelangelo" masterpiece to take home
- Do science oxidation experiments on copper (like the Cathedral dome)
- See the completed LEGO replica of the Cathedral and meet the builder
- Refreshments will be sold by the Cathedral Young Adults

Sponsors: MN Children's Museum, MN Science Museum and Twin LUG Users Group

.....

Schools and families encouraged to see Life-size replica of Michelangelo's *Pietà* at Cathedral for limited engagement

The Cathedral Heritage Foundation and the Cathedral of Saint Paul has been selected as the first exhibit venue on a nationwide tour for a special replica of Michelangelo's *Pietà* (*pea-ay-TAH*).

The life size sculpture depicts the Virgin Mary holding the body of her son Jesus Christ after his death. The marble casting of the original sculpture in St. Peter's Basilica, Rome, will be available for public viewing beginning **Ash Wednesday*, February 17th through Sunday, April 11th in the Sacred Heart Chapel of the Cathedral of Saint Paul**, at the corners of Summit and Selby Avenue, St. Paul. This special exhibit, created under exclusive license with the Vatican Observatory Foundation by Vescovo Buonarroti Art, will be available to the public free of charge.

Even if you have seen it at the Vatican, you would not have been able to get this close to see the details of this masterpiece, considered one of the greatest sculptures ever created.

A special art lecture will be held Sunday, Feb 28th at 6:30 p.m. at the Cathedral of Saint Paul. Art historian, Kara ZumBahlen, an instructor with the College of Visual Arts in St. Paul, will give historical background on Michelangelo and his masterpiece. This event is free and open to the public.

Questions: Contact Carolyn Will at cwill@cathedralsaintpaul.org or 612-414-9661.