



S^t. JOSEPH'S
REGIONAL
CATHOLIC
SCHOOL
Beltsville, Maryland

*Building the foundation for
thinkers and believers*

“The Builder” Newsletter

September 18, 2017

Parents and friends,

As we work collectively towards “*Building the foundation for thinkers and believers,*” we would like to highlight the importance of our shared responsibility for ensuring the safety of each child and in helping to develop our children to be the person God intends them to be.

- ❖ To assist with the **dismissal** process from **Mass on Tuesdays** and reduce the congestion that occurred last week, we encourage parents to enter the church property using the **first exit on the left**. Then proceed downwards towards the school’s parking lot. We will continue to place the cones on the road used for arrival as well as the second exit on the left at the back of the church to ensure that our children can safely cross the street.
- ❖ Thank you for **communicating with our teachers and staff respectfully**. Your wonderful modeling of Christian behaviors and respect is exemplary! We will continue to work as a team in preparing your child for a wonderful future.
- ❖ Thank you for your **generosity** in helping to raise funds for Catholic Charity’s phenomenal work with victims of Hurricanes Harvey and Irma.
- ❖ The **Scantron performance** in Reading this year is very promising and is a testament to your dedication to your child’s education and the passion of our teachers. As we continue to grow our children, please continue to encourage their literacy by exposing them to the wonderful world of books.

Thank you for your time and cooperation!

UPCOMING EVENTS

- ❖ **Monday, September 18:** Scantron testing for 6th and 7th graders in Math.
- ❖ **Tuesday, September 19:** Scantron testing for 3rd and 5th graders in Math.
 - School Mass
- ❖ **Wednesday, September 20:** Scantron testing for 4th and 8th graders in Math.
- ❖ **Thursday, September 21:** Scantron testing for 1st and 2nd graders in Math.
 - \$1 tag day to support International Peace Day. Wear appropriate “Peace” items
- ❖ **Friday, September 22:** Make-up Scantron testing in Math.
 - Box top Tag day
 - Progress reports available
 - Noon dismissal
- ❖ **Saturday, September 23 @ 6:30pm** in the multipurpose room: Crab Feast.
- ❖ **Monday, September 25:** Scantron make-up testing.
 - Virtus training 6:30- 9:30
 - Prefix/ Suffix Challenge for Round 1

Foundation Builder

As we help our students build a foundation for their futures, we will continue to explore opportunities for our children to improve the skills necessary for success. This week, we will focus on improving self-control. Self-control is the ability to override thoughts, impulses, and emotions. Self-control is “crucial for the successful pursuit of long-term goals and is equally essential for developing the self-restraint and empathy needed to build caring and mutually supportive relationships” (Mischel, 2014).

Self-control is similar to a muscle that can be improved through consistent and deliberate practice. One of the best ways of providing this practice is *weaving this skill into everyday activities in fun and playful ways*.

For younger kids, here are some examples:

- ❖ **Guessing games:** For example, “I am thinking of an animal with a name that sounds like a rat.”
- ❖ **“I spy”:** In this game, you tell the child what you spy (“I spy something in this room that is green”) and the child has to guess what that is. This is a wonderful game to play in the car.

For older children, here is one suggestion:

- ❖ **Red light/green light:** In this game, one person plays the stoplight, and the other children try to touch him/her. The child playing stoplight stands about fifteen feet away from the other children, who are positioned at the starting line. The stoplight child turns his or her back to the other children and says “Green light!” The other children move as fast as they can toward the stoplight child, who at any time can say “Red light!” and turn to face the other children. Any child who is spotted moving by the stoplight child after a red light is called is out of the game. If someone succeeds in touching the stoplight child, then that child becomes the stoplight for the next game.

We look forward to exploring other ways of sharing research-based practices that will help to build the foundation of our children in future newsletters. Stay tuned!

Friendly Reminders and Deadlines

- ❖ To access weekly updates, please visit our website and click on the “Parents & Students” tab, then select “Weekly updates.”
- ❖ The deadline to submit hot lunch forms is **Wednesday, September 20**. To access the file, please click on the “Parents & Students” tab, then select “Weekly updates” and scroll to the file or click [here](#).
- ❖ To sign-up for volunteer hours for the 13th annual Crab Feast on Saturday, September 23, please click [here](#).
- ❖ Please return all clear plastic envelopes on **Tuesdays**. All school communication is sent in these envelopes.
- ❖ Log parent volunteer hours by clicking [here](#).
- ❖ To ensure that you are informed, in addition to the weekly Monday communication folders, e-mails, and website updates, parents are also able to sign-up for text message reminders by subscribing to our parent notification system by texting “@17stjos” to 81010.