



*Building the foundation for
thinkers and believers*

“The Builder” Newsletter

September 4, 2017

Parents and friends!

As we work collectively towards “*Building the foundation for thinkers and believers,*” we would like to emphasize the importance of our shared responsibility for ensuring the safety of all our children.

This is a friendly reminder that during arrival and dismissal, our procedures have been established to ensure the safety of all of our children while respecting the time of parents/guardians. Therefore, please do not park in the parking lot of the church and cross as this slows down the arrival process. During arrival, please proceed in your cars to the normal drop off zone and pull up to the very top of the zone in one line. Please encourage your children to promptly exit their vehicle on the **right**. Safety patrols and two adults will be present to assist during this time. Please do not drive on the left of the drop off zone or overtake cars in the line as students may accidentally exit on the left.

During dismissal, please also proceed in your cars in single file to the school parking lot. Please do not park in the parking lot of the church and cross as your child may run into traffic. Once you have followed the directions of where to park, please remain in your cars until the whistle is blown. Once the whistle is blown, you may exit your car and pickup your child(ren). Please refrain from having any extended conversations with teachers at this time as it compromises the safety of our children when teachers are distracted. Once you have promptly picked up your child(ren) and closed your doors, the whistle will be sounded twice to indicate that cars can leave. All doors must be closed for this to occur, so your promptness is appreciated. Thank you for your attention and diligence in ensuring that all of our children are safe.

Until next week, we pray that you have a blessed week.

UPCOMING EVENTS

- ❖ **Monday, September 4:** No school- Labor Day.
- ❖ **Thursday, September 7 @ 7pm** in the multipurpose room: Back to school night for parents of students enrolled in Grades 1-5.
- ❖ **Monday, September 11:** Scantron testing for 6th and 7th graders in Reading.
- ❖ **Tuesday, September 12:** Scantron testing for 4th and 5th graders in Reading.
- ❖ **Wednesday, September 13:** School Pictures in Uniform. Scantron testing for 3rd and 8th graders in Reading.
- ❖ **Thursday, September 14:** Scantron testing for 1st and 2nd graders in Reading.
- ❖ **Saturday, September 23 @ 6:30pm** in the multipurpose room: Crab Feast.

Foundation Builder

As we help our students build a foundation for their futures, we will 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).

In the 1960s, Stanford University researchers explored the importance of self-control on determining future success in the infamous, Marshmallow Test. After building trust and rapport with 4-year-old subjects, the researcher told each child that they would leave the room. In that room was a treat (cookie, pretzel or marshmallow). If the child waited to eat it when the researcher returned, the researcher would give the child two treats. Alternatively, the child could opt to put an end to the misery and ring the bell. At that point, the researcher would return, and the child could have one treat. Think for a moment, what would your child do?

Why does this matter? Children who waited fared better on many indices, including higher SAT scores, better ability to cope with stress, had a lower body mass index, and were more likely to: be happier, have less stress, have better mental health, live longer, graduate from college and pursue advanced degrees, and were more likely to save for retirement.

The wonderful revelation is that self-control is like a muscle- it can be strengthened with exercise and practice. This week, one strategy to improve self-control is to ensure that your child is getting enough sleep. Self-control is a resource and therefore can be depleted. If a child uses up all their willpower controlling their emotions, they are more likely to engage in compromising behaviors and default to old behaviors.

Therefore, the following guidelines from the American Pediatrics Association are highly encouraged:

- Ages 3 – 5: 10 to 13 hours
- Ages 6 – 12: 9 to 12 hours
- Ages 13 – 18: 8 to 10 hours

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

- ❖ You can now download the school’s calendar to your phones/computers by visiting the following HAS link here: <https://sites.google.com/site/stjosephregionalhsa/home/calendar>
- ❖ To access weekly updates, please visit our website and click on the “Parents & Students” tab, then select “Weekly updates.”
- ❖ To sign-up for volunteer hours for the 13th annual Crab Feast on Saturday, September 13, please click [here](#).
- ❖ The deadline to submit milk order forms is **Friday, September 8**. To access the file, please click on the “Parents & Students” tab, then select “Weekly updates” and scroll to the file or click [here](#).
- ❖ The deadline to sign-up to participate in the prefix and suffix challenge is **Thursday, September 14**. To sign-up, please visit the school’s website, click on the “Parents & Students” tab, then select “Student Life” and select “Prefix and Suffix Challenge” or click [here](#).
- ❖ 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 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.