

THE KNIGHT TIMES

OCTOBER 1ST

2008 - 2009 EDITION

\$1.00 Dress Down Day and 1:45 Dismissal today
This Thursday- KB Field Trip
This Friday- 9:00 Tour, Mass and Mission Day, Upper school dance

October 6th - October 17th

Monday October 6 th	Tuesday October 7 th	Wednesday October 8 th	Thursday October 9 th	Friday October 10 th
Student Council Officers meet @ 11:30 Cross (X) Country Team meets after school	Kindergartens and 5B have field trips Battle of the Books (BOB) Club meets from 2:50-3:30pm (6 th -8 th graders)	Drama group, X Country Team, and Girls on the Run group meet after school		5B MASS X Country after school
October 13 th	October 14 th	October 15 th	October 16 th	October 17 th
X Country Team meets after school	BOB Club meets after school HSA Meeting @ 7pm. In the Library	Girls on the Run group and X Country Team meet after school The next KNIGHT TIMES is posted on the school website		8 th Graders Field Trip to Busch Gardens 4B Mass 6 th Graders' overnight Field Trip to Asheville

➤ **FROM THE PRINCIPAL'S DESK**

Dear Parents/Guardians,

Today, October 1st, is the Feast Day of St. Therese of the Child Jesus. She is the patron of foreign missions, France, florists, gardeners and aviators. Therese became a saint by doing ordinary things extra-ordinarily well. Let us imitate Therese and consider no deed too small to do with much love.

Your child will be bringing home his/her Report Card on Wednesday, October 29. It has been our policy to have Parent -Teacher conferences the next week. This year we have set aside 2 afternoons, November 6th and 7th for conference times (also the evening of November 6th). Conferences will be initiated by teacher request, first; you will receive this written request from teachers within a few weeks. If you do not receive a request and would like to meet with a teacher please call your teacher's extension or contact him/her via email after you receive your child's Report Card. Thank you.

Are you still looking for a way to serve in the parish? Teachers/helpers are needed for Children's Liturgy of the Word at the 9:15 and 11:15am. Masses. You don't have to plan what to do with the children at that time...it is all planned out and provided for you. Contact Jim Hynes 942-1040 ext.6237 at the Parish Office if you would like to serve in this ministry.

Blessings,
Sister Catherine

➤ SCHOOL ADVISORY BOARD 2007-08 END OF THE YEAR SURVEY

- ❖ 137 families with over 233 children at St Thomas More School responded to the 2007-08 End of the Year Survey in late spring.
- ❖ The Board has reviewed the results and is considering many of the comments and suggestions for improving our school.
 - Here is the link for this end of the year survey:
<http://images.acswebnetworks.com/1/464/SchoolAdvisoryBoardSurvey200708.pdf>
 - 20% increase in the number of respondents from the previous year.
 - 96% of respondents rated their child's experience at STM as good or better (61% rated the experience as excellent or outstanding).
 - A vast majority of respondents responded that STM consistently met or exceeded their expectations in the 9 dimensions evaluated by our accreditation organization, the Southern Association of Colleges and Schools (SACS).
- ❖ The Board thanks all the families who provided feedback and would also like to encourage all St Thomas More families to take the survey again at the end of this school year. This useful tool assists the Board with policy making and goal setting."

➤ CARPOOLING SURVEY

- ❖ Do you carpool to work? To School? To games/practices?
- ❖ Would you be interested in connecting with other families who want to carpool in your area?
- ❖ We would like to learn more about your views about carpooling here at St Thomas More. Please click on this link: <http://school.st-thomasmore.org/survey> or visit the school website school.st-thomasmore.org, Fill in the survey form and submit your responses. We will report the results in November.

➤ HALLOWEEN CARNIVAL UPDATE

- ❖ The Halloween Carnival will be here in less than a month!
- ❖ Join in the family fun on Friday, October 24th from 6:00 - 9:00pm. right here at STM!
- ❖ We had an excellent turn-out at our first meeting and look forward to seeing you all again!
- ❖ Pre-order your tickets for the ghoulish fun to be had at this year's Halloween Carnival. Children's tickets are \$10 and adult tickets are \$3 and include everything except the grub and glowing goo. So, don't stand in line, pre-order your tickets for family fun by October 17th.
- ❖ Contact Jennifer Bartnik at jbartnik@nc.rr.com or Cyndy Risku at 408-3238 for more information on how to join in the fun!

➤ CHRISTMAS HOLIDAY SHOPPE

- ❖ We are sending out a call for artists/crafters for STM's annual, "Christmas Holiday Shoppe."
- ❖ If you, or someone you know, are a crafter, why not rent a table at our popular craft show.
- ❖ Table rental fees are \$35 for a hallway location and \$45 for a gym location.
- ❖ Deadline to apply is October 15th.
- ❖ Please call Cathy Elmore at 493-4157 or celmore@nc.rr.com or Joanne Vance at 490-8493 or jwvance@nc.rr.com with any questions and/or to request an application.

- ❖ "Christmas Holiday Shoppe" will be on Saturday, December 6, 2008, from 9:00am. - 3:00pm.
- ❖ We need volunteers! We especially need volunteers for set-up on Friday, December 5th and tear-down after the end of the craft show.
- ❖ Love to bake? We need volunteers to bake and donate delicious baked goods for our bake goods table. Call Cathy or Joanne (or e-mail) if you'd like to help us out!

➤ SCIENCE UPDATES FROM MRS. BENEVIDES

- ❖ Please remember our bee sighting count project (you can download a data sheet from last month's Knight Times) and please jot down the number, time, and zip code of where you see a bee or bees! Even from a distance, and even if only one! It is a fun way to teach our children about the important role bees play in our ecosystem.
- ❖ At the Bug Fest at the Museum of Natural History in Raleigh I found out from beekeepers there that we have not experienced the colony collapse of whole beehives in North Carolina that other areas have. We are very lucky to have our bees!
- ❖ Due to many requests in fifth grade, I will start a Thursday afternoon **fifth grade** Science Cooking Club. (All measurements will be in grams and liters!) Some fifth graders have already signed up, pending parent approval, and the club can tomorrow, October 2nd after school until 3:45 pm. We can meet on Thursdays in the Science Lab. Space will be limited, so please let me know if interested. There will be no cost, but students may be asked to bring some ingredients from home.
- ❖ Some other fifth graders are interested in doing exploding experiments. I sincerely hope our cooking does not explode! But we can start a second **fifth grade** group as well if there is enough interest in doing experiments after school. Just let me know! (I'll keep the students safe!) Again, space would be limited.
- ❖ Also, if any parents are interested in forming a Science Book Club, please let me know.

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➤ NOTES FROM YOUR SOCIAL WORKER, KIM DOUGHTY RAISING A GOOD SPORT

Two years ago my daughter, then 3, began soccer, and I officially began my tenure as a "soccer mom." The league was non-competitive, played without a goalie, and required that each child be allowed to score before the game could end. My daughter *loved* kicking her soccer ball and talked endlessly about practices and games once we signed her up. What could go wrong?

Well first, my daughter may have loved kicking her ball up and down the field, but she wasn't quite as thrilled when the only ball had to be shared between 8 players. So I worried as we drove to the first game. Would she throw a tantrum and refuse to play? Would she run away with the ball? Would she yell at another child as they tried to participate? Or, worse yet, would she get so frustrated that she just hit someone? My brain was in overdrive.

And my daughter did several of those things (though, thankfully, she never hit anyone). But even worse was the behavior of the parents watching their 3-year-olds play the game. Some booed the opposing team. One put his child in time out for missing his first attempt at a goal. Others, frustrated by their children's lack of "initiative", grabbed the hands of their children and dragged them closer to the ball (often taking out other children in the process). All of us, at one time or another has probably seen poor parent behavior at a child's sporting event.

So what should we aim for as we involve our children in sports? Experts have several recommendations:

BEHAVE YOURSELF: Remember that your child is involved in this activity primarily for fun. They have a coach who will teach them about the game, and your main job is to cheer them (and everyone else on the field) on as they play. If someone does something that you don't like, talk to the coach after the game, or e-mail them later. As long as the game goes on, coaches have a job to do, and it doesn't involve discussions with parents. If you feel the need to yell anything but, "Go team!" find yourself a place and give yourself a time out.

FOLLOW YOUR CHILD'S LEAD: We can't play middle school football again, no matter how much we wish we could. Your child needs to be involved in a sport they want to be involved in, not necessarily the one you loved as a child. If your child resists, take them seriously, and maybe consider switching sports or waiting a while. At the same time, if they begged to be involved in an activity and are now ready to quit after the first practice, help them persevere, and teach them that life lesson.

EMPHASIZE PERFORMANCE, NOT OUTCOME: Wanting to win is natural, but kids also need to learn that they can be proud of a loss when they played their best. When your child returns home from a game, instead of asking the score ask your child how the team played. This keeps the focus on performance and allows for celebration of group or individual performances in a hard-fought loss.

TEACH RESPECT: Children's sports (even in high school) are not primarily for earning scholarships. They are important for teaching respect, and what it means to be a good sport. Their coach must make sure that they always follow the rules and play fairly. You can help by making sure that behavior such as gloating is discouraged - remind your child how they would feel if the other team behaved that way. Remember that it's easier to be a good sport when you lose - we must help support our winning teams in gracious behavior as well.

Team sports are a fabulous part of growing up. They teach our children respect for authority, how to work together, and the importance of practice. And they teach these lessons differently than school, or church, or homework can. Not all the lessons will be happy ones - not every team can win every game. Learning these concepts now will help your children throughout life, including when they begin to watch their own children participate in team sports.

THE KNIGHT TIMES is an in-house newsletter of
St. Thomas More School
920 Carmichael Street, Chapel Hill, NC 27514

The next publication will be posted on the school website on Wednesday, October 15th. Direct comments or questions to jfoster@st-thomasmore.org