

THE KNIGHT TIMES

SEPTEMBER 3RD

2008 - 2009 EDITION

- \$1.00 DRESS DOWN DAY AND 1:45 DISMISSAL, WEDNESDAY, SEPTEMBER 3RD.
- 7A MASS AND MISSION DAY, THIS FRIDAY, SEPTEMBER 5TH.

September 8th -19th

Monday Sept 8 th	Tuesday Sept 9 th	Wednesday Sept 10 th	Thursday Sept 11 th	Friday Sept 12 th
Student Council Officers meet at 11:30am Cross (X) Country after school	Battle of the Books (BOB) Club meets from 2:50-3:30 pm (6 th -8 th graders) HSA meets @ 7pm	X Country after school		NO MASS Morning Prayers @ 10:30am
Sept 15 th	Sept 16 th	Sept 17 th	Sept 18 th	Sept 19 th
X Country after school	BOB Club after school	X Country after school		NO SCHOOL Teachers attend a Diocesan Conference

➤ FROM THE PRINCIPAL'S DESK

Dear Parents,

It's time to swing into another school year—time to put away the swimsuits and find those brand new school shoes. The start of each new school year brings with it excitement and sometimes just a little uncertainty for some. What can you do to help your child make a smooth transition from the carefree days of summer to the more structured life of school? Here are three tips for helping your child establish routines that will help everyone ease into the school year:

- ❖ Set a regular bedtime-and stick to it. Children need a good night's sleep to function well in school.
- ❖ Have a regular homework routine including a regular workspace for your child. Younger children need you nearby when they do their homework. Be available, but remember that it is your child's homework, not yours!
- ❖ Practice backpack basics: Ask your child to empty his or her backpack each day after school. This way you will receive any notes intended for you and it will give you an opportunity to chat with your child about the school day. You will also know if your child

is bringing books and other materials home necessary to complete homework assignments. Have your child pack that backpack the night before; this will greatly ease the morning routine for everyone.

Simple routines such as these teach children responsibility and organization and make life better for the entire family!

Blessings for a great school year,
Sister Catherine

➤ **THE KNIGHTS OF COLUMBUS PRESENTS OKTOBERFEST 2008**

- ❖ Friday, Sept. 19, 2008
- ❖ At St. Thomas More Gym
- ❖ 6:30 p.m. to 10 p.m.
- ❖ Featuring:
The Little German Band Singers and Dancers
- ❖ Food, Dancing, Beer, Entertainment!
- ❖ For Reservations, contact:
- ❖ John Felten: tel. 919-929-6569
Email: jkfelten@msn.com
- ❖ Derek Wit: tel. 919-942-6149

➤ **NOTES FROM YOUR SOCIAL WORKER, KIM DOUGHTY**
Kids and Chores

The development of a child's self-esteem has little to do with how often we say, "Great job!" It is much more closely related to how much we trust them with important jobs around the school and around the home. This is part of why each classroom, from Pre-K on up, has a list of rotating (and age appropriate) classroom jobs. And doing these jobs not only builds self-esteem, but helps keep the classroom running as well. You can use the same theory at you house - use the following list as a guide, and make sure your child has many opportunities to practice the job in a supervised setting before it becomes part of their regular routine. Then watch your home responsibilities decrease as your child(ren)'s self-esteem and sense of responsibility grow!

Age 2

- Put pajamas away
- Throw out wastepaper
- Wipe up spill

Age 3

- Wash face and hands
- Tear lettuce for salad
- Help water plants

Age 4

- Set table
- Dust furniture
- Get mail

Age 5

- Pour own drink
- Clean mirrors
- Feed a pet
- Make own sandwich
- Make bed

Age 6

- Water plants
- Sort laundry
- Peel vegetables
- Hang up clothes
- Sweep with help

Age 8

- Run vacuum
- Take out trash
- Empty dishwasher
- Help prepare meals
- Fold and put away laundry

Ages 12 and up

- Do laundry by themselves
- Mow lawn
- Prepare family meals
- Clean living and bedrooms
- Assist with younger sibling

Age 7

- Make toast and hot dog
- Prepare own lunch
- Rake leaves and pull weeds
- Take a pet for a walk
- Sweep

Ages 9-11

- Keep bathroom tidy
- Do dishes by themselves
- Wash car with supervision
- Help do laundry
- Bathe the dog
- Rake leaves

Chore list modified from Integrations,
www.integrationscatalog.com

➤ SCIENCE LAB UPDATES FROM MRS. BENEVIDES

- ❖ The Lower School Science Lab would like to have an oscilloscope, a more powerful microscope to look at water samples, and a camera to put in our watershed ecosystem study area that would be movement sensitive and able to film at night. If you have any of these items you would like to donate to the lab, please let me know!

THIS YEAR OUR THEME IS BEES!

- ❖ BUGFEST! BugFest 2008 will be on **Saturday, September 20th at the North Carolina Museum of Science**
- ❖ The daylight portion of the event runs from **9am until 5pm**
- ❖ **Evening Insect-ival from 5pm until 9pm**
- ❖ This year's event will feature many old favorites such as the world famous Café Insecta and the Kid Zone And not just honeybees but native bees, wasps and hornets, as well.
- ❖ To celebrate our theme arthropod we will have many bee-focused activities such as the Bee Zone, an area on the capitol grounds devoted to bees and beekeeping.

Additionally, the Evening Insect-ival will be a different and very exciting time with many more activities such as a guided nocturnal insect tour, a beehive hairdo contest in the auditorium and lots of performers both inside and outside of the museum.

TREES AND BEES

- ❖ Our science focus this year for our school wide science project at home will be trees and bees. During the school year each lower school grade level will do an inventory of trees in the yard. For more information on saving trees to combat global warming see:

- ❖ <http://www.wri.org/publication/trees-life-saving-tropical-forests-and-their-biological-wealth>
- ❖ We will also do a population study of bees. Lower school students and their families will record bee sightings throughout the school year. For more information about the declining bee population see:
<http://www.npr.org/templates/story/story.php?storyId=6299480>

On page 5 is a chart that you can print and use to record bee sightings.

PARENT SCIENCE BOOK CLUB

- ❖ All parents interested in forming a book club for science this year please let Mrs. Benavides know. Our first book will be *The Future of Life*, by E. Wilson. “Wilson is an optimist, and *The Future of Life* is a call to arms. . . His book eloquently makes one thing clear: . . we know what we do, and we have a choice.”--The New York Times Book Review

Thank you.
Mrs. Aerin Benavides
Lower School Science Lab Coordinator

