



CRUSADER NEWS AND VIEWS

The Mission Statement of Holy Cross Catholic School is to educate tomorrow's Christian Leaders by fostering Academic Excellence in a Christian Community.

January 9, 2014

A Word from The Word

"And lo, a voice from heaven, saying, 'This is my beloved Son, with whom I am well pleased.'" Matthew 3:17

Protecting God's Children Workshops for all volunteers

The Archdiocese of Detroit's "Protecting God's Children" workshop is held periodically throughout the Archdiocese. To find a session that fits your schedule, go to www.virtus.org and select "Registration." You will be directed to a prompt to search for locations. You will need this to do ANY classroom or lunchroom volunteering. Contact Mrs. Smith at 810.765.8300 if you need help.

Remember: you need to complete this workshop in order to volunteer for field day, camp or to chaperone field trips.

got SCRIP?

SCRIP office hours:
Mondays and Fridays, 7-9 am;
Mondays; 5-7pm; and
Tuesdays, Wednesdays and
Thursdays 1-3pm
"Peddlers:"
Patty Smith (St Clair)
Kelly Glowski (Algonac)

End-of-the-year tuition credits have been calculated: 40 Holy Cross families are sharing **over \$10,000** in tuition credits! Your credit will show up on your January statement, which will arrive in your mailbox soon.

Girls' Basketball

Practice starts this week for this quick season. We're delighted that Mr. Mike Govier is returning to coach the girls' team! We have a core of Holy Cross girls eager to play, but we need another player or two. If you know of a parish girl in 5th-8th grade who would welcome the opportunity to join us, please ask her to call the school ASAP and we'll get her in contact with Coach Govier.

Extra Christmas Vacation!

No doubt you all spent your extra four days of Christmas break shoveling, too! We're glad to see you all back at school, rested and refreshed and ready to tackle 2014!

Mark Your Calendar...

- Fri. Jan. 10: food drive
- Fri. Jan. 17: final camp payments are due
- Fri. Jan. 17: Catholic Schools Week starts!
- Jan. 21-23: no East China buses home
- Th. Jan. 23: end of second quarter of school!
- Th. Jan. 23: pizza lunch
- Fri. Jan 24: no school—teacher inservice
- Jan. 27-31: camp week for students in grades 4-8!

"Thank You"

We received a thank you letter from the St. Clair ecumenical food pantry: "Dear Holy Cross School Varsity Basketball Team,

"The St. Clair ecumenical food pantry team would like to thank you for your recent donation of nonperishable food items from your recent tournament at St. Mary's School, St. Clair. A total of 214 pounds was collected from this tournament.

"This holiday season was met with an increase in requests for Thanksgiving and Christmas meals. The food pantry team delivered Thanksgiving and Christmas dinners to 140 families, along with supplying them with a week's worth of nonperishable food items. A Thanksgiving and Christmas dinner was also delivered to each person living at Palmer Park Manor in St. Clair.

"Again, thank you for supporting this important ministry and filling the tables of those less fortunate in our community.

"May you have a very blessed Christmas and a happy and healthy New Year!"

Camp

A reminder that campers' bills will need to be paid in full by next Friday, January 17.

A letter was prepared to go home with each camper on Monday: they'll be in campers' backpacks today!

All permissions and other camp forms need to be returned **by Wed. Jan 23.** We're praying for lots of snow at camp!

Catholic Schools Week

...begins next Friday here at Holy Cross! Mr. Hayes and the teachers are working on plans for fun activities to celebrate our Catholic school

Make the Community Your Child's Classroom

Parents can make even routine family activities into learning times for children:

- **At the grocery store.** Take a calculator along. Choose two or three items from your basket. Have your kids add (or estimate) the prices in their heads. Then use the calculator to check their answers.
- **When putting groceries away.** Use a package of cookies to teach your child the skill of estimating. Get two jars that are the same size. Fill one with something small (like beans). Fill the other with something large (like cookies). Have your child estimate how many are in each jar. Count to check—and then enjoy the cookies!
- **At the mall.** On a day when there's nothing to do, take your kids to the mall—and pretend you are reporters stalking the feature story for your local newspaper. Take note pads, pens, an instant camera...and your imagination. First, have a "story conference" to decide what to write about. What do the new fashions look like? What's the latest in hair design? What do security guards do all day? What happens when a child is lost?

Once you've chosen your topic, make notes, record facts, and take pictures (or make drawings). Then hurry home to write and publish your story. You'll teach your child more about your community... and improve writing skills at the same time.



Questions & Answers

Q: My fourth grader has always liked school. Lately, he has developed a lot of ailments. His head hurts. His stomach aches. Finally, he told me the truth: a boy in his class teases him and threatens to beat him up. What can I do?

A: You've already taken the first step. Getting your son to tell you what's going on in school is a big step in solving the problem.

Sadly, your child's case is not unique. Studies show that as many as one out of four kids have been victims of bullying at one time or another.

Start by telling the teacher. If your child can give any specific examples, that's even better. It's easier for the teacher to take action if she knows that Tommy hit your son on Tuesday at recess.

"... if your child can learn not to react, the bully may stop."

Ask the teacher to help you develop a plan to stop the bullying.

Meanwhile, help your son learn some survival skills. If possible, he should try to ignore what the bully says. Most bullies pick on kids who show a reaction, so if your child can learn not to react, the bully may stop.

Your son might even walk away—it's pretty hard to bully someone who isn't there.

Your child may also make an effort to be with someone else. It's always harder to pick on two kids than it is to pick on one.

Learning these skills will help your child see that he is not just a victim. He has the power to make some changes. His self-esteem, which is probably pretty shaky, will start to rise again.

—By Kristen J. Amundson,
Senior Editor, *The Parent Institute*

Building Self-Esteem

Help Children With Learning Problems Find Strengths



Having attention or other learning problems can cause children to feel badly about themselves.

One way to raise their self-esteem is to give them lots of praise. Catch them being good. Reward them when they meet your expectations.

It's important to help children see that they are not their disability. Their problem is separate from who they are.

If you yell and blame them, they will think *they* are the problem. So try to avoid emotional reactions. When they frustrate you, count to 10 before you respond. Punish sparingly. Never ridicule.

These children often think they *can't* do things well. So parents need to help them see they *can*.

To do this, have realistic expectations for your child. Research your child's problem so you understand how it might

affect his behavior at home and school.

Know your child's strengths and weaknesses, but always focus on his strengths.

Finally, structure situations carefully so your child can achieve success:

- **Assign doable jobs**—like feeding the family pet, washing dishes, decorating the house for the holidays.
- **Cultivate your child's** special interests. Help him start a collection. Take trips to a museum.
- **Enroll your child in sports** or another extracurricular activity. Let your child try several to find one best suited to him.
- **Play with your child.** Let him choose and direct games and activities. And if it's not too obvious, let him win.

Source: "Attention-Deficit Hyperactivity Disorder," *NICHCY Briefing Paper*, National Information Center for Children and Youth with Disabilities (NICHCY), P.O. Box 1492, Washington, DC 20013, 1-800-695-0285.

Motivating Your Child

Saying 'No' Can Make Your Child More Resourceful



Give children everything they *need*. But don't give them everything they want—says a leading authority on parenting.

Saying *yes* all the time won't bring forth children's resourcefulness. They won't learn how to do a lot with a little.

When parents say *no*, children are "creatively deprived." They must learn how to:

- **Solve problems** on their own.
 - **Occupy themselves.**
 - **Settle their own social** problems.
 - **Do their own homework.**
- This forces children to stand on their own feet. They don't wait for parents to solve their problems for them.

Source: John Rosemond, *Because I Said So!*, 1996 (Andrews and McMeel, 4520 Main St., Kansas City, MO 64111, 816/932-6700), ISBN: 0-8362-0499-9.