



Saint Michael School

Teaching Children Their Value
as Children of God

January 4, 2012

Welcome Back and Happy New Year

God, thank you for a new year. May everyone in our family be willing to begin anew with a clean slate. We know that you are always ready to forgive us. Help us to be willing to forgive ourselves and to forgive one another.

As we begin a new year, remind us of our truest values and our deepest desires. Help us to live in the goodness that comes from doing what you want us to do. Help us to put aside anxiety about the future and the past, so that we might live in peace with you now, one day at a time.

Sunday, January 8th is the Feast of the Epiphany, also known as Little Christmas. This is the day the Wise Men came to bring gifts to the Baby Jesus. What gifts do you have that you can share with our school?

FACTS Tuition Assistance forms are coming home today. Deadline for submission for high school is January 23. Families seeking aid for students in BOTH ELEMENTARY AND HIGH SCHOOL should follow the high school submission date. Deadline for submission for elementary school is March 19. **Please note** that ALL applications and supporting tax documentation must be received by FACTS by the dates listed above, not postmarked. Your application is not considered complete until FACTS has received the supporting documentation. FACTS does charge a \$25 processing fee.

You must file with FACTS if you want to be considered for financial assistance from St. Michael School. No financial assistance will be given unless completed paperwork has been filed with FACTS.

If you would like a Spanish FACTS form please let the office know.

It is Winter now please make sure you send appropriate outerwear (winter coats) with your child. It is cold outside during recess and some children are coming to school without coats.

Chess Club - Calling all 4th-8th graders! St. Michael's Chess Club will begin on Thursday, January 12, 2012 from 3:00-4:15 in the All Purpose Room. The club will meet every other Thursday through the end of the school year. Chess-playing experience is recommended, but

it's not too late to help your child learn the rules before the club meets. There are many free online tutorials available. A \$15 annual fee will be required, please bring payment to our first meeting. **Please contact Kelly Dobrydney if your child will join to ensure we have equipment for all.** Also contact Kelly if you can help moderate, or if you can share an opening move or strategy tip with the students at one of our meetings. See you in January! Kelly can be reached at dobrydneyk@yahoo.com or 703 354-0679

March for Life there is a sign-up sheet in the back of Church. If anyone is interested in going you can sign-up to go on the bus.

CLINIC CORNER - Welcome back after the Christmas break and to health related topics in the Clinic Corner.

Students often have a difficult time adjusting to their normal school routine after having an extended time off from school. It is important to set up healthful school-day routines at home, so that their time in school is successful.

Consider these five "school year resolutions" for minimizing stress and maximizing well-being:

1. **Organize the Night Before** - a mad morning rush starts everyone's day stressfully. Skip the drama by taking a few unhurried minutes the evening before to load backpacks and lay out school clothes. Also, if there are forms to sign or lunches to pack, do this the evening before.
2. **Set a Bedtime and Stick to it** - School children need about 9 hours of sleep each night. Kids who do not wake easily often seem irritable or lack day time energy, and therefore, need more sleep. Getting enough sleep is important for so many things, such as overall growth to learning and concentrating in school.
3. **Make Breakfast** - If your child has not eaten since the night before, they will not have any energy for the school day. Kids learn better when there is food in their stomachs, so make sure they eat breakfast before heading off to school.
4. **Know the Weather** - Be aware of the weather for the day before your child leaves for school. Have them wear rain jackets for possible rain and a heavier jacket if the weather will be turning cooler. They will be uncomfortable walking between buildings and playing at recess if they are not dressed properly for the weather.
5. **Spell out Expectations** - Discuss appropriate classroom behavior, homework policy, balancing social time and schoolwork, and grade goals. When they know what is expected of them, they will be aware of how to stay on the right path for a successful school year.

Putting these strategies into practice can make the school experience more enjoyable for you and your child.

Mark your Calendar - Dates to Remember:

January 16 - No School, Martin Luther King Day

January 20 - End of 2nd Quarter

January 23 - March for Life

High School Applications Due

FACTs Applications due for High School Students

January 27 - No School, Teacher Professional Development Day