

Guardian Angels School
217 West Second Street
Chaska, MN 55318
January 21, 2010

www.gachaska.org
952-227-4010
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Items sent home the week of January 19, 2010:

- Dr. Kahn's Featured Article (attachment)
- Scholastic Book Fair (flyer & attachment)
- Catholic Schools' Week Teacher Gifts (attachment)
- Fat Tuesday (flyer)
- Catholic Schools' Week (flyer)
- Catholic Schools' Week Needs (flyer)

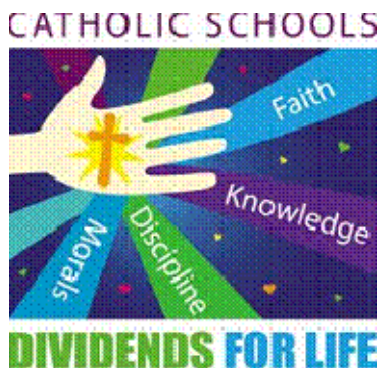
Dear Parents,

I knew it was busy around here in many ways, but when I look at all the info headed home for you, I decided I had better keep my part very short so you can settle in and read just to stay caught up!

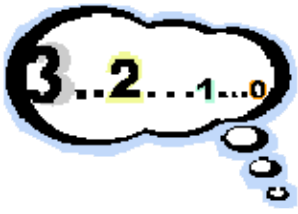
Haiti – We donated our collection from this week's Mass and held our bake sale today with the proceeds going to Catholic Relief Services. You also received a flyer and an email blast from Father Paul about the Benefit Concert on Sunday at 2:00 – Chanhassen Senior High Auditorium. Please join us for that event and in ongoing prayer for the victims. We still have leftover Bake Sale items for sale, tomorrow, Friday, during lunch times. **There will be one final school-wide collection for Haiti. Anyone who brings in \$1 on Monday, January 25th, can wear casual clothing.**

Free the Hikers- Last Friday Diane Hentges, her mother and brother spoke to our 3rd through 8th graders. She is the aunt and godmother of Shane, one of the 3 hikers detained in Iran since last July. They shared Shane's story and that of his 2 friends. Then they asked our students to join many others throughout the Twin Cities area in writing letters to them, hoping the Swiss government allows them to be accepted. You may check out the story yourself at freethehikers.org

PTO - John Schierman will present at 7:00 pm on Feb 11. He expects the presentation to last about 20 minutes, and then have Q/A. Topic: Social Media For Parents - How to Better Parent Teens on Facebook. We will have a PTO Meeting from 6 - 7 pm that evening.



Today you are receiving your trifold brochure answering all questions about our fun-filled week – what to wear each day, what we are collecting each day, and what is going on. Please come to everything you can be part of and especially, Thursday night – showing our appreciation of YOU!!



The Countdown is on...11 More Days until...

Super Sunday Fun Day with a new format including: Open House, Waffle Breakfast, Scholastic Book Fair, Games & Door Prizes!!! It is sure to be a great social time for everyone. WE COULD USE YOUR HELP!!! The sign up for shifts to work the event are online and there are many open slots. We encourage everyone to join in making the event a success on January 31, 2010. **THANK YOU SO MUCH** to all of you who have already signed up. Some families have even signed up for two shifts...we appreciate your commitment to our great school. Lora Hicks

To help with this event, please go to the online sign up located at <http://tinyurl.com/GAOpenHouse>

Please read through everything carefully so you feel informed. Call with any questions and hope to see you all at the Benefit Concert on Sunday!

Blessings,

Nancy Ronhovde

Reminders:

- If you ordered Sabrewear pants, they are due in soon
- Jr. Great Book slips are due by Monday, January 25th (thanks, Jenny Richelsen – please call or email with questions)
- Please get registration materials turned in before the Open House on January 31
- **FACTS Program.** To enroll or re-enroll, please go to the GA website where you will find a FACTS link. For information on tuition assistance, please call Jennifer Salwei at 227-4001.
- This week it is Boxtops!! Turn them in – please, please
- Next week is the last contest – turn in all those Campbell products labels
- Please talk with your children and have them sign up to help with tours, Mass, working SSFD
- Don't be shy – help us host a great variety show on Feb. 4th
- Send us names of GA alumns that you know who are giving back to youth in some way
- Wine Tasting – we are selling tickets in the school office and will be selling at our SSFD/Open House

Middle school boys - Guardian Angels Men's Club needs volunteers for the Annual Beef and Sausage Dinner. Shifts are needed from 10:00 am through 3:00 pm on Sunday, February 14th. It has been a time-honored tradition that the young men in the Guardian Angels Middle School donate there time and talents to this effort by busing the tables. If you can help out, please contact Mike Richelsen at 952 361 9500 or mike_richelsen@yahoo.com.

Thank You's

- To Kris Janey for her Prek donation, and book donation
- To Heather Hessman for the donation of books, and help in the school office
- To Debbie Knudson for her help with Sabrewear and donation to SACC
- To the Sharing/Caring committee for a meal for one of our families ☺
- To Jessica Oberpriller for helping out at the last minute for playground duty
- To Lyn Heiland, Deanna Rosenwinkel, and Annette Hritz for the candy donation

From the Catholic Schools' Week Committee

Lights, Camera, Action!

Haven't you always dreamed of having your name in print? Performing your talent before hundreds of adoring fans?

Our First Annual Family Fun Night Variety Show is just for you!

On Thursday, February 4th from 6:30-8:00 p.m. the GA faculty would like to show their appreciation to you and your family for choosing GA as your school.

Free popcorn and a beverage will be served while you wait your turn to perform, or are just sitting back and enjoying the show!

In previous years, our Talent Show occurred during the school day and many parents and families were not able to come and enjoy the event.

This evening event will take the place of the May Talent Show.

We know our students have many talents that they love to share, but we also hope some of our parents are willing to get up and share one of their talents as well!

There are even some teachers putting together class performances, as well.

Attached to the newsletter is a sign-up form for anyone who wants to perform an act in the Variety Show.

The deadline for reserving a space in our program is **TOMORROW**, Friday, January 22nd.

All families are invited to attend this Family Fun Night Event.

This evening is sure to be a memorable one and fun for all!



Book Fair

Check out the Scholastic Book Fair Homepage which is a link on the GA website at <http://bookfairs.scholastic.com/bookfairs/cptoolkit/publish/ga> for the schedule of events.

PLEASE SEND IN TOMORROW, ALL YOUR . . .



LABEL CONTEST

The 3rd Annual Label Contest has started. Classrooms bringing in the most will win a product prize for the class. Last year some groups enjoyed granola bars, rootbeer floats or pizza rolls. Each classroom is competing against the others so sharing amongst siblings is encouraged.

Tomorrow, January 22nd please send in your Box Tops for Education. The last week, January 24th please send in all of your Campbell products labels.

If family and friends will contribute, let them know what to save and bring theirs in too. See a list of the qualifying products in the attachment.

These corporate sponsored school programs help us to enhance our classrooms and learning centers, thank you for supporting our contest.



Give Kids a Smile

Thousands of low-income children across the state of Minnesota receive much-needed free dental care in February when volunteer dentists and other dental professionals donate their time and resources to provide free care during our annual Give Kids a Smile event.

Give Kids a Smile is a unique program, coordinated and led by the Minnesota Dental Association (MDA). In 2010, free care will be provided on **Friday, FEB. 5, and Saturday, FEB. 6**, to children whose families cannot afford to pay for dental care.

Here are the current Carver County Dentists participating in the free care.

Clients typically call 2-1-1 and go through First Call for Help to make appts but it is good to see local providers. The list will change daily, so please also visit our online posting.

If you have any questions, don't hesitate to call the MDA at 612-767-8400 or e-mail gkas@mndental.org, and more info is available here:

http://www.mndental.org/public_home/about_us/give_kids_a_smile/making_an_appointment_for_your_child/

Additionally, Metro Dental in Chanhassen will be one of the clinics offering free dental to children up to 14 years of age on FEBRUARY 5, 2010. Their phone number is 949-1083.



Bowling – PTO Sponsored Event

PTO would like to invite your family to join us for a community event on Sunday, February 28, 2010. We will be hosting a family bowling session at Louisville Lanes from 3:00 pm to 5:00 pm. PTO is subsidizing the event, so the cost will be \$1.20 per person (which includes 2 games plus shoes). We look forward to sharing this family time with all of you. No unaccompanied children allowed. If you would like to join us, please RSVP by February 15th, to Tracy Huson at Tracy@woodlandhillsmтка.com, or contact her at 952-443-2400.



Lunch Jan. 29

Spaghetti/noodles
Lettuce Salad
Garlic Toast
Fruit



**VOLUNTEERS NEEDED FOR HEALTH SCREENING-ON Tuesday,
January 26th from 10:00-2:00**

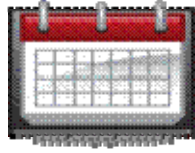
Training will be provided. If you can't volunteer for the whole time slot, please consider a 10:00-12:00 or 12:00-2:00 shift. We need at least 10 volunteers working to be able to function efficiently and finish by 2:00.

If you can help, or if you have any questions, please call the Nurse's Office at 227-4014. Health Screening is fun and provides a great and far-reaching service to our students.



Prayers (Please call the school office with your request)

- For Madison Koebnick who had knee surgery
- For the Vannett's Grandma and Grandpa
- For the families of Haiti
- For Brian Winfield who has been ill



Calendar of Events:

- Jan. 26 – Vision/Hearing Screening
- Jan. 27 – Mass (8th Grade)
- Jan. 28 – PTO Bowling family event
- Jan. 29 – Parent Drive Day
- Jan. 29 – Mount Kato (Grades 5 & 6)
- Jan. 31 – CSW – Open House, Book Fair, Breakfast
- Feb. 1 – **MASS SCHOOL (CSW all grades)**
- Feb. 4 – Terrific Kids photo
- Feb. 5 – 6-9 MS Dance

Lunchroom & Playground Helpers

Lunchroom Playground Playground

Mon	January	25	Kari Bork	L. Link	Terri Rothmeier
Tues	January	26	Stacy Dunlap	Tracy Huson	Jenny Richelsen
Weds	January	27	Janice Dahl	Kris Zupan	Martha Radick
Thurs	January	28	Jenny Richelsen	Tracy Huson	Jen Dowling
Fri	January	29	Teresa Gess	Colleen Crowell	Becky Stacken



Sports Corner

Games this week:

Tonight @ St. Peter's, Richfield

BVG (8th) 5:00 p.m.

Tonight @ Home

BVS (7th) 4:30 p.m. vs. St. Hubert's

GV (7/8th) 5:45 vs. Nativity

Saturday, 1/23

GC (4-6th) 8:00 a.m. @ SACS, Shakopee

BCB (4th) 10:30 a.m. @ St. Michael's, Prior Lake

BCG (5/6th) 11:30 a.m. @ St. Therese, Deephaven

Tuesday, 1/25

GV (7/8th) 5:45 @ Minnehaha,

Volunteer Schedule:

Tonight	<u>Scoreboard</u>	<u>Scorebook</u>	<u>Concessions</u>
4:30	Hidding	Gallus	Karschnia
5:45	Vannett	Knudson	Anderson

Catholic Schools Week Teacher Appreciation Event

With Catholic Schools Week coming up in a few weeks, it's time for us to start thinking about "Thanking" our teachers! Each year the 8th grade class hosts a teacher appreciation luncheon. This year we are trying something a little different and are going to have an event after school on Friday February 12th.

At this event we like to give a "gift of thanks" to all of our wonderful teachers and staff at Guardian Angles. And since this gift is for all of our teachers we would appreciate a donation of \$5.00 from each family, this is not mandatory.

If you are interested, please send an envelope to the school office with "teacher gift" on the front.

Thank you,
8th grade room parents

A Simple (Behavior) Plan

“I tried that. It didn’t work.” Imagine a brainstorming conversation between two parents (or a consultation with a psychologist) about how to either get children to do something or to get them to stop doing something. Often, when one suggests a plan of action, a tone, a privilege, a consequence, a chart or a statement of family values, the response is “I tried that. It didn’t work.” Here is the approach that I have found helpful beginning at that point in time when the parent is feeling frustrated and maybe even a little out of control.

What if you thought the principle goal of the behavior plan is highlighting for your children *what you will do* when they do something you asked them to stop, or when they do not do something they are supposed to do. Depending on many factors (age, gender), your simple behavior plan might include early bed, loss of chauffeuring privileges, extra chores, no allowance, a written paper on a relevant topic, etc. What your plan doesn’t include is the raising of voices or any action on your part that causes interpersonal tension between parent and child.

Let us assume that when you try this approach it does not work, meaning your children do not change as fast as you would like them to change. Please, please, please, think of your plan as a way to protect your connection with your child and as a way to introduce and reintroduce yourself to your child as a loving, forgiving, patient parent. A loving, forgiving parent who will always follow through on what you said you would do in your behavior plan. This is more important than how fast your child changes.

What worries me more than how fast children change are the long-term effects of parents not sticking with their plan and perhaps using words or a tone that convey anger or disappointment. As long as we stick to what we said we would do in our behavior plan, and we use our best loving, forgiving, patient voice, the behavior plan will work and it is already working even before children change.

Perhaps all of the behavior plans when our children are younger lay the foundation for the behavior plans we will need when they are older. You may need to tell your high school child *what you will do* if their grades drop, if they come home after curfew, if they ignore you or speak disrespectfully to you, if they go one

place after they told you they were going someplace else, or do not begin applying to college when you think they should. Your plan might include loss of driving privileges, cell phone given to you when they come home, off a team, volunteering with you at a local shelter, or in extreme cases, your unwillingness to put money towards college if they are not taking their high school career seriously.

Try to avoid the mistake of thinking that the behavior plan is going to change their behavior quickly. Rather, the behavior plan and how we implement it is part of the relationship between us and our children. Ideally, they learn that we mean what we say and that we always follow through. Even if their behavior doesn't change quickly when they are little, they learn that they can depend on us to treat them kindly at all times. This combination of steely determination, 100% follow through and a spirit of acceptance and loving kindness (sometimes referred to as an iron fist in a velvet glove) becomes especially effective with older children. If high school juniors or seniors spend too much time with electronic games, their social life or their Facebook friends, and their grades drop below your family's standard, you want them to believe you if you say that you will only help them with the expenses of college if their high school grades improve. By then, whether your plan works or not will hinge on whether your teenager believes you will follow through.

Dr. Steve Kahn is the author of *Insightful Parenting: Making Moments Count*. Please check www.drstevekahn.com for additional (free) articles about parenting or to learn more about the book, available both in paperback and as an audio book. Please feel free to share this article with others.