

**Guardian Angels School**  
**217 West Second Street**  
**Chaska, MN 55318**  
*February 18, 2010*

[www.gachaska.org](http://www.gachaska.org)  
**952-227-4010**  
**952-227-4050 Fax**

Items sent home the week of February 15, 2010:

- Share the Spirit (attachment)
- Dr. Kahn's featured Article (attachment)
- Lenten Meals (attachment)
- Prairie Fire Theatre grades 2-8 (flyers)

Dear Parents,

**Lent** is our word of the week since our last letter. To those of you who made it to Oakridge Tuesday night for the Mardi Gras wine tasting, you know it was a great celebration to lead into the Lenten season. It is such a great *fun* and *fundraiser*, and we are grateful to Dan Keyport for allowing us to participate. Dan said he would have financial results to us soon.

At the Ash Wednesday Mass, planned by the 6<sup>th</sup> graders, celebrant, Father Thomas Joseph, reminded us about prayer, fasting and almsgiving during Lent, but to add something to that. He asked us to be specific in our praying, fasting or almsgiving – to do those actions for a specific person or intention each day. Each classroom teacher will be providing you and your children with Lenten practices and information to help all of us along our Lenten journey. We also have scheduled 4 gatherings in Church on Fridays at 3:00 – join us on February 26, March 5, March 12, and March 26.

What's coming up? Next Thursday, February 25<sup>th</sup> is the Science Fair for students in grades 4,5,6. Students from advanced Science classes at Holy Family come to judge the projects. Come to check them out. Our students will have the opportunity to receive the Sacrament of Reconciliation during Lent. March 1<sup>st</sup> begins "Census Week" at GA – we will be completing some in school census activities, so we will keep you posted. It seems hard to believe, but the second trimester is drawing to an end – March 5<sup>th</sup> is the final day. Report cards will be finished and mailed on March 12<sup>th</sup>. March 17<sup>th</sup> is the Honor Roll Breakfast for our MS families. Look for Mrs. Gallus' note on Prairie Fire Theatre, a yearly favorite highlight coming the week of March 15<sup>th</sup>. And Spring Parent/Teacher conferences. We made some changes this year and will use the advantage of being a small school to arrange conferences for **all students**. Whether you are examining growth during this kindergarten year, want to see where your 8<sup>th</sup> grader stands as he/she heads off to high school, or learn what you can do for your child during a 2 week break or summer vacation, you will be given the gift of a conference. Conferences will be held from 4:00-8:30 on Thursday, March 18<sup>th</sup> or Tuesday, March 23. Sign up online will be available soon.

The 8<sup>th</sup> grade trip to Washington D.C. is taking form and things are getting exciting as the planning progresses. This year's crew has finished making their trip payments and as you know, those payments are big. Because of that we work each year with parents who plan and lead in some fundraising ideas. Some of you have joined us at Culver's when some of our students help out and we receive proceeds from the evening's sales to help reduce trip expenses. That opportunity is now being continued by our 7<sup>th</sup> graders so they can begin banking funds for their trip. Can you help us? Just come to Culvers in Chaska on Tuesday, February 23<sup>rd</sup> from 5-8:00 p.m.

! Please see the note from Beth Melander about this year's Spring Fling – coming on Saturday, May 1. It may seem like a long time away, but is coming up sooner than you think! There is also a meeting this Sunday at 6:00 to discuss AngelFest 2010 and generate ideas to make it even better than this year. Mark your calendars for September 25<sup>th</sup>, and come Sunday to give your input – all are welcome.

Speaking of calendars, we received the calendar from ISD#112 for the 2010-11 school year. We are personalizing that calendar for GA School and will have it for you next week. And we are also planning for a full house of summer activities here at GA – watch for that booklet coming soon and find the activities that are of interest to your child.

**Thank yous:**

- To the following parents who hosted and served a wonderful appreciation reception for the Parish and School staff last Friday: Kristen Vidmar, Dave and Terry Schepers, Mike Richelsen, Sarah Baker and Beth Melander
- To the 8<sup>th</sup> grade parents who made and delivered food for the event
- To Dan Keyport of Dolce Vita, for inviting GA to be part of his Mardi Gras wine tasting
- To Colleen Crowell, Lisa Aberle, and Kris Schliesman who coordinated the celebrations for the winning classes for Boxtops, Kemps caps and Campbells labels
- To Lora Hicks for her donation

If you have not yet sent in your registration for next year, please do so soon –deadlines for tuition assistance are set and staffing needs must be determined. If you know of others who are undecided or considering GA, please have them contact us for more information or to have a tour. Remember, we provide “dividends for life.”

God bless you on your Lenten journey,

Nancy Ronhovde

## Lunch Menu Changes

Feb. 19

Grilled Cheese  
Tomato Soup  
Veggies & Dip  
Fruit

Feb. 24

Oven Baked Chicken  
Baked Potato  
Roll  
Fruit Choice  
Dessert

Feb. 26

Shrimp Poppers  
Cheese Stick  
Oven Potatoes  
Roll  
Fruit

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### Guardian Angels

Join us! After a winter like this one, it's time to thaw out those winter blues. Join us for "Night on Fire" from 7 to 11 p.m., Saturday, March 20. Celebrate with Holy Family parents, alumni families, supporters and friends for a night on the town at the **Hilton Minneapolis' Symphony Ballroom** with a full array of cocktails, a first-class hors d'oeuvre supper, and dancing. Reservations are \$100 a person, and tickets also include a "Light the Fire" cocktail, gratuities and valet parking. Attendees are offered a preferred "Night on Fire" Hilton rate of \$69 for room reservations for the evening. (Contact the Hilton at (612) 376-1000.) Tickets may be purchased online at [www.hfchs.org](http://www.hfchs.org). Questions? Contact Jenny Richelsen at [jennyrichelsen@comcast.net](mailto:jennyrichelsen@comcast.net)

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**WOW!! Back-to-School Shopping Made Easy!! No Crowds!! No Shopping!!**  
PTO is happy to announce that we have chosen to participate in the School Tool Box™ program for the upcoming school year. The School Tool Box™ will come with the teacher-approved school supplies your student requires and will include trusted brand names like Elmers and Crayola. Because the shopping is done for you, the School Tool Box™ saves your precious time. No more running from store-to-store searching for those hard-to-find items in the back-to-school crowds. You pay for the School Tool Box™ when you place

your order and it is ready and waiting for your student at Back to School Night in September.

We will be sending order forms home with your student soon. Please complete one order form per student and return them with your payment by the deadline.

### Pictures from Staff Appreciation Party Last Friday

We have some wonderful pictures from the staff appreciation party from last Friday which will be posted soon on the GA website. I didn't attach them to the newsletter this time, as the pictures take up too much space, and I usually receive many emails that families didn't receive the newsletter, so I end up sending without the pictures again. Thank you to everyone again for the wonderful celebration and your generosity!! We are all truly blessed to be a part of such a wonderful school and parish community. *Mrs. Reznick*

### Lenten Meal

GA will be having Lenten Soup and Sandwich meals on the following Fridays (Feb. 26, Mar. 5, 19 & 26) during Lent Serving from 5:30 p.m.– 6:30 p.m. (see attached flyer). Print out and give to a friend, neighbor or relative. The meal is followed by Stations of the Cross and a Lenten Presentation at 7:00 p.m. in Church. All are welcome! Thanks!

*The 2010 Spring Fling Committee is well underway in preparations for May 1! However,  
WE NEED YOUR HELP!*

*They are many opportunities to get involved behind the scenes! This is not a financial commitment in any way, your time, talent and maybe a connection or two?!!?*

*Do you work for a company or know someone that would donate an item  
for the silent or live auction?*

*Are you available during the school day to come and assist our creative  
team to put auction items together for display?*

*Would you be willing to help transport auction items to the Minnesota Landscape  
Arboretum on Saturday, May 1st or come and assist in the decorating  
of the auction and dinner tables?*

*We have many more volunteer opportunities!*

*Please contact Beth Melander for further information:*

*[bethmelander@msn.com](mailto:bethmelander@msn.com)*

*952-443-0632*

*Please keep in mind, by eliminating Super Sunday Fun day, we eliminated the  
volunteer/donation requirement.*

*Consider Spring Fling as the replacement for your school responsibility*

### **It's Prairie Fire Theatre time!**

**It's Prairie Fire Theatre time!** All students in grades 2-8 are invited to participate in this year's PFT production: "Snow White and the Seven Dwarfs". PFT week at GA will be March 15<sup>th</sup> to the 19<sup>th</sup>. Students are required to be at **all** rehearsals. Permission forms are coming home with your student today. Please fill out and send back to school by Tuesday, March 9<sup>th</sup>. We can have 73 students in the cast, so if we have more than that number interested, we will have to start a waiting list, so don't delay in returning your form. This is a wonderful, **FREE** opportunity provided for GA students to gain a live theatre experience. Help support this program by not only signing your child up to participate, but also plan on inviting friends, neighbors and relatives to attend one of the performances on Friday, March 19<sup>th</sup> at 1:30 and 7:00—more details to come! Any questions, please call Mrs. Amy Gallus at 952-227-4032.

Great news! Dale Riley, owner of Fresh Seasons Market, has decided to add another prize level to the Share the Spirit program. Now four schools have the chance to win a cash donation from Fresh Seasons Market! The new prize levels are as follows: 1<sup>st</sup> place - \$3,000; 2<sup>nd</sup> place - \$1,500; 3<sup>rd</sup> place - \$1,000, 4<sup>th</sup> place - \$500. As of Friday, February 12, 2010, Guardian Angels is in 2<sup>nd</sup> place, behind Victoria Elementary. We are at \$3,983 and they are at \$13,556. Thank you for your participation!

Next week begins our Pennies for Patients Campaign. This is a special campaign sponsored by the Leukemia & Lymphoma Society. The Penny War portion will run from February 22<sup>nd</sup>-March 5<sup>th</sup>. All classrooms will have buckets outside their classroom doors in the morning. All pennies count as positive money in the "war" and all silver/bill money count as negative in classroom totals. Send in those pennies to help your classroom, or bring in all your silver change to penalize an opposing classroom!

In addition to the Penny War, we will also have a special event to generate funds. During the 2<sup>nd</sup> week of the campaign (March 1-5), during lunch time, students will have the opportunity to buy chances on 3 items. They can choose to put their name in a drawing for a \$25 Target gift card, \$15 Rex Theater gift card, and a 3<sup>rd</sup> choice called "Mystery Bag" (which has at least a \$10 value, but its identity will remain a surprise). Each chance is a \$1. No limit on the number of tickets a student may purchase! Last year, we collected over \$1100 for Pennies for Patients. Let's do it again! Mrs. Amy Gallus & the Middle School Service Club

## **Holy Family Catholic High School 2009-2010 Second Quarter Honor Roll**

During the second quarter of the 2009-2010 school year at Holy Family Catholic High School in Victoria, 416 students earned placement on the school's academic honor roll lists. Of these 416 students, 149 were placed on the President's List by earning GPAs of 3.8 or higher; 131 were placed on the Principal's List by earning GPAs of 3.446 – 3.799; and 136 were placed on the Honor Roll by earning GPAs of 3.0 – 3.445. Guardian Angels graduates are listed below:

**President's List 3.8 – 4.3** Rachel Baker, Steven Guillemette, Ben Johnson, Samantha Keyport, Madison Miller, Elin Pool, Dan Renfro, Samantha Renfro, Alex Richelsen, Jake Richelsen, Allisa Tufto

**Principal's List 3.446 – 3.799** Mackenzie Braden, Leanne Forner, Alejandra Redwing, Margaret Renfro, Katie Schepers, Erin Schliesman, Krista Stanoch, Nathan Stanoch

**Honor Roll 3.0 – 3.445** Carolyn Collins, Ryan Dahl, Mackenzie Healy, Andy Hentges, Matthew Pohlen, Brian Radick, Josh Radick, Cortnie Schierman, Jack Schliesman

## **Adopt a Game Program**

Join our "Adopt a Game" program. If you attended AngelFest or the recent Waffle Breakfast event you may have noticed that some of our kid's games that we have on hand are looking a little "tired and worn". We are looking for people willing to "adopt a game" to repair and freshen up. Some games just need a fresh coat of paint while others could use some maintenance work. We could also use "handy" people that would be willing to construct a new game or two that we could introduce at one of our events next year. If you are willing to help out in this area please contact Lora Hicks [lorahicks@comcast.net](mailto:lorahicks@comcast.net) or 952-361-6527. THANK YOU!

## **\*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 15<sup>th</sup>, to Tracy Huson at [Tracy@woodlandhillsmтка.com](mailto:Tracy@woodlandhillsmтка.com), or contact her at 952-443-2400.

**Prayer Corner**

- For Allen and Collin Jones their great grandmother passed away
- For Marilyn Wassink, Aunt of Eatons, Stanochs, and Hansels who passed away

*Calendar of Events:*

Feb. 23 – SAC  
 Feb. 24 – Mass (Grade 7)  
 Feb. 24 – 1:00 Reconciliation Grades (2-5)  
 Feb. 25 Science Fair – viewing 4:15-5:15 pm  
 Feb. 26 – 3:00 Stations  
 Feb. 28 – PTO Event-Bowling  
 Mar. 1 – Census Week  
 Mar. 3 – **LATE START DAY 11:10**  
 Mar. 3 – 1:00 MS Reconciliation  
 Mar. 5 – End of Tri II  
 Mar. 5 – 3:00 Stations

**Lunchroom & Playground Helpers**

Playground			Playground		Lunchroom
Mon	February	22	Kari Bork	Cecilia Luft	Carla Shermock
Tues	February	23	Stacy Dunlap	Cecilia Luft	Dan Willis
Wed	February	24	Janice Dahl	Wheelock/Zattoni	Tina Holmstadt
Thurs	February	25	Jenny Richelsen	Greg or Lori Osterdyk	Pete or Debbie Nolan
Fri	February	26	Debbie Knudson	Terri Rothmeier	Chris Schepers

**Sports Corner**

**Baseball/Softball**

Thank you to everyone that turned in registrations for our 2010 season.

**Basketball**

In the next two weeks we will be wrapping up the season. If you can, please come out and cheer on our teams. Your support is greatly appreciated!

A Few Reminders for Players & Parents:

- Please do not walk on basketball courts with wet street shoes
- Players & Siblings should not bring their own basketballs to games
- Parents should supervise their children at all times

Thank You!

**Upcoming Games:**

Tonight 2/18

BVG (8<sup>th</sup>) @ Blake 5:45 p.m.  
BVS (7<sup>th</sup>) @ St. Therese 5:45 p.m.  
BCG (5/6<sup>th</sup>) @ HOME 6:00 p.m.

Saturday, 2/20

GCG (4-6<sup>th</sup>) @ St. John's Savage 9:15 a.m.  
BCB (4<sup>th</sup>) @ St. Therese 10:15 a.m.  
BCG (5/6<sup>th</sup>) @ IHM 10:30 a.m.

Tuesday, 2/23

GV (7/8<sup>th</sup>) @ St. Hubert's 4:30 p.m.  
BVS (7<sup>th</sup>) @ Nativity 5:45 p.m.  
BVG (8<sup>th</sup>) @ Blake TBD

Wednesday, 2/24 @ HOME- TENTATIVE

GV (7/8<sup>th</sup>) vs St. John's Savage 4:00 p.m.  
BVG (8<sup>th</sup>) vs St. John's Savage 5:15 p.m.

\*Playoffs\*

Boys Cub Bronze (4<sup>th</sup>) on Saturday, 2/27.

All other teams: Monday, 3/1, Tuesday, 3/2, Thursday, 3/4 & Monday, 3/8. Games are played by single elimination. Schedules will be out next week.



# SHARE THE SPIRIT

## Join Fresh Seasons Market, Victoria in Helping Area Schools Earn Money with Share The Spirit!

Fresh Seasons Market is offering your school an opportunity to earn money by participating in a promotion called Share the Spirit. By participating, your school can win cash prizes for programming and/or equipment simply by asking you to save your Fresh Seasons Market (FSM) receipts. Your school is participating free of charge. Each dollar spent at Fresh Seasons Market in Victoria during the promotional period will earn one point (\$ 1=1 point). See details below.

1. Save your Fresh Seasons Market receipts dated February 1 - April 30, 2010.
2. Drop your receipts in the Tally Boxes located by the store exit.
3. Each dollar spent at Fresh Seasons Market during promotional period will earn one point (\$ 1=1 point) for your school.
4. Receipts will be totaled weekly and results posted on the Tally Board located in the front of the store.
5. At the end of the promotion, the **four** schools with the most points will be awarded cash prizes from Fresh Seasons Market.

1st Place: \$3,000

2nd Place: \$1,500

3rd Place: \$1,000

4th Place: \$500



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### Feeling Less Burdened

There are moments when parents let their guard down, either in counseling or in the middle of a parenting talk and say something like: “I’d like to be able to parent in a calm and patient way but I’m just not wired like that.”

What does that mean, “not wired like that”? Do certain parents think their inability to stay calm, forgive instantly, and discipline with reassurance instead of anger has something to do with their genetic makeup? And if it doesn’t have to do with their wiring, what does it have to do with?

More likely, it has to do with the burden parents feel to get everything right. Everything! Children should never fall behind in school, never be disrespectful, always get along with their siblings, and never have friendship problems. And the list goes on and on without end. I believe that more than any other single factor, it is this *self-imposed, unrealistic burden that makes it hard to parent in a calm and patient manner.*

The first step towards parenting the way we promise ourselves we will when our children are not around, is to learn how to feel less burdened by the responsibilities of parenting. Start by rethinking what constitutes the burden. Do you have unrealistic expectations about how your children are supposed to act at their ages? Do you believe they should “change on a dime,” never repeating their mistakes, rather than accepting that children (and adults!) change slowly.

Parenting is definitely an enormous responsibility. But that only makes it more urgent that we learn how to feel less burdened by its enormity. How our children turn out has more to do with how we respond to them than what we are responding to. How do we sound when we give a consequence? Are we constantly nagging and reminding? Do we get more and more impatient when they make the same mistake over and over again?

But there is a way to feel less burdened. In fact, an important part of working with parents is teaching them how to identify the components of the perceived burden that actually comes from stress they carry needlessly. For example, if parents of 4<sup>th</sup>-graders panic when assignments are done poorly, or when 7<sup>th</sup>-graders roll their eyes in a disrespectful way, they are creating needless stress by panicking. If parents remember that 4<sup>th</sup>-graders are allowed to struggle for a while as they learn the skills required to become a successful student, and that 7<sup>th</sup>-graders almost always go through a time of inflated grandiosity, they will feel less of a burden and be able to handle the challenging moments calmly.

Fourth-graders can lose the privilege of being driven places until they are all caught up and 7<sup>th</sup>-graders can lose their right to practice with their team until they find their lost manners. The point is our children need us to be unburdened by needless stress. *Let us only feel burdened by the standards for our own behavior.* It is unnecessary for us to need our children to be better than they can be. May we learn how to think about parenting in a way that allows us to be calm, patient and forgiving at all times, especially when our children are making mistakes. That is the only way we will be able to see the moment clearly, find the teachable moment, and help them learn what they can from their mistake.

Let's hoard our psychological resources. Our children need us to not get worn out, not be at wit's end, and not act as if we feel the world is ending. Try to remember that all that is happening is that our children are acting like children. They are works in progress, learning the best way they can, by making mistakes. It does not mean that there is anything wrong with our parenting when our children make mistakes. As long as we handle ourselves with calmness and inner strength, they will gradually learn from the privileges lost, consequences given, and from our forgiving tone, gentle presence, and from our successful protection of the connection.

Dr. Steve Kahn is the author of *Insightful Parenting: Making Moments Count*. Please check [www.drstevkahn.com](http://www.drstevkahn.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.