

Guardian Angels School
217 West Second Street
Chaska, MN 55318

www.gachaska.org
952-227-4010
952-227-4050 Fax



Parent Drive Day TOMORROW – March 26th ISD# 112 does not have school, but GA does. No Koch or Positive Connections Bus

All morning drop offs in the front of school. In the afternoon, if your last name begins with A-L pick your child/ren up in the front of school. If your last name begins with M-Z pick up is in the back gym. Parents please send a note if someone else is going to pick up your child/ren.

Items sent home the week of March 22, 2010:

- Dr. Kahn's featured articles (attachments)
- Holy Family football camp (attachment)
- Felicities Close out sale (attachment)
- Bulletin "spoiler"

March 25, 2010, The Feast of the Annunciation

Dear Parents,

Read now before this letter gets put on the back burner with Spring break around the corner! Father Paul has a bulletin "spoiler" for you because many of you will be gone for the break. Please read it carefully and prayerfully consider its contents.

For our students, we come to the end of their Lenten journey. This week contained many special practices for the students. The third graders planned Mass for us, doing a very nice job, and Father Paul delivered a very relevant message to them about doing their part helping out with family life. Moms who meet after Mass on Wednesdays, led us in the Rosary following Mass. It may be a good time to find those rosaries your child received at First Communion time, have them explain the prayers, or you help them, and be ready for May, which is a month to honor the Blessed Mother. During Mass we collected the folders for the Holy Childhood Association and brought in over \$125.00 for children in poverty. On Friday, we end our Lenten time with the students with living Stations of the Cross, prepared by the 8th graders, and with the conclusion of the Pack-Up-A-Pickup Food Drive, sponsored by the 3rd graders.

Prairie Fire Children's Theatre and its production of Snow White and The Seven Dwarfs was a royal treat! The Directors were wonderful, our student cast was terrific, our stage and make up helpers did a superb job, and the coordinators (Mrs. Gallus and Mrs. Karschnia) kept it all together. What an absolutely wonderful experience for our students! Watch for Spring Fling news because –do we have a deal for you! I hope we never, ever have to charge participants for PFT because I think it is a valuable opportunity which should be

open to everyone who wishes to try their hand in drama, and all the life skills that come with performances. Yet, as you have been reading about our financial picture, add to that our lower enrollment, and I find it hard to keep as a budgeted item. So, the teachers and I were wondering if that wouldn't be a great \$2,500 investment some parents chose to make at the Spring Fling?! I can tell you as of today, our next performance will be the week of March 14, 2011 and will be a brand new play – Sleeping Beauty. Think about investing in that!

Let me fill you in about the next 2 weeks. It is almost unfortunate that our break falls at Holy Week. Many people plan vacations during that time away from school, yet it is the holiest week of the year and has beautiful liturgies, especially during the Sacred Triduum. I already looked at next year, and the two events are separated by 2 weeks. Holy Thursday Mass is held in the evening and commemorates the Last Supper and the joyful institution of the Eucharist. Good Friday, of course, has several types of celebrations of the Lord's Passion and Death. The most joy filled of all is the Easter Vigil. I hope you are able to participate as a family in some or all of those truly glorious liturgies – they comprise the whole of our faith and are rich teaching moments for your children.

As you may remember, the week after Easter is when the National Catholic Education Association Convention is here at the Convention Center in downtown Minneapolis this year. So that all of our teachers and administrators are able to participate in the many educational sessions, Archbishop Neinstedt has asked our schools to be closed. This is valuable professional development and networking time for the educators in Catholic schools. The Convention is Tuesday, Wednesday and Thursday. Teachers will convene at school on Friday to share how we may use their learning and materials to enrich the education we offer your children. We take this work very seriously and ask for your prayers that we may take from it what we need to improve our teaching. So, when Monday, April 12th rolls around, be ready to hit the ground running for the final stretch of the school year and all the events still to come!

Before you head out of town or relax too much, make sure you complete your Census and mail it back. It doesn't take much time at all. We gave an electronic survey here at school for the students to have the experience and discuss how surveys can be used. What did we learn? 56% of our students are male, the majority of you live in the City of Chaska, 94% of our families have at least 1 computer at home, and dogs were the most frequently named pets!

You will see from Sherrill Van Pelt's letter attached that Felicities will be no more. Donald's has always carried our school uniforms also, and we are in conversations with them. You will be hearing more very soon.

Thank yous

- To the parents who prepared meals for the teaching staff during parent/teacher conferences both Thursday and Tuesday evenings
- To both parents and teachers, for the preparation and planning and time to meet each other and discuss our most important resource, our children (if you weren't yet able to connect, please contact your child's teacher ASAP- we are almost at 100%)
- To the Van Pelts who have handled our school uniforms for the past 3 years and did it so well
- To John Schierman for his Facebook presentation and the parents who attended
- To Michelle Godzak for the two new coffee Thermos'
- To Heather Hessman for her extra help on the playground
- To Mrs. Anne Fredrickson Children's author who came to our school. If your children enjoyed her presentation, and would like a signed book, please email her at whitebarnbooks.com
- To Lisa Aberle for the Duncan Doughnuts coffee for the staff

Have a very blessed Easter and enjoy this extended school break!

Blessings,
Nancy Ronhovde

Reminders

- Spirit/casual wear tomorrow ☺
- Please ask your grandparents/active older adults to the senior luncheon hosted by the GA Middle School Service Club before the Spring Concert on April 22nd. Lunch will be served at 12:00 noon, please RSVP to school office by April 19th.

Congratulations

- Congratulations to the following 3 classrooms who brought in over \$100 each total and earned a Bronze Champion Pendant courtesy of the Leukemia and Lymphoma Society: Mrs. Becker's 3rd grade, Mr. Leach's homeroom, and Ms. O'Donnell/Mr. Jones' homeroom Display your pendant proudly ☺ and thanks again for all the support of this fund drive. Our school collected \$1,044.00.

Prayer Corner

- For Ryan Dahl (a GA Alum) who had reconstructive surgery on his right shoulder. Prayers for a speedy recovery.

Heartwarming Story

Here is a very heart warming story that happened Friday night at Prairie Fire Theatre: A little 3 year old came to the play who is going through chemotherapy right now. She loves princesses and came to the show dressed in her Snow White dress. Mrs. Gallus asked her if she would like to meet Snow White and then ran and got Paige Nault (our Snow White), and we snapped a photo of the two Snow Whites together. Very sweet!! Her mom shared that they have applied for a Make-a-Wish grant for her to go and see the princesses of Walt Disney, but how special it is to come see Snow White at GA. During the performance, she kept inching closer, and closer to the stage, and got so close she was in front of the Townspeople seats. You could tell she was enthralled with the show.

Lunch Changes-TOMORROW

Shrimp Poppers
Cheese Stick
Oven Potatoes
Wheat
Fruit

From Mrs. Scott

If anyone has a contact or knows of a store/person who would be willing to donate sample wallpapering books for art projects please let me know ☺

This message is being passed on to our parents-Community Message has been issued by the Hennepin County Sheriff's Office

With schools out for spring break, Hennepin Co. Sheriff Rich Stanek reminds parents to keep kids away from thin ice.

Some school districts have spring break this week and others have scheduled vacation days in the coming weeks. When children have more time on their hands, they may explore lakes and other areas with water. Please ensure your children stay off of partially-frozen bodies of water.

The Hennepin County Sheriff's Office warns that with recent rising temperatures, ice on area lakes is very dangerous. With warmer temperatures and run-off from streets and yards - ice along the shoreline is rapidly thawing and there are areas of open water. A dusting of frost may give thin ice the appearance that it is safe when it is not.

Remember to keep your dog on a leash this time of year. The Sheriff's Office Water Patrol responds to incidents involving pet owners who put themselves in jeopardy chasing a dog that wandered onto thin ice.

On Lake Minnetonka, there have been a few late season anglers on the ice in recent days. Ice conditions are considered unsafe and ice fishing is not recommended at this time.

The 2009-2010 winter season has been safe on Hennepin County waterways. The Sheriff's Office Water Patrol Unit reports there have been no significant injuries and no deaths in Hennepin County related to someone going through the ice.

From Third Grade

Hi. We're from the Third Grade and we would like to ask for your help with the spring food drive here at Guardian Angels. The food drive is going on right now with food to be picked up this Friday, March 26th. Please bring any items that will not spoil such as: canned or boxed food, diapers, baby wipes, and soap. Your parents may also bring items with them to conferences. The items will be picked up at G.A. on Friday, March 26th. We will come to your classrooms to pick up the food on Friday morning.

This is a wonderful way to help those who are not as fortunate. Thank you for your generosity! Mrs. Becker 😊



School Tool Box Kits

By now you should have received the order form for your child's school supply kit for next year. Order forms are due April 16 to the School Office. G.A. gets \$\$ for every order placed. Avoid the back to school hassles and utilize the convenience of the School Tool Box Kits! Take advantage of this voluntary opportunity today!

Lunch Checks

Please include your child's name(s) on your check so we know what account to apply the lunch money.

Thanks.



Share the Spirit

We have moved into second place in the Fresh Seasons Market Share the Spirit program! We are trailing Victoria Elementary by \$33,100.

Culvers

Guardian Angels 7th grade students will be working at Culver's to earn money for their Washington D.C. trip next year. Please give yourself a nice night out and support the seventh graders at the same time by eating at Culver's in Chaska on Tuesday, April 13th from 5:00 to 8:00. Thank you for your support!

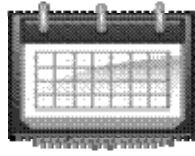


*Don't miss out on the early bird pricing! Send in your
RSVP or register on-line before April 5!
Be sure to check out the Spring Fling
information featured on the GA website!
New updates are added often.
A big thank you to all the families that have
contributed to the grade level auction items!*



APRIL SHOWERS OF MUSIC

THE SPRING CONCERT will be held on April 22nd, 2010. Grades Kindergarten, 2nd, 4th, Angel Rock Choir, both bands and Group X and Z will be participating in the concert. We will be presenting a variety of different works. The concert will be presented at 1:30 and 7 p.m. in the gym. Dress for the Thursday afternoon concert will be dress uniform. Dress for the evening concert is Sunday best. Kindergarten students will need to choose a career that they would like to be and put it over their dress clothes. It can be as simple as wearing a hat or a prop that can go along with the job. For the evening concert students will need to wear dark or Khaki uniform or dress pants with a nice shirt or blouse. **Please no jeans. Dark skirts or dresses are acceptable for girls. Middle School Boys will need to wear a shirt and tie.** If you need a tie please contact Ms. O'Donnell and if you have extras that you can loan it would be appreciated too. Students will need to be in their classrooms at 6:40 in order to have the concert start on time. They will need to leave their coats or jackets with you as they will not be allowed back up to their classrooms at the end of the concert. If you have any questions, or are interested in helping out, please call Theresa O'Donnell at 952-227-4035 or at todonnell@gachaska.org



Calendar of Events:

- Mar. 25 – Author Presentation
- Mar. 25 – 12:-6:30 Prek conferences
- Mar. 26 – **Parent Drive Day AM/PM**
- Mar. 26 – 3:00 Stations of the Cross
- SPRING BREAK BEGINS ☺**
- April 12 – School Resumes
- April 13 – Fieldtrip (Gr. 4 & 7)
Feed My Starving Children
- April 14 – Communion Service
- April 15 – MAP testing begins

Lunchroom & Playground Helpers

			Lunchroom	Playground	Playground
Mon	April	12	Heather Hessman	Jodee Korkowski	Barb Winfield
Tues	April	13	Jen Dowling	Lisa Aberle	Jeanne Karschnia
Wed	April	14	Vannett	Kristen Vidmar	Anne Hajek
Thurs	April	15	Nancy Tufto	Tracy Huson	Sarah Baker
Fri	April	16	Barb Winfield	Amy Pohlen	Kris Janey



Sports Corner

Varsity Softball

Game schedule coming soon!

Felicities

Going out of business sale

50% off all items in stock through Saturday May 1st, 2010

Felicities is closing so we are offering all items we have in stock at 50% off our regular prices

Open House

Saturday May 1st 1:00 - 5:00

If the open house times do not work, please contact us to set up a time or to place an order.

We appreciate all your support over the past three years and hope you can take advantage of these great prices.

Paul and Sherrill Van Pelt
(612)-250-2179 or email sherrillvp@gmail.com

2393 Ellsworth Ct
Chaska, MN 55318

**Weston Ridge Subdivision is located south of Pioneer Trail on Audubon Road or north of Engler on Audubon Road.

Mother's Day Sale

For subscribers only, and only from the website (www.drstevekahn.com) Dr. Kahn's book is 40% off with free shipping. Just enter this coupon code, *KAHNVERSATIONS*, before you enter your payment information.

Phoenix School Counseling, LLC
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Chemical Education Specialists

Lee Soderlind, B.A., LADC

Gayle Knopik, M.A. LADC

Counselors

Katy Berglund, M.A.

Sara Belleau, M.A.

Jessalin Karsnia, M.A.

Counselors

Mary Oppegaard, M.A.

Pamela A. Anderson, M.A.

Tami Langlois, M.A.

Deanna Lilienthal, M.A.

Molly Fischer, M.S.E.

Counselors

Rebecca Lunderby, M.A.

Ana Carter, MBA

Paul Gasner, M.A.

Heidi Wessman, M.A.

Sarah Kelly, M.A.

Allowing Temporary Victories

Twice this week, in meetings with parents about their children's behavior problems, I found myself encouraging the parents to allow their children a temporary sense of victory. The first parent was dealing with chores; the second with rude backtalk. Both parents were aware that their angry words ("Don't you dare talk to me like that!") and worried tone ("How will they ever learn about cooperation and responsibility if I don't get them to empty the dishwasher this minute.") were not helping.

The "Insightful Parenting" approach asks us to look for what to teach in all the moments of childhood, including the ones we wish weren't happening, and to protect the parent-child connection at all times. These two parents were trying to get their children to change immediately and were getting so frustrated themselves that their well-intentioned attempts to help their children learn and grow were making things worse rather than better.

Here's where the idea of allowing children to temporarily feel as if they are getting away with something can help. Certainly children shouldn't talk disrespectfully to their parents, but if we're not careful and if we respond harshly in the heat of the moment, then we are simply talking to them disrespectfully trying to get them to stop talking to us disrespectfully. But if we feel ourselves getting hot under the collar and about to handle things in a way we may later regret, we can say something kind ("Not my favorite thing when you talk

to me like that,” or “that hurts my ears”) and put our energies into staying calm and collected. We treat them better than they deserve, better than they are treating us, and we make them dinner. They may gloat or feel as if they got away with something, but later, at a time of our choosing, when we are breathing in and breathing out, we can sit down with them and tell them they are going to miss their friends or their favorite electronic game or the privilege of being driven places for a week or two. And we will continue to help them with the important work they are doing: learning to speak to their parents in respectful ways at all times.

The other parent was parenting during the witching hour. Everyone had recently arrived home from work and school, dinner was being made, the table needed to be set and the dishwasher needed to be emptied. Sound familiar? Of course it does. Who hasn't had a few too many demands on us when we ask a child to do just one thing (“I ask you to do one thing and you have to make a federal case out of it.”) and they fuss, pretend they don't hear us, or tell us they will do it in a minute. If we believe we need to get them to empty the dishwasher right then, we may get ourselves twisted in a knot. If we empty it ourselves, it will probably take less time and certainly less emotional energy than trying to get them to cooperate at that particular moment. Later, again at a time we choose, we use our kind, loving, adult voice, and let them know that children don't get to pick and choose what chores they do and when, and that when parents have to do their children's chores, their children lose their allowance, are taken off a team, or can't have friends over. Really, whatever you decide is an appropriate consequence.

The hard part isn't the consequence. What is difficult is staying calm and having faith that our children will learn more about respect and cooperation if we allow temporary victories. We can treat them in the same loving and respectful way when they cooperate and when they don't and we don't have to worry about the hour or two when they think they got away with something.

Dr. Steve Kahn is a psychologist in St. Paul, Minnesota and the author of *Insightful Parenting: Making Moments Count*. Please check www.drstevekahn.com for more (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.

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When Little Words Take on Big Meaning

There are words that grow tiresome and words that keep us healthy during impossibly difficult times. And sometimes they are the same words.

A friend of ours died a few months ago at the age of 53 after fighting an impossibly aggressive cancer for three years. Every time we were with him during those three years, before and after treatments, waiting for test results, after receiving dreadful news, he would always say, “Life is good.” For those of us who continue to mourn his loss, that phrase is now connected with him and his ability to see that even the worst day of life is a good day.

There is a line in a song by Peter Mayer that reminds us that even though there doesn’t seem to be anything miraculous about seeing a sunrise, we realize it is miraculous if we find out we don’t have many more sunrises to see. Now, since these articles are about parenting, I am going to suggest a new cliché that may grow tiresome but may also keep us healthy during impossibly difficult times.

Parenting is good.

In the same way our friend knew life was good during his last three years we can learn to remember that every parenting moment is a good moment. Though it is easier to see that parenting is good when children are well-behaved, excelling in academics, and enjoying terrific friends; parenting is also good during the times when children are struggling with impulse control, decision-making, underachieving or feeling lonely.

What do you say to yourself at the challenging moments of parenting? Whatever it is, it will affect how you feel and how you handle yourself. This is never clearer than in therapy. Imagine back-to-back sessions with families dealing with similar challenges, perhaps unappreciative children who conveniently forget to do their chores and complain when reminded. The parents in the first session say to themselves, “This is awful,” “How

dare they treat me like this,” or “I better nip this in the bud.” Parents get themselves so worried and agitated that they handle themselves in a way that makes things worse rather than better. The parents in the second session reassure themselves by saying, “Parenting is good.” There is certainly work that is needed. The children have to be taught about the importance of hard work, respect, and that the world does not owe them anything. That is exactly what makes even the most challenging parenting moment “good.” They are still here with us and we still have the power of our connection with them, power of our words to teach values and the leverage of privileges and consequences to change their behavior over time.

One mother (who freely admitted that she was not working the “parenting is good” program, asked me how she could possibly stay calm and loving when her children were being impossible. I tried to reassure her that she did not have to worry about rude backtalk, disappointing grades or ignored chores. They were nothing more than opportunities to teach what children need to learn. As she stared at me in disbelief she said that she thought motherhood was getting them to stop talking back, making sure they got good grades and insisting that the chores get done.

That is when I thought about our friend’s ability to appreciate the uncomfortable days as well as the pleasant ones. Parenting is good even when it is hard. *Motherhood and fatherhood is not how our children are being, it is who we are at those times.* And yes, it is hard to be at our best when our children are at their worst, but that is what we must focus our energies on.

Try welcoming the challenging times into your family life. Say to yourself, “Parenting is good,” or “parenting includes this.” Or say to your child, “We’ll get through this together,” or “This is the kind of mistake that children your age make,” or “I forgive you and you are going to miss your friends,” or “With these kind of grades you are off the team,” or “I had to do your chore so I am not going to drive you anyplace for a week.” Then, give them a hug and make them dinner.

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.