

Guardian Angels School
217 West Second Street
Chaska, MN 55318
April 15, 2010

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

Items sent home the week of April 12, 2010:

- Dr. Kahn (attachment)
- Skin Screening (attachment)
- May Crowning & Grandparents/Special Friends Invitation (flyer)
- Kid Talk (flyer)
- Book Fair (flyers)

Dear Parents,

It has been a long time since our last letter, and I realize you heard from us a few times in between; that is because our long break did not mean the slow down for lots of school and parish life! I hope you had a blessed Holy Week and Easter and are still enjoying the Easter season. The week following Easter when you were on break, the teachers were at the National Catholic Education Association, and that was absolutely wonderful for all of us. It is so important to be aware that we are part of the bigger church, to have our ministry highlighted and valued, to attend seminars with lots of good info for improving skills and methods, to network and gain new ideas, and more. We prayed together, had dinner together, and are in the process of pooling our information. It was great that we had Friday to meet and begin the sharing of our new learning. Plus, it was all so positive, it gave all of us the shot in the arm to come to the rest of the year with renewed energy to give 100% + back to GA kids!

Just like all those driving days and a two week break were a change to usual routine, there are some other “changes” in the works, and most times, change isn’t easy – but often works out for the best! So let’s take a look, one by one:

May 5th – Grandparents’/Special Person Day and May Crowning

We made a few minor adjustments to accommodate the comments we heard last year, the major one being more time spent visiting. Today you are receiving an invitation to pass to your guests to join us for Mass, Art displays, book fair and **lunch**. We are asking that your child and any guest stay here at school for lunch. After the long break we had, a great deal of educational time was lost with students removed for lunch. We met with our kitchen staff and planned a lunch friendly to both our guests and our students! Please note that the original lunch for May 5th was moved to Friday, May 7th, and the cook’s choice day is now on May 5th and will be spaghetti, salad, breadstick, fruit and ice cream. All guests, regardless of age, must reply for the food order, and the cost of any guest lunch is \$3.25. During the recess time, children and their guests may shop for books if they would like, and in the event they do not have a guest, they will have supervised recess, as usual.

Uniforms

Please hold off just a bit on purchasing new school uniforms unless you are getting our school plaid jumpers from Felicities. We are working with Donald’s Uniforms for our school uniform and will be requiring uniform khaki skirts and pants through them, along with a logo on the uniform shirt. Next year will of course be a transition year, so we will have details for you and fitting times scheduled. Coming soon...

Calendar

We had originally decided not to take the late start day on May 12th due to Mass and an 8th grade Track and Field experience at Holy Family. 2 things have changed that plan – there will not be Mass on Wednesday because Archbishop Neinstedt is coming to GA to celebrate Mass on Thursday, May 13th and HF changed the dates of their days for their feeder schools. That means 3 things:

- There will be a 2 hour late start at GA on May 12th, so it is no longer a driving day for you. Buses run 2 hours late.
- Please join us for a very special Mass celebrated by the Archbishop at 9:20 on May 13th.
- Field days for our students were changed to be April 27th for 6th and 7th graders and April 28th for 8th graders.

Thank yous

- To these people who designated GA to receive their United Way gift, which we received in March – Mrs. Theresa Gess, Mrs. Kristine Scott, Mr. Bruce Bessel, Mr. Pete Ronhovde
- To Deacon Gregg for leading our school in a word/communion service this week, in Father Paul's absence
- To Mrs. Goers and the 4th graders and Mrs. Gallus and the 7th graders for representing GA at Feed My Starving Children this week and doing their part to feed the hungry of the world
- To Tracy Huson, who has worked to make so many improvements to our school building that we hardly know where to begin and how to adequately say thank you – painting our “under construction area” in the lower level, to a faculty lounge “make over” – we had decided to let her move in, but her family had some objections!!
- To the GA Quilters who made a donation of \$100 to our school
- To Eric Crowell, who designed a volunteer website for the entire State of MN for Convention workers
- To Michelle Godzak for the treats and paper products for the staff

If you can help in the lunchroom on Wednesday, May 5th, when we have extra guests for Grandparents' Day, please call the school office. We would like 2 extra helpers to help keep the lunch line moving efficiently.

Reminders

- Don't forget – tomorrow is the last day to reserve a School Tool Box (school supplies for 2010-11) if you wanted to order one. They are then available for you to pick up at Back-to-School night.
- Also, help your child stay up on skills during the summer in a very inexpensive way – order a grade level Summer Skills Sharpener kit. If you order through us, you pay less, and we will distribute directly to you. If you have questions about which level to order, contact your child's teacher.
- Don't forget to look through the Summer Offerings at GA booklet you received. There is something for everyone, and some of the classes or camps have minimums and maximums, so don't miss out! Please call the school office if you have any questions, and we will direct you to get an answer.
- Please watch for the Chaska Herald Terrific Kids Photo GA's yearbook editors are featured.

- MAP testing grades (2-8th) has begun and results will be shared with parents when completed.

Blessings,

Nancy Ronhovde

Our handbook states that as of April 15th, students may wear uniform shorts to school with the exception of Mass days, or other preannounced days. Please remember that they must be uniform shorts, socks must cover the ankle, shoes must have backs, and shirts must still be tucked in. The school always reserves the right to alter the policy, and will do so if it is being abused.

GRANDPARENTS OF STUDENTS LUNCHEON

You are cordially invited to attend our Luncheon hosted by the Guardian Angels Middle School Service Club. Lunch will be served in St. Francis Hall. Doors open at 11:45, and lunch will be served at noon. Following the luncheon, all are invited to attend the afternoon performance of the GA School's Spring Concert beginning at 1:30 p.m. Front row seats will be reserved for you. Please RSVP by April 19th to the school office---952-227-4010.

Summer Athletic Camps-

Checkout our Holy Family summer camp offerings that they have to offer on our [Summer Camp link](#) on our www.hfchs.org website. We have camp offerings in basketball, football, hockey, soccer, tennis, and volleyball. We will also be offering the Fire 5K Road Race again this year.

Prayer Corner

- For Andrew Dunlap's father (Christopher) and TJ, Hudson, and Emma's grandfather who passed away
- To the Drazan family on the birth of their new son, who is experiencing some health problems (Tricia Drazan is a GA alum and former 5th grade teacher, and she subbed several times for us during Mr. Epperly's illness)

Lunch Changes

May 5

Spaghetti meat sauce/noodles

Salad

Breadstick

Fruit

Ice cream bar

May 7

Super Taco Meat Nachos

Cheese Sauce

Fixings

Fruit

Churro

St. Francis (see attached flyer for details)

Offers a free skin cancer screening each year, by appointment only, May 12, 6-8:00PM.

Come Support Your Guardian Angel's Basketball Team

at Guardian Angels' 3-Day Invitational Basketball Tournament / Friday-Sunday, April 23-25, 2010

Our parish is **hosting** the annual G.A. tournament. Come and cheer them on as they represent our parish on Saturday and Sunday, April 24/25. **GA game times are at 10:00 am and 2:00 pm Saturday.** Teams playing: St. Huberts, Chanhassen; St. Victoria, Victoria; St. Marks, Shakopee; Our Lady of the Lake, Mound; Our Lady of Grace, Edina; St. Michaels, Prior Lake; St. Nicholas, Carver; St. John's, Excelsior; Immaculate Heart of Mary, Minnetonka; St. Therese, Deephaven; St. Patrick's, Edina; Guardian Angels, Chaska. Fr. Paul Jarvis, pastor of Guardian Angels in downtown Chaska, cheers on every team that plays ... because every parish that participates is helping to build a sense of community between parishes. Invite friends, the pastor, and fellow parishioners to join you. The Friday before, April 23, come watch seminarians and priests of the Archdiocese play. Archbishop Nienstedt and Bishop Piché will be with you in the stands. *All games are Free and Open to the Public*

Friday, April 23, 2010 ~ 5:30pm Barbecue (free will donation) ~ 7pm Seminarians of The Saint Paul Seminary versus the seminarians of Saint John Vianney College Seminary ~ 8pm Winner of the previous game versus the priests of the Archdiocese. **Saturday, April 24** (a game every hour between 9 a.m. and 9 p.m.) and **Sunday, April 25** (every hour, from 11 a.m. into the evening). **Weekend Masses at G.A. are 5 p.m. Saturday, 8 a.m. and 10 a.m. (noon in Spanish) on Sunday.** So come to Mass and stay for the basketball game.

How much? All games free and open to the public. Concessions will be available throughout the tournament. Where? Guardian Angels school gym: corner of 1st Street and Cedar Street in downtown Chaska, look for the tall steeple in downtown, near Minnesota River. 215 W 2nd St., Chaska, MN 55318. Help us get out the word, download the promotional poster ~ go to www.gachaska.org/basketball, go to the bottom of the webpage, and print out a poster.\

****Middle School students are invited to help, please contact Mr. Mike Richelsen at 612.850.2966.**

Feed My Starving Children

Wow, on Tuesday the fourth grade had a great field trip to Feed My Starving Children along with the seventh grade. The fourth graders want to join service club. Mrs. Godzak, Stephen's Mom bought each of the fourth and seventh grade students an M & M's Mission money container. After eating the candy the container is then filled with quarters. When full the money is enough to feed 82 kids. Can you all help? If we all send in quarters we can get those containers filled faster. Send them to the fourth graders and we will take care of it all. What a great cause. Thank you for your donations. The 4th and 7th grade classes.

Angel Club - School-Age Child Care (SACC)

Two weeks of full-day care over Spring Break was a lot of fun! Our daily themes were "Spring", "Easter" and "Around the USA". We "went" to Texas, Hawaii and New York City! While "in" NYC, we went to Coney Island (people from Minnesota would call it Grand Slam!) We also went to Louisville Lanes for pizza and bowling. We enjoyed lots of games and activities with friends! Special thanks to Mrs. Nicki Bennett, Mrs. Lisa Aberle (and husband Rob) and Corey & Tracy Huson for making these days a blast!

Don't forget that registration for Summer Angel Club (full day child care) is due on Friday, April 23rd. We are currently planning fun weekly themes and field trips. Your child will not want to miss out! Ask any child who participated last summer! If you have any questions about our summer program, please contact Deanna Rosenwinkel at drosenwinkel@gachaska.org or 952-227-4088.

Angels Choir Social Gathering and Rehearsal

On Monday, April 26th, all ANGELS CHOIR participants are invited to attend our pizza social gathering in St. Francis Hall beginning at 5:30 p.m. A free will offering will be accepted. Following dinner, our rehearsal (for First Communion Mass 2:30 pm on Sunday, May 2nd) will be from 6:30 pm-7:30 pm. Please RSVP to Teresa Schmidt at 361-0181, or tschmidt@gachaska.org, prior to Sunday, April 25th. We look forward to seeing you there!!

Share the Spirit

As of Friday, April 2, 2010, we have one month left and it is going to be a close race for some of the prizes! We are currently in second place leading Chaska Middle School East by a mere \$118. Again, we thank you for your participation, and urge you to shop hearty at Fresh Seasons!!!

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. **2nd Graders will need a baseball cap.** 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 Mrs. 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.



To Do List

- 1. Take a deep breath, the kids are back to school AND it's above 30 degrees outside!**
- 2. Get on the GA website and check out the Spring Fling link.**
- 3. Purchase tickets to attend Spring Fling- I heard they haven't taken the early bird price off the site yet!!**
- 4. Call friends and family to join us for a fun night.**
- 5. Keep looking at the website, there are new items being added often.**
- 6. Get a sitter for the kids**
- 7. What to wear? Dress? Skirt? Pants? Suit? Anything springy will be perfect.**
- 8. Get out the dancing shoes just incase hubby will try to out do Fr. Paul and Nancy Ronhovde**
- 9. Did I remember to send something in for the class basket?!**
- 10. Take a deep breath, the kids are back in school AND it's above 30 degree's outside!**

Calendar of Events:

TONIGHT – 6:30 6&7th Grade parent meeting
April 20 – 6:30 SAC
April 21 – Mass – 1st Grade
April 22- AOA luncheon noon - SFH
April 22 – 1:30 & 7:00 Spring Concert
April 23-25 – Basketball tournament-Invitational
April 23 – Fieldtrip Grades 2 & 3
April 24 – 8th Grade goes to Washington, D.C.
April 24 – 1st Communion rehearsal
April 25 – 1st Communion at all Masses
April 26 – 8th graders return from Washington, D.C.
April 27 – 6 & 7th Track and Field day at HF
April 28 – Mass - Kindergarten
April 28 – 8th Grade Track and Field day at HF
April 29 – 9:30 Prek fieldtrip to Gale Wood Farms
April 30 – 9:30 – Kindergarten round up

Lunchroom & Playground Helpers

			Lunchroom	Playground	Playground
Mon	April	19	Maddy Perrill	Carla Shermock	Barb Winfield
Tues	April	20	Marie Guillemette	Kris Janey	Jill Busch
Wed	April	21	Michelle Paradise	Stephanie Nunes	Anne Hajek
Thurs	April	22	Jenny Richelsen	LuAnn Koebnick	Anne Hajek
Fri	April	23	Debbie Knudson	Amy Pohlen	Jane Miller

Sports Corner

Varsity Softball Games: Tuesday, 4/20 and Thursday, 4/22 both are @ Lion’s Park in Chaska, 4:00 p.m.

First Annual Sports Celebration Parents of student athletes will be receiving an e-mail regarding our end of the year party. Please send back your preference in events by Monday, 4/19.

Spring/Summer Sports Camps Check out the bulletin board outside of the gym for some ideas on keeping up sports skills over the next few months. Contact Mrs. Tesch for more information or forms to sign up.

Phoenix School Counseling, LLC
Dr. Steve Kahn, Ph.D, L.P.
2697 East County Road E White Bear Lake, MN 55110
stevekahn@comcast.net 651-426-4297 www.drstevekahn.com

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.