

# WEEKLY UPDATE



## Next week's calendar:

The Archdiocese will conform to the State's guidance and continue the closure of our school through Friday, May 15, 2020.



Volume III, Issue 35

April 17, 2020

Dear Parents,

I hope that this update finds all of you well and rested after a joyous Easter season. I would like to start by sharing some wonderful news. Second grade teacher Teresa Knupp welcomed her second child, Alexander Richard Knupp, on Friday, April 10, 2020. Alexander weighed 6 lbs. 7 oz. and was 19.5 inches long. Congratulations to the Knupp family on this exciting event!

Earlier this week, my teachers, staff, and I were fortunate to participate in two days of virtual professional development through the National Catholic Education Association (NCEA). This year's conference was to be held in Baltimore, and all of our Catholic schools' teachers and staff members were to be hosts at the event. The upside to the conference being hosted on a virtual platform was that we were all free to attend sessions that we might otherwise have missed due to greeting and assisting out-of-town conference goers. The sessions were found to be informative and timely, as many focused on virtual education. One session that resonated with me was entitled "Raising Digital Kids: What Parents Need to Know to Survive." This session gave some useful tips not only to parents, but to teachers and administrators about how to maintain the community of the classroom while teaching and learning are taking place remotely. I know I have felt overwhelmed at times, as I am sure you have as well, yet at the same time, I am excited about the possibilities of what the future holds with this new online approach for teaching and learning.

Let me leave you with one thought. While we all adjust to the practice of distance learning, like any change, we can view this wonderful learning experience as an unexpected gift from God. This transition is providing all of us an opportunity to become more creative and innovative. Additionally, it affords us the opportunity to set an example for our children and students and to teach them the gift of resilience. When life throws a curveball, we can show them how to embrace that challenge with faith and confidence and then find joy from rising to the challenge together.

Sincerely,

Alexa L. Cox  
Principal

## Important News and Notes:

Parent Survey - We will be sending an online survey to parents in the upcoming week in order to get feedback regarding the online learning experience thus far. All feedback is appreciated to help serve the needs of our Slade community.

For clarification, "Office Hours" are meant for students and parents if there are questions about lessons or assignments, concerns, etc., and you want immediate, face-to-face assistance/feedback/curriculum support. It is NOT mandatory to attend Office Hours. If you feel more comfortable emailing teachers, please continue to do so.

It's not too late to order your 2019-2020 Slade Yearbook! All orders should be placed by April 30<sup>th</sup>!!

This year, you can order your child's yearbook online. See flyer attached for more information and link to order!

## Important News and Notes (continued):

### Etiquette for On-line Learning

In order to help our children have the best possible on-line learning environment, please adhere to the following:

1. Find a quiet space with minimal distractions, including being free of toys.
2. Students should eat and take care of personal needs before each session begins.
3. Students must mute themselves upon entering the class.
4. Students should be respectful of others.
5. Students should be in an upright position.
6. For cyber safety, links to individual class sessions are for the participants and their parents only.
7. Once a meeting ends, please exit; reentering is not permitted as a teacher must be present if students are online.

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## From the School Counselor:

### How Can Parents Help Their Children Right Now?

With families spending more time together, how can we manage each other's emotions in a positive way?

The past few weeks have been difficult. Everything in our family routine has shifted - working from home, learning from home, food delivery instead of grocery shopping, zero face-to-face interaction with others, spending every waking moment together and so much more.

One of the biggest changes I've noticed as a parent and as a school counselor is the increase in emotional outbursts from my own children and my students. Parents have contacted me, concerned about how they can help manage their child's emotions at home. I thought this topic would be an important first edition of the weekly updates you'll be receiving over the next few weeks from the school counseling program at Slade.

### Emotions are Constructed by our Interactions with Other People

Caring for your child's emotional development is important to life-long success. Understanding their own emotions allows children to comprehend and adapt to emotions demonstrated by others, as well as increasing their resilience during crisis or trauma.

This is a challenge for parents who are dealing with their own emotions and stress during a crisis. However, reframing this task into something that will benefit both the parent **and** child can lessen the load. In order to help children regulate their emotions, adults must regulate their own as well.

### Responding to Signals

How we feel internally affects how we approach a task. How we perceive and interpret the emotions of others impacts how we interact with that individual. Naming the emotion that you are viewing can help your child learn an emotional vocabulary. For example, "I think you look *angry* because your eyebrows are pulled close together and you are clenching your teeth," followed by the question "Am I on the right track?" allows the

## From the School Counselor: (continued)

child to hear what you are seeing and correct you with what they believe they are feeling. A child might respond with “No! I’m not mad!”, in which case you can guess other emotions that may be related to anger such as *disappointed*, *frustrated*, or *lonely*.

For younger children, asking where they feel the emotion in their body gives clues to what feeling they’re experiencing. When they exhibit similar emotions at a later date, it can give hints for you to address the emotion. For example, “Last time you were frustrated, you felt it in your fists. Are you feeling that way again?” Children can link physical sensations easier to named emotions over time.

### Dealing with Triggers

When your child is experiencing a high emotional state—either through a tantrum, yelling, or crying—it is easy to be triggered and respond in an equally emotional manner. In those times, take a deep breath and attempt to stay in the moment to help your child in a calm manner. A simple statement of “I love you, I’m here to help, and I’m not going to leave you with this big feeling,” is a good starting point. Quietly waiting for the emotion to wane, providing a physically calm presence for your child, and allowing them to feel heard are the first steps to emotional connection. If the child insists on having alone time, provide space but circle back after a few minutes to check on them.

Instead of saying something dismissive, try saying something similar to “It looks like you’re really upset about something. What happened? I am here to listen,” or “Tell me more about what you’re feeling right now.” If your child says “No one likes me,” or “I hate school,” ask questions about school or friendships, trying to find out the deeper layer feeling that your child is trying to explain. Your child might be feeling lonely but unsure of how to explain it. Taking a team approach to working through the difficult emotion is tiring and a trial-and-error task, BUT your child will feel heard and supported.

Lastly, think of what **you** would want someone to say if you were experiencing the same emotion as your child. Be the person that you would need in that situation. You can do this!

### "Handling Your Kid's Disappointment When Everything Is Cancelled"

[https://www.nytimes.com/2020/03/18/parenting/coronavirus-kids-events-cancelled.html?fbclid=IwAR1erxSC86A\\_quliRryy58fJg9cdp48qkWnfinkrhvJy2xEHz8\\_yang\\_aO0](https://www.nytimes.com/2020/03/18/parenting/coronavirus-kids-events-cancelled.html?fbclid=IwAR1erxSC86A_quliRryy58fJg9cdp48qkWnfinkrhvJy2xEHz8_yang_aO0)

Feel free to reach out to me if you need help! Email me anytime at:

[k.watkins@mssladeschool.com](mailto:k.watkins@mssladeschool.com)

## Advancement Announcements:

***BOOST Application deadline extended!*** The Maryland State Department of Education has opened the BOOST applications for families who wish to send their children to private school. All families who have received BOOST funding in the past **MUST** reapply each year to continue to receive that award. The application deadline is now **June 1, 2020**, until midnight (12:00 a.m.). For more information, visit: <http://marylandpublicschools.org/Pages/boost/application.aspx>

To share this information with other families, please see the flyer at the end of the update.

## Advancement Announcements (continued):

**Enrollment agreements and activation of 2020 - 2021 FACTS accounts should be completed by May 15, 2020.** Please log into your [SchoolAdmin Parent Portal](#) to complete the Enrollment Agreement(s) for your student(s) and activate your 2020 - 2021 FACTS accounts. Using your student's enrollment checklist, please note which forms need to be completed for your student(s) in order for their enrollment to be complete. The MSDE Emergency form will be provided to you in hard copy; it must be returned on or prior to August 31, 2020.

Link to Parent Portal: [https://msladeschool.schooladminonline.com/users/sign\\_in](https://msladeschool.schooladminonline.com/users/sign_in)

**Who will you nominate?** Monsignor Slade Catholic School will be accepting nominations for our Distinguished Graduate Award. Please nominate a deserving alumnus today using this [linked form](#).

Advancement Committee Chair position is open for the 2020 - 2021 school year. An Advancement Committee chair is needed to run Advancement Committee meetings, assisting in promoting Monsignor Slade's enrollment, development, and community outreach efforts and report volunteer hours to Mrs. Sullivan. The Chairperson will receive 12 volunteer hours. Please consider sending a letter of interest to Mrs. Cox and Mrs. Hilmer.

Please continue to share your photos of distance learning, virtual educational experiences, photos of family fun and stories of our students with Mrs. Hilmer via social media or e-mail ([c.hilmer@msladeschool.com](mailto:c.hilmer@msladeschool.com)). They (and you) are so very missed!

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## HASA Happenings:

**The Home and School Association at Monsignor Slade Catholic School needs your help!** We have two positions available for election to the Home and School Association's Executive Board for next school year. All parents are members of our Home and School Association, but we need volunteers to step forward and run for office to help our organization achieve its goals for our school community. With fewer fundraisers scheduled for next year, the Association hopes to focus more on the immediate needs of our school community. Please consider running for office to serve on the Executive Board in one of the following available positions: Vice-President and Secretary. You will find a job description listed below for each of the positions available to serve on the HASA Executive Board for the 2020-2021 school year.

The **Vice-President**, in the absence of the President, shall perform all of the duties of the President and such duties as are assigned to this officer. The Vice-President is responsible for the recruiting and appointing of chairpersons for fund-raising events.

The **Secretary** shall keep the minutes of all Association meetings and meetings of the Executive Committee and shall keep a list of all members of the Association. In addition, the secretary shall maintain a file of all incoming and out-going communications and records. When requested, the Secretary shall prepare any official correspondence of the Association.

If interested in either of the above positions, please contact both Kerry McDaniel, Home and School Association President, at [kklmed5@yahoo.com](mailto:kklmed5@yahoo.com) and Mrs. Cox at [a.cox@msladeschool.com](mailto:a.cox@msladeschool.com), with your qualifications and reasons of interest.

## HASA Happenings (continued):

**Cruise Raffle:** We are still planning to conduct the Cruise Raffle, since many tickets were purchased. We have worked with the cruise company and the prize has been adjusted to accommodate the current state of affairs. The cruise winner must choose their trip 12/31/2020 and cruise by 6/30/2021. If you are interested in participating, you still have to buy tickets. They are available for sale through the school website. If you have any questions, contact Cindy Milligan at [milligan3c@aol.com](mailto:milligan3c@aol.com).



## Sports Section:

The Athletic Council still has a few open positions that need to be filled for next year's Sports Programs. Please check them out! See flyer attached!

### A PRAYER FOR PROTECTION IN TIME OF PANDEMIC



The ancient fresco of Madonna del Soccorso (Our Lady of Help) in St Peter's Basilica was restored with the support of the Knights of Columbus to mark the Year of Faith (2012-2015). Photo courtesy of Fabbrica di San Pietro M. Falconi.

O Mary,  
you always brighten our path  
as a sign of salvation and of hope.  
We entrust ourselves to you, Health of the Sick,  
who, at the Cross, took part in Jesus' pain  
while remaining steadfast in faith.

O loving Mother,  
you know what we need,  
and we are confident you will provide for us  
as at Cana in Galilee.

Intercede for us with your Son Jesus,  
the Divine Physician,  
for those who have fallen ill,  
for those who are vulnerable,  
and for those who have died.

Intercede also for those charged with  
protecting the health and safety of others  
and for those who are tending to the sick  
and seeking a cure.

Help us, O Mother of Divine Love,  
to conform to the will of the Father  
and to do as we are told by Jesus,  
who took upon himself our  
sufferings and carried our sorrows,  
so as to lead us, through the Cross,  
to the glory of the Resurrection. Amen.

*Under thy protection we seek refuge,  
O Holy Mother of God.  
In our needs, despise not our petitions,  
but deliver us always from all dangers,  
O glorious and blessed Virgin. Amen.*

Adapted from the prayer of Pope Francis

KNIGHTS OF  COLUMBUS



### Mission Statement

The mission of Monsignor Slade Catholic School is to promote Catholic faith and intellectual development in our students. We do this by teaching about and modeling the precepts of the Catholic faith, as well as challenging our students with a rigorous course of study. We do this so that they will use their faith, knowledge, and skills to shape their futures positively and work for the benefit of the whole society.

# STAYING SAFE, HEALTHY AND ON TRACK AT HOME

## **Stop the spread of COVID-19 and do the 5!**

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1. Wash hands often.
2. Cough into elbow.
3. Don't touch your face.
4. Stay more than 3 ft. apart.
5. Stay home if you feel sick.

If your child is feeling anxious or upset by all the changes that are going on, emphasize that quarantines and social distancing are just precautions to keep everyone healthy, and that all your child needs to do is keep learning and maintain good hygiene practices. **We will get through this together!**

## **Get the Most Out of Homeschooling**

- **Create a schedule.** There are sample schedules online, or you can work with your child to come up with your own schedule together.
- **Stay up-to-date on school communications.** Whether it's formal announcements from the principal or lesson plans from the teacher, it's important to read all school communications.
- **Build in play and free time.** Allow time for fun and play time, including time when your child decides what he/she would like to do.
- **Be patient and adaptable.** There is an adjustment period for you and your child, especially if neither of you are used to this dynamic. Enjoy this time with your child, and reach out to your child's teacher if you have any questions.

## **Working from Home?**

Here are some free learning resources to help supplement schoolwork schedules while you work.

- **ParentToolkit.com**
- **PBSKids.org**
- **KhanAcademy.org**
- **Funbrainjr.com**
- **Poptropica app for iOS and Android**
- **Vocabulary Spelling City app for iOS and Android**
- **Scratch Jr. for app for iOS and Android**

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- **Create a schedule.** There are sample schedules online, or you can work with your child to come up with your own schedule together.
- **Stay up-to-date on school communications.** Whether it's formal announcements from the principal or lesson plans from the teacher, it's important to read all school communications.
- **Build in free time.** Allow time when your child has something he/she would like to do, including just relaxing and unwinding.
- **Be patient and adaptable.** There is an adjustment period for you and your child, especially if neither of you are used to this dynamic. Enjoy this time with your child, and reach out to your child's teacher(s) if you have any questions.

## **Working from Home?**

Here are some free learning resources to help supplement schoolwork schedules while you work.

- **ParentToolkit.com**
- **KhanAcademy.org**
- **Coolmath.com**
- **Science360 app for IOS and Android**
- **NASA Visualization Explorer app for iOS**
- **Middle School Math Planet app for iOS**
- **SAT Word Slam Free app for iOS**

# 2019-2020 YEARBOOK ORDERING INFORMATION



Last chance to order your 2019-2020 Slade Yearbook!  
All orders should be placed by April 30<sup>th</sup>!!

This year, all orders will be accepted online  
by using the following link:

<https://forms.gle/qjTqYztwSE8HDLbU8>.

The cost of the yearbook is \$24.00 each,  
which will be charged to your FACTS account  
with a payment date of May 8, 2020.

Please note: If you want to order a yearbook  
for each of your children, please be sure to  
enter and submit a separate order for each child.

Important reminder: Eighth grade students do not  
need to order a yearbook, as the cost of the yearbook  
is included in the graduation fee.



**Want to choose private  
school for your child but  
need financial assistance?**

**Have you already chosen  
a private school for your  
child but need assistance?**

**The State of Maryland  
can help!**



**Apply for a BOOST scholarship!**

The State of Maryland is now accepting applications for the fifth year of its BOOST scholarship program! BOOST scholarships are given to income-eligible K-12 students to be used for attendance at an eligible nonpublic school of their parent's choice.

This year, we hope see millions of scholarship dollars given by the state of Maryland, so please apply!

To apply for a BOOST Scholarship to a nonpublic school, visit: [marylandpublicschools.org/BOOST](https://marylandpublicschools.org/BOOST)

**Questions?** Call Maryland's BOOST Scholarship Coalition at **443-510-4501**.

*BOOST is a State of Maryland Program. Since 2016, more than \$24 million in BOOST scholarship awards have been provided to students to help them choose the K-12 education option best suited for them.*



¿Desea elegir una escuela  
privada para su hijo pero  
necesita ayuda financiera?

¿Ya ha elegido una  
escuela privada para su  
hijo pero necesita ayuda?

**El Estado de Maryland  
le puede ayudar!**



**¡Aplique para una beca **BOOST**!**

El Estado de Maryland ahora está aceptando solicitudes para el tercer año de su programa de beca BOOST. Las becas BOOST se proporcionan a estudiantes de K-12 que califican por el ingreso de sus familias para asistir a una escuela no pública que elijan sus padres.

Visite [www.educationmaryland.org/BOOST](http://www.educationmaryland.org/BOOST) para aprender más sobre BOOST, para averiguar si su estudiante califica por una beca y para conectar la aplicación oficial a través del Estado de Maryland.

¿Preguntas? Llame a la Coalición de la Beca BOOST, una organización sin fines de lucro de Maryland al **443-510-4501**.



**MARYLAND  
BOOST**  
Ampliando Opciones y Oportunidades  
para Estudiantes Hoy