

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 36

April 24, 2020

Dear Families,

I hope that this update finds you well. Know that I continue to pray for you, our students, my staff, and the Monsignor Slade community as a whole. We will get through this difficult time together.

I want to begin by heartily thanking all of the parents who responded to the survey that went out earlier this week. Your input is invaluable as we move forward with teaching and learning remotely. I was taken aback by the overwhelming number of positive comments relayed about our teachers and how much they are doing for the children. Thank you for affirming our work and efforts. Your support boosts our morale and drives us to work even harder!

The purpose of any survey must include the hope that constructive feedback will be received. Thank you for providing that as well, as your responses brought to light some areas that need to be addressed. Self-reflection is critical in order to make sure that we are providing the best program of which we are capable.

Once the teachers and I have had an opportunity to thoroughly discuss the results, I will take some time in a future update to address comments regarding our distance learning approach.

In the meantime, know that your efforts at home are not going unnoticed. The teachers and I are so appreciative of all that you are doing to help us work toward our common goal of continued learning and student growth. It truly takes a village, and we are most blessed to have you as part of our Slade community.

Sincerely,

Alexa L. Cox, Principal

Important News and Notes:

Staying in Touch with Teachers - 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. Teachers are available by email throughout the normal workday when they are not engaged in live teaching sessions or office hours.

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.

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

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):

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.

Counselor Corner—Mrs. Watkins:

“I finished all my work,”; “We didn’t have a math assignment today,”; “Those questions aren’t going to be graded.”...

These are statements students across the country have been making instead of doing their work. And with caregivers trying to balance work, family and stress, who has time to contradict what their student is saying?

Caregivers everywhere are now expected to be an educator, employee, coach, technology guru, nurturer, and protector of their child’s mental well-being. Plainly speaking, an impossible set of tasks. Things are beyond challenging right now! You cannot do everything and should not be expected to; however, you are your child’s anchor in this pandemic, providing support as much as you can. I’ve received numerous emails with the same question: “How do I get my child to do their work??”

This week’s focus is on how you can help your children complete their work while maintaining some level of mental health. There is also a flyer at the end of this update that you can use for mindfulness exercises.

Tip #1: Create a Time Table

Children thrive on routine. It creates a comfort level that can provide stabilization in these tumultuous times. Students are used to schedules from school, so make one at home! Start by printing out a weekly schedule (easily found online or on Microsoft Word for free!). Another (green) option is to use Google Calendar. Fill in classroom times where your child is expected (and highly recommended) to make an appearance.

Include times that your child is expected to do work outside of the virtual learning classrooms. Include breaks between subjects for children to reset and gather materials, grab a snack or drink of water, and move around a little to mix things up. Setting a timer for 5-10 minutes to remind them of when they need to return to doing schoolwork is also helpful.

Tip #2: Set Expectations

Sticking to a routine and time table that you create means that your child understands the new ground rules and expectations of learning from home. Expecting school work to be completed and classes attended (as possible based on your own circumstances), combined with designated times for students to unwind and socialize appropriately with peers is paramount. Sit down with your child and tell him/her what you expect. Listen to concerns, discuss them and come to an agreement together. This is uncharted territory for all of us!

Counselor Corner: (continued)

Tip #3: Make It Work For You

Each child has individual needs when it comes to learning. Depending on their age, intrinsic motivations, challenges and strengths, students will require different amounts of time and monitoring for material to be understood and completed. Look at your day and requirements for work - how can they mesh with what your child needs to do? Can you schedule breaks for yourself to coincide with theirs? Can you give undivided attention to your child for a period of time to review what they did and answer questions, even if it means working for a half an hour after they go to bed?

Tip #4: Work Out Together

I'm a huge believer in movement reducing stress, regardless of age and ability. Everyone needs to get their nervous energy out in a constructive way. Go for a family walk, have a dance party, make an obstacle course on your driveway, do a workout video on YouTube, practice yoga... the options are endless! Most importantly, do the workout together as a family. Share what you love to do for fitness with your children. My daughters love doing mountain climbers and jumping jacks with me in the mornings. It really helps them get focused for the day and ready to go for their morning classes. Mix up what you try together and see what works for your family!

Tip #5: Set Up For Success

Eliminate distractions for your child. Provide a dedicated, quiet, and clutter-free environment for them to do their work and participate in online learning. Making sure that they only have their class open on their computer screen (not games, chats, or social media) is an important step to reduce distractions. Outline your expectations (see Tip #2 again) for how they should engage in the learning process, whether you are watching or not.

Tip #6: Rewards

Children thrive off of positive reinforcement, especially in times of uncertainty and a change of normalcy. Again from Tip #2, set your expectations and what rewards your child will earn for fulfilling them. For example, if all of the work is completed and classes attended for the day, what would motivate that behavior? The reward can be as simple as stickers, a favorite meal, a special activity of his/her choosing, selecting which movie to watch with the family that night, or screen time to socialize with friends. You know your child best, what drives him/her? Rewarding your child is different from punishing him/her; the reward is earned. If the behavior doesn't occur, the reward is not given. You are not taking away anything in this scenario.

And lastly, take care of yourself.

"You cannot pour from an empty cup."

Find moments to sneak in some mindfulness throughout your day. Take a few deep breaths when answering an email, stretch for five minutes after lunch, practice meditation before bed. You need to recharge yourself in order to help your child. This will all get sorted out eventually. We will make it through this together.

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

k.watkins@mssladeschool.com

Advancement Announcements:

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

#MsgrSlade Social Media Takeover! We were to celebrate the 65th Anniversary of Monsignor Slade Catholic School this weekend. If you'd like, please dress in Slade spirit wear of any kind, and record a 90 second (or less) video of your student(s) or family sharing why they love Monsignor Slade, expressing a wish for the school's future, or share a favorite experience or memory. Students should state their first name and grades; if the entire family is filming, just share your first names. I cannot wait to see how creative you can get! Please send your submissions to c.hilmer@mssladeschool.com.

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.

Enrollment Agreements and FACTS: A reminder regarding completion of enrollment agreements and activation of 2020 - 2021 FACTS accounts was sent this week. Please log into your SchoolAdmin Parent Portal to complete the Enrollment Agreement(s) for your student(s) and activate your 2020 - 2021 FACTS accounts. All questions should be directed to Mrs. Buchanan or Mrs. Hilmer. Using the enrollment checklist, please note which forms need to be completed for your student(s). 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://mssladeschool.schooladminonline.com/users/sign_in.

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

Advancement Committee Chair Position! An Advancement Committee chair is needed to run Advancement Committee meeting; assist 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.

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

HASA Happenings (continued):

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 kklmcd5@yahoo.com and Mrs. Cox at a.cox@mssladeschool.com, with your qualifications and reasons of interest.

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**



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

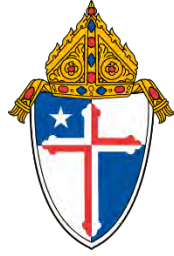
The ancient fresco of Madonna del Soccorso (Our Lady of Help) in St. Peter's Basilica was restored with the support of the Knights of Columbus to mark the Year of Faith (2012-2013). Photo courtesy of Fabbrica di San Pietro, Felsina.

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.





ARCHDIOCESE of BALTIMORE

April 22, 2020

Dear Parents and Guardians,

Since 1986, the Archdiocese of Baltimore has been committed to providing our children and their parents/guardians a holistic catechesis for family life. According to the curriculum updated in 2011, “This catechesis includes an understanding of the call to live a chaste life, developing an understanding of the dignity and value of all human life.” In accord with the *Charter for the Protection of Children and Young People*, since 2002, safe environment training for children and education about child abuse prevention has been integrated into family life curriculum in our parishes and Archdiocesan schools. Experts recognize this kind of training as an important component of keeping children and young people safe.

The goals of safe environment education included in the *Catechesis for Family Life* in the Archdiocese of Baltimore are: to encourage children/youth to speak freely and frequently with their parents and other trusted adults; to teach children/youth to express their feelings appropriately; to teach children/youth that abuse is never the fault of the child/youth. During the COVID-19 crisis, school and parish communities will not be able to complete the entire *Catechesis for Family Life* curriculum in virtual settings. However, schools and parishes will continue to partner with parents and guardians to convey the following important “Messages that Protect”:

LANGUAGE TO COMMUNICATE CLEARLY: Children must be equipped with the language and communication skills necessary to ask for help.

ASKING FOR HELP: Children should know that when they are feeling “mixed up” or confused about anything- including touching, secrets, or their bodies—they can ask adults for help. If we encourage children to ask for help when they feel confused or mixed up about things, we may be able to remove the secrecy surrounding abusive situations.

FEELINGS: Everyone has all kind of feelings. Feelings are neither good nor bad. Children should learn appropriate ways to express and act on their feelings.

PROMISES: Children are not obligated to keep promises about something that is wrong or about a person being hurt or in danger.

PRIVACY/BOUNDARIES: Each person has the right to refuse unwanted touches.

SECRETS: Children should beware of anyone who asks them to keep secrets, especially secrets about things they know are wrong or make them uncomfortable. Secrets about touching are dangerous.

RESPECT FOR THE BODY: Boys and girls have bodies that are different and equally good. The body is spoken of respectfully.

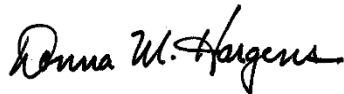
REDUCING SHAME: Abuse is *never* a child's fault.

Each week, schools and parishes focus on one of the important "Messages that Protect". The Division of Catholic Schools and Office of Marriage and Family Life, in consultation with the Office of Child and Youth Protection have developed brief, age-appropriate video lessons, along with conversation starters. Parents are asked to review weekly, the brief video lessons with their children. Parents may find those lessons, along with the conversation starters, that will be used in virtual classroom discussion led by qualified school personnel, at: <https://www.archbalt.org/messages-that-protect/>. The password is: **PROTECT**.

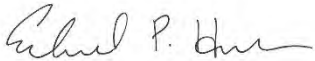
We look forward to gathering in person as school and parish communities. The regular Catechesis for Family Life curriculum will resume at the beginning of the next school year.

If you have questions or concerns about the implementation of this curriculum, please reach out to the school principal or Director of Religious Education at the parish.

Sincerely,



Dr. Donna Hargens, Superintendent
Division of Catholic Schools



Edward Herrera, Director
Office of Marriage and Family Life



Jerri Burkhardt, Director
Office of Child and Youth Protection

Counselor Corner Resources

Mindfulness for the Family

I am a HUGE believer in Mindfulness and its ability to reduce stress. Take a look at some of the techniques used at Monsignor Slade Catholic School.

- Mrs. Watkins



1

MAKE TIME

Designate a short period of time each day to practice mindfulness together.

&

2

TALK ABOUT IT

Talk to each other after the activity - who enjoyed it? Which one will you try next?

Fun 5 MINDFULNESS ACTIVITIES for children

by Big Life Journal

- 1 "JUST ONE BREATH" BREATHING ACTIVITY**

 - Find a relaxing place, sit comfortably, and set a timer for one minute.
 - Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
 - Take another slow deep breath, imagine the air moving down into the lungs and back up.
 - Take one more deep breath and hold for a moment, then release it.
- 2 CREATE A GLITTER JAR**

 - Finding a jar or plastic bottle and allow your child to decorate it however they like.
 - Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
 - Seal the lid and you are ready to go.
- 3 HEARTBEAT EXERCISE**

 - Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
 - At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.
- 4 GOING ON A SAFARI**

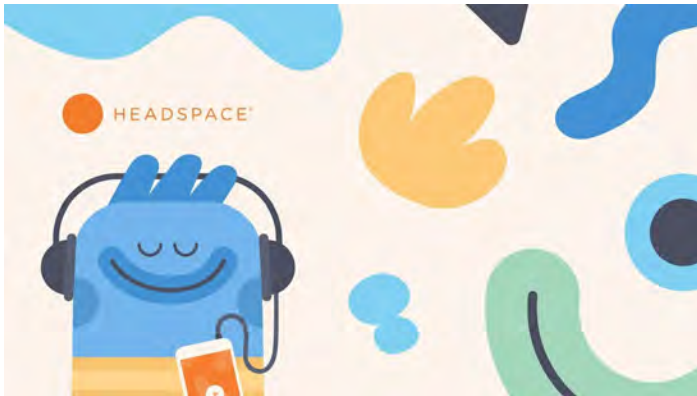
 - Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
 - Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
 - Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.
- 5 TENSE AND RELEASE MUSCLE RELAXATION**

 - Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
 - Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
 - Continue moving up the body for more relaxation.

Big Life Journal - biglifejournal.com

Amazing Apps!

There are SO many apps available for mindfulness practices. Here is a list of some favorites:



BREATHE, THINK, DO SESAME

Breathe, Think, Do with Sesame is intended for parents and caregivers to use with their young children (ages 2-5) to help teach skills such as problem-solving, self-control, planning, and task persistence.



KIDS YOGA DECK

Children will love to move their bodies as they flip through their very own yoga deck. With clear pictures and step-by-step instructions, these yoga poses are fun, child-friendly, and great for every body!



SMILING MIND

Smiling Mind is designed to help people pressure, stress, and challenges of daily life. This app has a fantastic section on Mindfulness in the Classroom and is suited for kids ages 7-18.



SUPER STRETCH YOGA

Super Stretch is an educational yoga and fitness app that is fun of physical activity and breathing to children. They will use the skills of self-awareness, self-esteem and self-regulation that they learn from this app as a foundation for the rest of their lives.



BREATHING BUBBLES

Breathing Bubbles is an app that helps kids practice releasing worries and focusing on good feelings by allowing kids to select the emotion they are feeling and how strongly they are feeling it. Kids can choose to handle their emotion by releasing a worry or receiving a joy as Manny the Manatee walks them through deep breathing and visualization.



DREAMY KID

The DreamyKid meditation app offers meditation, guided visualization and affirmations curated just for children & teens. It uses proven techniques that teach your kids methods to guide them towards a happier life through mindfulness.



CALM

Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users.

Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule.



CALM COUNTER

Calm Counter is a visual and audio tool to help people calm down when they are angry or anxious. The app includes a social story about anger, and audio/visual tools for calming down.



TAKE A CHILL

This app is full of tools to help manage that stress and bring mindful practices into a daily routine. Using quick mindful exercises and thoughtful activities, begin to overcome those moments whether it's studying for a test or preventing negative thoughts and patterns. Calm Counter is a visual and audio tool to help people calm down when they are angry or anxious. The app includes a social story about anger, and audio/visual tools for calming down.

MINDFULNESS EXERCISES

Mindfulness exercises can help reduce anxiety and stress in a short period of time - regardless of age and experience level!

When practicing mindfulness, do the exercises with your child. Modeling mindfulness makes it more accessible and accepted.

**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

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 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

Athletic Council Volunteer Opportunities

To be eligible for the below positions, the candidate must be 21 years of age or older and have children currently enrolled at Monsignor Slade Catholic School.

Eligible and interested candidates should provide the following information by May 8th to Mrs. Lauren Williams, Athletic Council President via email at sladeacpresident@gmail.com.

- Full Name
- Email Address
- Phone Number
- Names and grades of children enrolled at Slade
- Provide a written brief, in one page or less, explaining why you are interested in the position and why you would be an asset to the Athletic Council at Monsignor Slade Catholic School.

Membership on the Council requires attendance at all regular and special Council meetings and participation in Council activities in general. Any member absent for three consecutive Council meetings will be automatically dropped from membership unless a quorum of voting members present at a meeting overrules this action.

Lacrosse Co-Commissioner

Earns all 12 required service hours each year.

The Duties of the Co-Commissioner:

- Administer all aspects of the lacrosse program to ensure its effective and efficient management while adhering to the Slade Athletic Policy, Slade Values Code, Archdiocesan policy, and school policy.
- Provide for consistency in operation among the individual lacrosse teams where applicable.
- Participate in Athletic Council meetings.
- Cast a vote as an active member of the Council.
- Manage all aspects of the Lacrosse program budget, including the submission of annual budgets to the school administration.
- While in season, prepare and submit monthly reports regarding the lacrosse program to the Athletic Council.
- Work with the current Lacrosse Commissioner on program scheduling and fields

Soccer Commissioner

Earns all 12 required service hours each year.

The Duties of the Soccer Commissioner are to:

- Administer all aspects of the soccer program to ensure its effective and efficient management while adhering to the Slade Athletic Philosophy and By-laws, Slade Values Code, Archdiocesan policy and school policy.

- Provide for consistency in operation among the individual soccer teams where applicable.
- Participate in Athletic Council meetings.
- Cast a vote as an active member of the Council.
- Manage all aspects of the Soccer program budget, including the submission of annual budgets to the school administration.
- While in season, prepare and submit monthly reports regarding the Soccer program to the Athletic Council.
- In case of absence from Council meeting, designate another officer of the Council to submit report.

Basketball Co-Commissioner

Earns all 12 required service hours each year.

The Duties of the Co-Commissioner:

- Administer all aspects of the basketball program to ensure its effective and efficient management while adhering to the Slade Athletic Philosophy and By-laws, Slade Values Code, Archdiocesan policy and school policy.
- Provide for consistency in operation among the individual basketball teams where applicable.
- Participate in Athletic Council meetings.
- Cast a vote as an active member of the Council.
- Manage all aspects of the basketball program budget, including the submission of annual budgets to the school administration.
- While in season, prepare and submit monthly reports regarding the basketball program to the Athletic Council.
- In case of absence from Council meeting, designate another officer of the Council to submit report.
- Work with the current Basketball Commissioner on program scheduling and courts

Interested candidates please contact sladeacpresident@gmail.com for more information