

WEEKLY UPDATE



Volume III, Issue 37

May 1, 2020

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.

Dear Parents,

As we begin the month of May, a month dedicated to Mary, the mother of Jesus, I continue to pray for all of our Slade community and that we are together again very soon.

This is usually such an exciting time of the year in our school building, full of activities and preparations for end-of-the-year activities. Since we are not all together, one might think that there is little for which to celebrate or prepare. However, that is not at all the case; there are still so many exciting things happening, just not through traditional means.

Despite what is going on in today's world, we, as a Slade community, still have so many blessings from God for which to be thankful. Here are just a few of the wonderful things that have happened over the last few weeks:

- **Congratulations** to Kara Mehta! She is the recipient of a 2020 Knott Scholarship. These scholarships, funded by the Marion Burk Knott Scholarship Fund and the Marion I. and Henry J. Knott Scholarship Fund, cover four-year, full tuition in the Catholic school of the scholar's choosing. Since its inception in 1981, Knott Scholarships have provided funds for more than fourteen hundred scholars.
- **Congratulations** to lucky ticket number 0941! Mr. Shaun Cronk, parent of Mia (6) and Owen (3) is the winner of our 2020 Cruise Raffle! Thank you to everyone who supported this MSCS fundraiser.
- **Congratulations** to Isabelle Salazar! As part of Mrs. Hrybyk's 7th grade social studies class, she entered the Junior Scholastic magazine's annual "Can You Find Mapman?" contest. She had to answer a series of geography questions correctly and then draw a map that represented the final destination country of Mapman's travels. With over 3,500 participants, Isabelle's map of Sri Lanka won national acclaim as a runner up in this contest. Her name will be posted in the May 11 issue of Junior Scholastic magazine.



As we continue to navigate this journey together, let us be reminded that this weekend we celebrate all healthcare personnel throughout our state, and especially those who are part of our Slade community. Thank you for all that you do to keep Marylanders healthy and strong; we are proud that you are among our families!

Sincerely,

Mrs. Cox

Important News and Notes:

Interims: All students in Pre-K4 through 2nd grade will be receiving an interim progress report, which will be emailed by his/her teacher on Monday. Parents with students in grades 3 through 8 should continue to monitor their students' grades in PowerSchool. Interim progress reports will only be emailed to those 3rd through 8th graders on an as-needed basis.

Grade Level Reminders:

Attention: 8th Grade Parents - You have received several E-blasts in the past week. Each one is important to read and respond to at your earliest convenience so that we have the correct information to send to your child's high school and to celebrate his or her successes.

- **High School Acceptance Information** - This survey, sent April 23, 2020, is intended to gather information such as scholarships, special awards and advanced academic programs for recognition during the graduation ceremony, as well as in the greater school community. You may access the form at <https://forms.gle/BcrJo4PVNk1JUaJX7>
- **Parent Photo Request for 8th Grade Video** - This request, sent on behalf of 8th grade parents Stephanie Zerhusen and Abby O'Neil, on April 24, 2020, asked for photos to complete the 8th grade video. Please send your photos to 2020MSCSgradpics@gmail.com
- **MSCS Class of 2020 Survey** - This survey, sent April 30, 2020, is intended for use in recognizing our graduates via social media over the next several weeks. You may access the form at <https://forms.gle/dzFNQwTdUTnd88J7A>.
- **Important - End-of-Year Records Release Form** - This form from the Archdiocese of Baltimore, sent May 1, 2020, is required for each student graduating from eighth grade. This form should indicate the high school that your child will attend in the fall, so that the final transcripts for the 2019-2020 school year can be forwarded at the end of the school year.

Disney's Aladdin Jr.: Monsignor Slade Catholic School regrets that Disney's Aladdin Jr. must be cancelled. If you would like to request a refund, please email ticket-ets@showtix4u.com. If you would like to donate your ticket purchase to support our program, no further action is needed.

A Message from Mrs. Abbott:

As I reflect on the Director's Note (shown below) that I wrote only a week before our opening night and the total shutdown of our lives, my emotions are high. Though we are officially cancelling our production of Aladdin Jr., nothing in this note changes. This cast and crew will forever be in our hearts. We know that an audience never got the opportunity to revel in the magic of you and all of your talents, but we will always feel so blessed to have done just that. We pray that we come out of this with a new perspective and be able to see and appreciate "A Whole New World....a dazzling place I never knew."

Director's Note:

How true is the story of Aladdin in our own lives! We have all followed the journey of finding ourselves and being true to that person inside. I remember as a kid how hard it was to do just that. Like other young people, I wanted to be popular and fit in. I also

Important News and Notes (continued):

remember how frustrating that became, and eventually I had to face that who I was, was just fine. Once I figured that out, how free and happy I felt because, at the end of the day, that is all that really mattered. "Never apologize for being yourself."

I have loved working with these outstanding young people. They have worked very hard over the last few months, and I have seen them change and grow. They have continued to amaze me, not only with their talents, but also the respect they show themselves, others, and our craft. I pray that their experience was positive and a memory that will last a lifetime.

~Mrs. Abbott & Mrs. Briggs

Update from FlynnO'Hara Uniforms: We received an update from our uniform supplier, FlynnO'Hara Uniforms, regarding uniform sales and availability for the coming school year. As of now, all retail stores and the distribution center are closed. In the meantime, the company wanted us to share some information.

The FlynnO'Hara team is preparing for a highly modified, back-to-school shopping season. They will offer discounts on orders placed early in the season in addition to free shipping on all orders until their retail stores are able to re-open. They appreciate your patience as they work to adjust their operations and provide new resources for parents, including online 'how-to' guidelines to help parents perform uniform measurements for their students in the comfort and safety of their homes.

We will send home additional information as soon as it becomes available.

Counselor Corner—Mrs. Watkins:

This week's topic is two-fold: how to help your child participate in the virtual learning process AND a few resources for responding to your child's behavior during this time.

First, it is fair to say that online learning is a new process for our students to varying degrees. While they have grown up in a digital world, it was partnered with hands-on, face-to-face, direct interaction with the learning environment. This mindset shift is difficult for children who are still learning about how to learn! Here are some resources to read over in order to help our students acclimate to the new learning environment:

* Create a Schedule *

As mentioned in last week's update, creating a routine at home (paired with expectations for learning) is an excellent first step. [Whole Child Counseling Visual Schedule](#) is an excellent example for our younger visual learners. For older students: write down ranges of class times, work times, and break times depending on the day. Planning breaks during the day for exercise and screen-free time is important to keep your child engaged. *Google Calendar* is free, easily adapted to individual schedules, and has reminders available for class times and when breaks can occur. Include reminders for deadlines and rewards for completion.

* Use Your Resources *

I'm sure at this point you have been inundated with resources. Focus on the ones local and at your disposal! Don't be afraid to reach out to your child's teachers, either

Counselor Corner: (continued)

through their office hours or in an email. A short “face-to-face” talk with their teacher about struggling to do the classwork is sometimes the motivating factor needed to help your child complete their work. Their teachers miss them, and want to help in any way they can! Utilize *Google Classroom* and *PowerSchool* for staying on top of what assignments are due for your child, check in with them about what is missing and see where they are stuck.

* Give Some Grace *

This is new for everyone. Unprecedented times mean that we are going to stumble through some beginning stages of figuring out what works for us and our children. Give yourself (and others) grace during this time; we will figure it out together! Communicate what support you need--developing a routine, keeping your child focused, how to handle stress--and we will support you.

Now for Part 2 - responding to your child’s behavior. One question that has been popping up is “Why is my child regressing to how they acted years ago?” Stress and anxiety can show up in a variety of ways for children, ranging from defiance to irritability to clinginess. Most commonly, it will appear as regression. Regression is reverting to a prior state of being, without the ability to cope in a mature manner to current stressors. This occurs because they are feeling overwhelmed, unsure of how to respond, and in response to a disruption to their daily lives. Children crave predictability and control. In these out of control times, where everything is in upheaval, they may try to control their environment in the best way they know how.

So What Do We Do?

We Connect.

Increasing connection with our children by being physically close and present is paramount. Laughter, hugging, listening to worries, and showing compassion are important aspects of connection for children and their parents. When a child feels “heard,” they feel connected with the person listening to them. Additionally, you will *not* increase the regression by providing support in the form of comfort (ex: singing to them as you did when they were younger). Research is showing that connection with caregivers is one of the ways to protect children against experiencing this pandemic as traumatic.

We Give Support.

While it is tempting to scold children who are regressing, experts are recommending against it. Instead, look at the regression as a sign of stress and respond to those behaviors in the same way you would comfort your child who was worried. Whatever they are regressing to (ex: saying they can’t wash their hair, or clean their rooms), increase your support in those activities. Help your child with the task, reassuring them during that time by saying, “I can see you are having such a hard time right now. I am right here to help you.” Step in, help with the task, and get it completed. This is not rewarding negative behavior, it is supporting your child who is experiencing stress and does not know how to communicate it correctly.

We Provide Structure.

As mentioned many times before, children need routine and predictability. Setting expectations, a schedule and new routines to uphold will help them find a new sense of “normal” during the pandemic. A new schedule will provide a new rhythm. Go into it

Counselor Corner: (continued)

by saying, “We are going to try this!” instead of “This is how it is going to be!” Ask for feedback from your children, and adapt as needed.

We Give Outlets.

Exercise, meditation, mindfulness, family engagement with games or puzzles, coloring and baking together are just a few examples of outlets you can provide your children. Engaging their minds in different ways than school work provides the break needed to jump back into learning when your routine calls for it. The bonus? It gives you time to reset your brain as well. Modeling self-care in the form of connection and relaxation is one of the best ways for your children to learn how to self-regulate and self-sooth.

Lastly, don't panic! Stay calm, ride the waves of the unknown, and recognize that this is a journey none of us has taken before... give yourself that grace.

Advancement Announcements:

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 email at c.hilmer@mssladeschool.com. We miss you all so very much!

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.

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.

HASA Happenings (continued):

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@msladeschool.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!

Hail Holy Queen

*Hail Holy Queen, Mother of Mercy,
our life, our sweetness and our hope.
To thee do we cry, poor banished
children of Eve;
to thee do we send up our sighs,
mourning and weeping in this valley
of tears.
Turn then, most gracious advocate,
your eyes of mercy toward us;
and after this our exile, show unto us
the blessed fruit of thy womb, Jesus.
O clement, O loving,
O sweet Virgin Mary.
Pray for us O holy Mother of God,
that we may be made worthy of the
promises of Christ.
Amen*



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.

Counselor Corner Resources

Make Distance Learning Work for Your Family

As we start to settle into some acceptance of our current situation, begin shifting your mindset into HOW we can balance everything that is expected of us right now. Click on the links to the right for some tips and tricks.

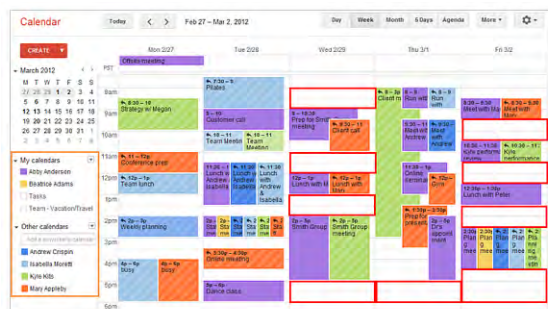
Creating a Schedule

We've all had schedules - its how we plan our day to day activities and deadlines. With the world turned upside down, we need to reframe what a schedule would look like.

Here are a few examples of what kind of schedules you can create to keep younger children engaged in learning, support mental health, and allow for family connection.

Source: [NY Times Article](#)

For middle school students, utilize Google Calendar to line up deadlines, class times and scheduled breaks. Color code based on the activity or subject. For example: blue equals math work, yellow for ELA, orange for specials, etc.



Preschool/Kindergarten

8:00	Eat breakfast , get dressed, put away pajamas, brush teeth Set up daily plan and materials, organize snacks
9:00	Outside Time: Play tag, kick a ball around
10:00	Calendar: Talk about the day of the week, date, and weather Reading: Read-aloud, letter practice, independent reading Snack Break
11:00	Building: Blocks, Magnatiles, Duplo Fine motor skills: Cutting with scissors, finding buttons in play dough, putting stickers on paper
12:00	Lunch and help with clean-up
12:30	Quiet time: puzzles, nap, audiobook
1:30	Outside: Play catch, work in the yard, take a walk Science: Observe animals, sprout seeds, move pipe cleaners with magnets
2:30	Shapes and Colors: Sort shapes, match colors, draw geometric patterns Numbers: Count objects, name numbers, a board game with dice
3:30	Art: Sculpt clay, make a collage, build a house from delivery boxes Music: Hold a dance party, play instruments, sing along Snack Break
4:30	Calm Down: Do yoga; listen to a mindfulness recording, audiobook or podcast; watch a video Project or Craft: Mold play dough, string beads, paint
5:30	Dinner

Elementary School Kids

8:00	Eat breakfast , get dressed, put away pajamas, brush teeth
8:30	Write out the day's schedule , set up materials, make snacks for the morning
9:00	Get outside! Head out for a walk, run a few races
9:30	Student reads aloud or independently
10:00	Math practice or logic puzzles
10:30	Story or nonfiction writing , with a snack
11:00	Choose and memorize a poem
11:30	Geography , social studies, or current events
12:00	Lunch and clean-up, make afternoon snacks
12:30	Quiet reading or outside play
1:30	Virtual museum visit or science activity
2:00	Art or science project or music practice, followed by a snack
3:00	Physical activity
4:00	Online meet-up with friends
4:30	Clean up school area
5:00	Downtime with electronics, music or a book
5:30	Dinner and family time

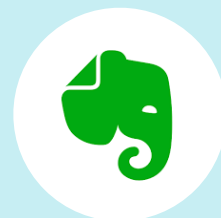


Making Distance Learning Work for Your Family [\(Article Link\)](#)



<https://trello.com>

Trello is a free organization app and website that can be used by anyone in the family.



<https://evernote.com>

Evernote shares & creates lists, notes and reminders.

ACTION CALENDAR: MEANINGFUL MAY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe</p>				<p>1 Take a minute to remember what really matters to you and why</p>	<p>2 Do something meaningful for someone you really care about</p>	<p>3 Reconnect with nature today, even if you're stuck indoors</p>
<p>4 Focus on what you can do rather than what you can't do</p>	<p>5 Send friends a photo of a time you all enjoyed together</p>	<p>8 Take a step towards one of your life goals, however small</p>	<p>7 Let someone you love know how much they mean to you</p>	<p>8 Set yourself a kindness mission. Give your time to help others</p>	<p>9 Look out for positive news and reasons to be cheerful today</p>	<p>10 Tell someone about why your favourite music means a lot to you</p>
<p>11 What are your most important values? Use them today</p>	<p>12 Be grateful for the little things, even in difficult times</p>	<p>13 Today do something to care for the natural world</p>	<p>14 Show your gratitude to people who are helping to make things better</p>	<p>15 Find out about the values and traditions of another culture</p>	<p>16 Look around you and notice five things you find meaningful</p>	<p>17 Take a positive action to help in your local community</p>
<p>18 Hand-write a note to someone you love and send them a photo of it</p>	<p>19 Find a way to craft what you are doing to give it more meaning</p>	<p>20 Reflect on what makes you feel really valued and appreciated</p>	<p>21 Share photos of 3 things you find meaningful or memorable</p>	<p>22 Ask a loved one or colleague what matters most to them and why</p>	<p>23 Share an inspiring quote with others to give them a boost</p>	<p>24 Do something special today and revisit it in your memory tonight</p>
<p>25 Give your time to help a project or charity you care about</p>	<p>26 Recall three things you've done that you are really proud of</p>	<p>27 Today link your decisions and choices to your purpose in life</p>	<p>28 Tell someone about an event in your life that was really meaningful</p>	<p>29 Think about how your actions make a difference for others</p>	<p>30 Find three good reasons to be hopeful about the future</p>	<p>31 Look up at the sky. Remember we are all part of something bigger</p>

ACTION FOR HAPPINESS

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

31 actions to look after ourselves and each other as we face this global crisis together

MAINTAIN FAMILY CONNECTEDNESS: YOU'RE IN THIS TOGETHER!

Regardless of **how** your child is expressing stress, everyone is feeling some sort of pressure or anxiety right now.

Imagine being given an Ikea dresser to assemble without any instructions. Overwhelming? Unsure of where to start? Frustrated? That's how our kids feel right now. They're presented with a huge change in their lives without the tools to experience it.

Increasing your family connection, giving each other grace, and saying "yes" to family experiences during this quarantine will help your child remember it in a more positive light: where they had more nature walks and movie nights with their family - rather than a trauma that they survived.



**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 to 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