

WEEKLY UPDATE



Calendar update:

The Archdiocese will conform to the State's guidance and continue the closure of our school through the end of the year, June 11, 2020.



Volume III, Issue 41

May 29, 2020

Important News and Notes:

8th Grade Send-off Video: If interested, please feel free to click on the link <https://youtu.be/2aXLeMH8Ans> to enjoy this heartfelt video from the Faculty and Staff of MSCS for our graduating class. The Class of 2020 will be greatly missed!

1st-7th Grade Parents: Next week, you will be receiving a schedule and directions for how we will exchange materials (textbooks, library books, yearbooks, etc.) with families. Please be on the lookout for that very important email.

Pre-K-8th Grade Parents: Be on the lookout for an email containing information about Slade's Virtual Field Days for Students. The email will provide teacher-made videos explaining activities students can do at home since we are unable to celebrate our field days here together.

LOGO DESIGN CONTEST: Call for Submissions [Click Here!](#)

The Department of Catholic Schools is seeking logo design submissions for the 2020-2021 School Year theme – **Be a Light for All to See, Matthew 5:16**. The contest is open to students in grades 4 through 11, currently attending an Archdiocesan Catholic school. The winning design will be used as the official logo for the 2020-2021 School Year theme and will be used for marketing and promotion purposes. The logo can be digital or hand drawn, and should illustrate/reflect the theme. All entries must be submitted to the Slade general mailbox (mcs@msladeschool.com) by **Sunday, June 7th**. The winner of the logo design contest will receive a \$50 Amazon e-gift card.

BOOST Application:

The deadline for program applications has been extended to July 15, 2020, to coincide with the federal government and the State's extension of the tax filing deadline. The deadline extension will be communicated to current applicants and will be updated on the BOOST program website. Please contact the BOOST program with any questions. Due to the COVID-19 Pandemic, MSDE staff continue to work remotely. Therefore, the best means of communicating with program staff is through email: boost.msde@maryland.gov.



Don't forget! - As you do your online shopping, remember to visit [smile.amazon.com](https://smile.amazon.com/ch/52-0977368) to support Monsignor Slade Catholic School.

Counselor Corner—Mrs. Watkins:

“End of the School Year Emotions & Summer Transitions”

Depending on what grade level your child is in, you have either reached the “finish line” of the school year or are at least coming around the final turn. The past few months have proven to be challenging and made us rethink everything about our lives - from work to school, school to family time, and the combination of all three. In this week’s newsletter, I wanted to share some strategies for coping with the End of the School Year Emotions, as well as some resources you may find helpful for over the summer.

Emotions - What to Expect

Your child may experience a range of emotions at the end of this school year, depending on his/her age and maturity level. Parents of Pre-K, 5th, and 8th grade students have been reaching out for advice on how to provide some sort of recognition for the next “level” of school since the current situation is limiting our abilities to provide a traditional celebration. Personally, I am grieving that my last child, my baby, will not be participating in the traditional Preschool Graduation that I remember so fondly from my oldest daughter at Slade. I am beyond grateful for the Preschool teachers going above and beyond to celebrate their students and still make the transition special. When my oldest graduated from Pre-K4, our family went out for ice cream afterwards, and she was able order any sundae she wanted. For my youngest daughter, we will be having a sundae bar at home this year, not the same as what we had done in the past but still an opportunity to celebrate and provide positive memories where we can. I encourage you to find a way to celebrate these transitions, whether it be a Zoom call between families that your children are close to while eating popsicles or having a dance party or taking videos of your children writing or drawing “thank you” cards to their teachers and sending the teacher the video. It requires some creative thinking, but we can still give our children the best celebration possible with the confining circumstances while recognizing that this time is different and can still be difficult.

Emotions that your child might be displaying during the end of the school year, or even during the first few weeks of summer, can vary from child to child and age to age. Some children will exhibit anger or tantrums, while others might show sadness and disappointment. Regardless of how your child responds to the end of the year, make sure you are having the conversation with them about how they are doing. The transition may look different because of the lack of closure; it is our job as parents and caregivers to provide some sort of closure for our children. Ask your child how they want to “say goodbye” to their teachers and friends that they won’t be in contact with over the summer. If they don’t know what works for them, provide examples such as writing an email, recording a video message, setting up a few virtual playdates or scheduling calls over the summer break.

In addition to asking your child how they want to end the school year, provide outlets for emotions that they may have difficulty expressing. This summer transition is uncharted territory for all of us! Establishing regular check-ins as a family (going around the table asking how each person is doing) helps normalize the discussion of emotions, especially when the adults participate. One of the best ways to foster resilience in ourselves and our children is to actually discuss emotions in a vulnerable and supportive environment. Recognizing how each family member feels allows a neutral starting place for family members to understand where each other is coming from and gives

Counselor Corner: (continued)

clues on how you can interact with each other. For example, a parent states that they are stressed from work and a child mentions that they are cranky because they didn't sleep well. The family can brainstorm a way to help each other in their current emotional states, sharing ideas and coming to a consensus on how to proceed.

Summer Resources

Start with the experts - your child's teachers! Ask what they would recommend to bolster your child's educational experience over the summer and which extensions they prefer. Over the next few weeks, there will be a roll-out of options from a variety of sources: Kumon, Mathnasium, virtual camps and classes. Before you jump in and plan your child's entire day to revolve around learning to "make up" for the third trimester, keep a few things in mind:

We all need a break. Think back to what summer looked like for you as a child. Our summer will look somewhat different this year because of social distancing, but not in some key components. Children need time outdoors and time to be creative. They need a safe space to use their imagination and combat boredom without a screen. Depending on the age of your child, try to think of a few "backup" activities to have ready for the summer. Family walks, nature hikes, family reading time, STEAM activities, puzzles and good old fashioned board games provide outlets for boredom while increasing family connection.

There is a time and a place for learning over the summer. When I was growing up, my mother created a daily itinerary for our family filled with chores, responsibilities, meal times and down time. One of the items on that list was summer learning. I vividly remember our "summer workbooks" that we worked on daily to lessen our "summer loss." As a parent, I do create ideas for what each day might hold as well as chores and responsibilities that need to be upheld. I create a flexible routine for the day, including summer learning from workbooks that I find helpful (this year we are using the BOB and BrainQuest series) for each child and review it after a few fun days following the close of the school year. For my younger daughter (who is a beginning reader), I use pictures for each part of the day, such as a toy bin with toys neatly tucked inside to represent her chore of putting away her toys. For my older daughter, I create a checklist of what needs to be accomplished that day where she can walk over and determine the order of completion.

Allow some flexibility. Above, I mentioned an established routine and responsibilities for children. There is also space for spontaneity and flexibility! Some of our best memories in the summer come from days where I woke up early, packed a cooler, and surprised the girls with a morning nature hike. Other times we would drive to a farm and pick fruits and vegetables (which many are offering this summer in a safe manner). The summary? Establish a routine, but feel free to mix it up sometimes.

Read. Join your local library's summer reading club. Ask your child's teacher about a book series he/she might be interested in or think back to some of your childhood favorites to introduce to your child. Read with them before bed or during a break in your day. Sharing the love of a book and asking questions about how your child is interpreting the literature increases connection and establishes memories.

Make sure to take a look at the Counselor Corner Resources at the end of the weekly update for additional information! Have an amazing summer everyone! - Mrs. Watkins

Advancement Announcements:

Please submit photos of your family or Monsignor Slade student(s) to Mrs. Hilmer. Be creative! Let's keep our community connected and have fun! Remember, be sure to listen to Mrs. Cox's morning message for daily photo challenges she may announce. Send via email at c.hilmer@msladeschool.com or social media. We miss you all so very much!



Referral Credit - There are still seats available for the 2020-2021 school year. Remember Monsignor Slade families are able to receive a \$500 referral credit after that new student has been enrolled for a full year, if that applicant indicates their family name or their student's name on the application. Think of friends and neighbors who might be seeking a new educational experience and share the great news about Monsignor Slade!

Celebrating the Class of 2020! Any families who have special celebrations planned for their Monsignor Slade graduates in the coming months, please consider sharing photos and brief explanations. Mrs. Hilmer would like to continue recognizing our graduating class! Send via social media message or to c.hilmer@msladeschool.com.

HASA Happenings:

The Home and School Association at Monsignor Slade Catholic School needs your help! We have one more position available for 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 for Vice-President. You will find a job description listed below to serve on the HASA Executive Board for the 2020-2021 school year.

HASA Happenings (continued):

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. If interested, 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 couple of open positions that need to be filled for next year's Sports Programs. Please check them out! See flyer attached!



Come Holy Spirit

Come Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.
Send forth your Spirit and they shall be created.
And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit,
did instruct the hearts of the faithful,
grant that by the same Holy Spirit we may be truly
wise and ever enjoy His consolations,
Through Christ Our Lord. 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.



2020-2021 SCHOOL YEAR THEME

Logo Design Contest

Be a Light for All to See
Matthew 5:16

Students in grades 4 through 11, currently attending an Archdiocesan Catholic school are invited to participate. The winning design will be used as the official logo for the 2020-2021 School Year theme. The logo can be digital or hand drawn, and should illustrate/reflect the theme - *Be a Light for All to See*, Matthew 5:16. The winner of the logo design contest will receive a \$50 Amazon e-gift card.

Submission Deadline: June 8, 2020

Email submissions to
mary.destino@archbalt.org.

Subject Line: LOGO DESIGN CONTEST
All electronic image file types accepted

Counselor Corner Resources

OUR CALM

WE CAN'T POUR FROM AN EMPTY VESSEL

- OUR STUDENTS COUNT ON US TO HAVE CALM TO SHARE WITH THEM.
- WE NEED TO BE REGULATING OURSELVES TO BE AVAILABLE TO CO-REGULATE WITH OTHERS.
- WHEN WE TAKE CARE OF OURSELVES, WE TAKE CARE OF OUR STUDENTS.
- WHAT ARE YOUR RESTORATIVE PRACTICES?

OUR STUDENTS' CALM

11 Summer Routines For Your Family

- 1. Set a bedtime.**
Even in the summer it's best when everyone gets a great night's rest.
- 2. Keep moving.**
Start or end the day with a bike ride or a walk.
- 3. Set tech limits.**
It's easier to set limits at the beginning than nag all summer.
- 4. Eat 3 fruits & veggies each day.**
Try something new like a mango or kiwi.
- 5. Brain boost with flash cards, or tech games.**
It takes up to 2 weeks to review when school begins. Keep your kids brains fresh all summer.
- 6. Read every day.**
It can be a book, a blog, a magazine. Read together as a family.
- 7. Plan on downtime**
Summer is our time to unwind. Intentionally plan time to do nothing.
- 8. Find ways your family can help around the house.**
Helping prep & cook dinner, taking out the trash, and doing laundry are ways kids to get kids involved.
- 9. Declutter a little at a time.**
Just 15 minutes to declutter drawers, under the sink, & other small spots around the house.
- 10. Play games & do puzzles.**
Hopscotch, Monopoly, Bingo, Old Maid & many other games are great family fun.
- 11. Practice gratitude together.**
Gather together each day to share what you are grateful for.

When our children are angry, they are working hard to shield themselves against more difficult emotions that are rising inside them - shame, grief, fear, jealousy, anxiety.

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Empathy softens the shield. It opens the way to them and sends the message that all of their feelings are safe here.

-Karen Young

Be the adult you hope your child will become

brookeshelton.com.au

summer *daily* schedule

Summer Morning Routine

- Morning Chores _____
- Play Time _____
- School Review _____
- Workout _____
- Errands/Playdates _____
- Lunch _____

Afternoon Morning Routine

- Quiet Time _____
- Activity Time _____
- Play Time _____
- Watch TV _____
- Play Time _____
- Bath/Bed _____

mon day	tues day	wed day	thurs day	fri day

Sadie's Summer Checklist

In the Morning, did you...

- Make Your Bed
- Brush Your Teeth
- Take Your Vitamin
- Get Dressed



Each Day, You Need to...

- Work on pages in your Workbook



And...

- Play Outside



OR

- Play With Your Toys

Then You Can...

- Play on the Tablet

- Watch TV



5 WAYS TO BUILD RESILIENCE

1

BE SELF-COMPASSIONATE

Give yourself permission to say, "This is hard." "This is scary." "I'm really worried."

2

BE FLEXIBLE

Allow yourself to relax previously held standards that don't make sense in the present.

3

REFRAME FRUSTRATIONS

Reframe frustrations so that you can see the positive aspects of the situations.

4

EXERCISE

Build up your physical energy to allow yourself to apply emotional and mental energy to daily stressors.

5

SLEEP

High quality sleep will sustain the energy you'll need to be resilient every day.

I can handle this, especially if I take it one step at a time

I am capable of doing tough things

It's okay if I don't feel okay right now

I've had to deal with harder things, so I know it will get easier.

COPING STATEMENTS

Not all thoughts are true or facts



I belong, am lovable, and matter. No matter what.

I feel sad and disappointed, and that's okay

I'd choose something else, but I can deal with this, too

All I need to do is the next right thing, and breathe, even if I don't know what's going to happen.

Feeling scared and anxious means I get to be more brave.

No matter how difficult it gets, I am strong enough to get through it, and come out even stronger.

This feeling is uncomfortable, but it won't last forever.

**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 8, 2020, 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.

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