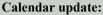
WEEKLY **UPDATE**





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 38

May 8, 2020

Important News and Notes:

Sunflower Loyalty Grant - Parents of students currently in grades Pre-K4-8th grade should have received a communication from Mrs. Cox on Wednesday night regarding a grant being applied to next year's tuition for returning families. If you missed that email, please see the letter attached at the end of this update.

Interims - Interims were emailed home at the beginning of this week for all Pre-K4-2 grade students and for those students in need of one in grades 3-8. Parents, if you have not done so already, please kindly reply to your child's teacher to let them know that the interim was received.

Summer Care - We are currently in the planning stage for our Summer Care program. Once Governor Hogan provides new guidance on large group gatherings and social distance, we will communicate our plans to all families.

Materials Return - We are currently in the planning stage regarding the collection of school textbooks and library books, in addition to returning personal items, at the end of the year. Once finalized, we will communicate our plans to all families.

Grade Level Reminders:

8th Grade:

Class of 2020 - Plans are underway for graduation. As soon as the details are finalized, the plan will be sent to the parents.

Class of 2020 Parents and Students! LAST CALL! Please complete this Google form so that we may honor your 8th grade student. A photo in high school spirit wear, Slade spirit wear, or dress clothes (meeting handbook guidelines) may be submitted to Mrs. Hilmer at c.hilmer@msladeschool.com. You may access the form at https:// forms.gle/dzFNQwTdUTnd88J7A.

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 2020M-SCSgradpics@gmail.com

Page 2 Weekly Update

Important News and Notes (continued):

Information from Anne Arundel Public Library - Anne Arundel Public Library has resources available for students that can assist with continuity learning during this unprecedented time. Here are a number of electronic library resources that might be of interest to you and your children:

- OverDrive for Kids This service provides a wide variety of eBooks, eAudioBooks, and book-related videos for children
- **Miss Humblebee's Academy** This service provides a wide variety of educational activities (including eBooks) for children ages 3-6. Please note: Miss Humblebee's Academy will only be available for a limited time.
- Tumble Book Library This service provides a wide variety of electronic books for children including: storybooks, read a longs, eBooks, graphic novels, and nonfiction and also Tumble Math (for a limited time) It also includes videos, puzzles, and games.
- Homework Center Resources: https://www.aacpl.net/homework
- Tumble Book Math https://www.tumblemath.com/home.aspx The most comprehensive collection of math picture books online. Available for a limited time.
- Help Now powered by Brainfuse http://main.aacpl.ga.brainfuse.com/
 authenticate.asp Available 2 pm 12 am, 7 days a week. Kindergarten through Adult Learner. Math, Science, English, Social Studies, Spanish. Spanish-speaking tutors available, Writing a paper or a College Application Essay? Send it to the Writing a paper or a College Application Essay? Send it to the Writing a paper or a College Application Essay? Send it to the Writing a paper or a College Application Essay? Send it to the Writing a paper or a College Application Essay? Send it to the Writing a paper or a College Application Essay? Send it to the Writing a paper or a College Application Essay? Send it to the Writing a paper or a College Application Essay? Send it to the Writing a paper or a College Application Essay? Send it to the Writing a paper or a College Application Essay? Send it to the Writing a paper or a College Application Essay? Send it to the Writing a paper or a College Application Essay? Send it to the Writing a paper or a College Application Essay? Send it to the Writing a paper or a College Application Essay? Send it to the Writing a paper or a College Application Essay? Send it to the Writing a paper or a College Application Essay?

More information about these and other resources can be found here: https://www.aacpl.net/kids

Here are a few other things that might be of interest:

- Early Literacy Virtual Programs and Activities: https://www.aacpl.net/
 earlyliteracy. Children and their caregivers can access these resources by applying for a Virtual Library Card.
- **Digital Library** https://www.aacpl.net/ebooks. Ebooks for all ages.
- Virtual Library Card Information: https://www.aacpl.net/online-library-card

Counselor Corner—Mrs. Watkins:

Handling Parent Frustration

"This quarantine is an opportunity for you to spend more time with your children!", "Savor this family time.", and "This is a once in a lifetime chance to really impact your children's education."

Sound familiar?

I bring these statements up, not to dismiss the fact that family time is important and rare, but rather to refocus the expectations put upon parents and caregivers during this pandemic. Yes, we should enjoy time with our children. However, it is unrealistic to believe that *all* of that time will be filled with sunshine and laughter.

Page 3 Weekly Update

Counselor Corner: (continued)

It is perfectly human to feel frustrated with your child from time to time. Ignoring repeated instructions, mood swings, acting out, whining and sighs can slowly chip away at a parent's tolerance levels. Before you know it, *BOOM*!, we yell things that we may not have meant to utter out loud. This week's update includes some tips and resources for managing frustration - both for the adult and the child.

Yelling - It's existed before, but more common now

Your kids are arguing all day, resisting school work and destroying the house. You've tried to fit in Zoom calls, some work, and still run a household. You're overwhelmed, stressed, caffeinated and lacking sleep. Then, like a volcano, you erupt. Yelling rarely makes anyone feel better; in fact, it normally adds to our stress levels because we know we should have reacted in a different way.

So how do we resist the eruption? First, if you yell at your child, use it as a teachable moment in apologies. We are human beings, and it is an opportunity to model compassion and regret. Wait until everyone calms down, then go to your child. Be honest with them, but don't blame them. Explain how you felt up to the point of yelling, and how you felt afterwards. Let them know that you are going to try harder to avoid yelling, and even work together to problem-solve and find some solutions that might help the situation. (For example, if you yell after your child ignores your instructions multiple times, apologize and problem-solve ways that your child thinks they may listen to instructions more easily)

Everyone needs your help at the same time

I've experienced this multiple times at home with my 9- and 5-year-old daughters. Reframe your expectations and think about what can realistically be completed in a day. Teachers are doing an amazing job with providing support, appropriate workloads and communicating with families. If you are struggling, reach out to them! Office hours are key right now; use that valuable time for your child to get extra help when needed.

I've instituted a sticky note system at home. Many times a day, you will find all four of us on computers - doing work, on calls, etc. Before the day begins, I remind the girls that when they need help, they are to bring a sticky note (different color per child) to me and stick it on the back of my computer. I then provide help as soon as I can, which I try to state when they deliver the sticky note. I remind them that they are to move on to the next task while I am finishing up my work, and that I know it is important to them that they need me. Is this a perfect system? Of course not. But it is something that has been working most of the time for us. Play around with different ideas for communicating the need for help, tied in with the practice of patience.

Tantrums - you and them

We know it is our job to model appropriate behavior. Once a tantrum starts, it is hard to dial back the intensity - regardless of age! When a tantrum starts to occur, allow some time to yourself to collect your thoughts and breathe... even if it is just 3 minutes in a bathroom alone. Designating "calm down" spots in your house for each family member is a valuable tool for self-regulation. It works twofold, allowing the child, or the adult, time to themselves to calm down as well as a warning to others that they are in a tough mental space.

Page 4 Weekly Update

Counselor Corner: (continued)

When you can, be proactive with self-care and calming moments. Sometimes, you may need to ask for help. Allowing your child to FaceTime with a relative or friend can give you a 5-minute reprieve to breathe. Scheduling a regular time is even better! For yourself, schedule calls with friends or family to unwind after you get the kids in bed! Create and maintain connection - you aren't alone in your feelings.

Don't take your child's reactions personally

We can impact the way our children behave and feel - obviously. However, oftentimes the way our children react to a situation is not a reflection of our parenting. Children do not know how to express their inner feelings easily. Developmentally speaking, many areas of our brains aren't fully developed until our twenties! So take a breath, and respond to your child the way you wish someone would react to you when you were feeling upset, frustrated or scared.

Frame frustration as a puzzle to be solved

Everyone experiences frustration and disappointment. Call a family meeting and gather ideas for ways to deal with frustration as a group. Starting with "I don't know about you, but I've been really frustrated lately. What do you think 'frustrated' means?". Everyone can add in their own definitions and then ask for suggestions. You will be surprised by what your children come up with!

Celebrate successes - no matter how tiny

There is a wide range of successes to celebrate right now. Did you make it to lunch without repeating yourself? Did your child complete all their work? Did siblings get along for an hour? Celebrate tiny victories, as often as you can. And celebrate YOU!

Advancement Announcements:

Attention Parents and Students! Be sure to listen to Mrs. Cox's morning message for daily photo challenges she may announce. And 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@msladeschool.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.

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!

Page 5 Weekly 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. 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.



CHINOLIC SCHOOL

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.



May 6, 2020

Dear Monsignor Slade Catholic School Families,

St. Julie Billiart's maxim, "Teach children what they need to know for life," is a guiding principle of Catholic education. At Monsignor Slade Catholic School, we strive to do this by nurturing students' spiritual, academic, emotional, social, and physical needs. Our comprehensive program provides students with the opportunity to grow, learn, and serve others.

Despite the fact that we are not physically together, Monsignor Slade's teachers and staff continue to provide a robust education to our students through remote learning. We know that, while we provide your children with an excellent education rooted in the Catholic faith, even from a distance, it is not given in isolation. It is only by working in partnership with you, the parents, that our students can reach their full potential. Never has this been more evident. You, the parents, play such an integral part in the complete education of your children.

Because of your faithful support to Monsignor Slade Catholic School, we want to demonstrate our gratitude and express just how important you are to the school community. So, in an effort to support our devoted families, many of whom are experiencing a negative financial impact as a result of this unprecedented pandemic, we are pleased to announce that for the 2020-2021 school year we are providing each returning family a Sunflower Loyalty Grant in the amount of \$375.00 per child, which will be applied directly to your FACTS account.

Current eighth grade families will receive a check in the amount of \$375.00 per eighth grade child, unless there is a younger sibling who will be attending Slade next year. In that case, the \$375.00 Sunflower Loyalty Grant for the graduate will be additionally applied to the FACTS account of the younger sibling for the 2020-2021 school year.

We hope that the Sunflower Loyalty Grant will provide some peace of mind during this uncertain time. We pray that we will soon be able to welcome you and your children back to school.

Sincerely,

Alexa L. Cox

Alexa L. Cox

Principal

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Be like the sunflower that follows every movement of the sun, and keep your eyes always turned towards our good God. ~St. Julie

Counselor Corner Resources

MANAGING CORONA VIRUS (COVID-19) ANXIETY

- For You - Avoid excessive exposure to media coverage
- -Connect through calls/text/internet
- -Add extra time for daily stress relief
- -Practice self-care Focus on your mental health

-Reassure them that they're safe Let them talk about their worries -Share your own coping skills Limit their news exposure Create a routine & structure

For Kids

For Quarantine/Isolation -keep in contact with your loved ones via social media, texts, and phone calls

- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

9 MENTAL HEALTH **ACTIVITIES TO DO** WITH YOUR CHILDREN



ACTIVITY PLANNING Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

THOUGHT CHALLENGING

Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

Why not create a time each week where your child can speak to you about their thoughts and feelings 3 GOOD THINGS

Before bed spend some time with your child to identify and write down three good things they achieved from the day

TALKING ABOUT FEELINGS

BEING PRESENT Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses.

THOUGHT TESTING Try setting out some simple activities to help your child test out the validity of a thought.



WELLBEING

IMAGERY

Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

FAMILY CONNECTION

Game nights, nature walks, puzzles and movies with popcorn are a great way to bring the family together.

DISCONNECT & UNPLUG

Make it a habit to eliminate technology at meal time. Put down the phones, turn off the television and talk to each other.

CHECK IN WITH EACH

Everyone experiences stress differently. Do a daily check in after a meal together to see how each member of your family is doing.



We MAN NOT HAVE THE SAME ourselves as we would IN a NORMAL Week Because These are weeks, Be PATIENT WITH YOURSELF.





CREATING HEALTHY ROUTINES



Work, paying bills, cleaning, cooking, shopping, exercising, getting enough sleep, and taking care of children are just some of the things millions of Americans do each day and it is easy to be overwhelmed. It can feel impossible to get everything done, let alone take care of yourself—specially if you've already struggling with a mental health concern like depression or anxiety. By creating routines, we organize our days in such a way that taking care of tasks and ourselves becomes a pattern that makes it easier to get things done without having to think hard about

TIPS FOR SUCCESS



Create the routine that is right for you. We don't all have the same schedules or responsibilities and some of us struggle with certain parts of daily life more than others. All healthy routines should include eating a nutrition-rich diet, exercising, and getting enough sleep, but no two routines will be exactly the same. In fact, your routine may not even be exactly the same every day.



end up with lasting results. Pick one small thing each week to work on. It could be adding something new and positive, or cutting out a bad habit. Small changes add up.



Add to your existing habits. You probably already have some habits worked into your routine, like drinking a cup of coffee in the morning. Try adding new habits to existing ones. For instance, if you want to read more, you could set aside ten minutes to read while you have your coffee (instead of drinking it on your drive to work.)



Make swaps. Think about the things you do during the day that aren't so healthy and swap them with better behaviors. For example, if you feel sluggids in the afternoons and eat sugary snacks for a quick pick-me-up, try taking a brisk walk instead to get your blood pumping and endorphins flowing. Or if you find yourself having a few alcoholic drinks after a long stressful day, try sipping hot tea instead.



Plan ahead. When life gets hectic, you may be tempted to skip out on the new parts of your daily routine. By doing things like prepping meals ahead of time, picking out an outfit the right before work, or having an alternate home workout option for the days you can't make it to the gym, you help set yourself up for success even when you're hurined.



your body that are good for your physical and mental health.



them. Have you added exercise to your weekly routine and worked out every day as planned for the last couple weeks? Treat yourself! Watch a movie you've been wanting to see or try out that new video game.



while. You don't have to be perfect, just try to do better the next day.

Sources

**Name: L. McChould, J. O'Brinn, A. Sherry, B. Bottino, C. Schridt, M.E. Tavers, E.M. (3013) Hability habits happy homes andomized trianguare household injurious among one-chool angel children, J.M.M. Andolove, 161, 1972-1978.

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FAST FACTS When it comes to diet, sleep and exercise, having good, strong routines is



People with more daily routines have lower levels of distress when facing problems with their health



It takes an average of 66 days for a behavior to become automatic (a habit), but for some people it can take as long as 8 ½





Some things we can remind ourselves of before responding to- not reacting to- a child who is "acting out"

- I I will take deep breaths to calm and center myself.
- 2 I am the adult and captain of this ship.
- 3 My student is doing the best that they can, given the skills and resources that they have in this very moment.
- 4. Their prefrontal cortex is not fully developed yet. (Won't be until they are in their mid-twenties!) Their brain is only 9 (or 4 or 7 or 13) years old.
- 5 Their Protective Brain (amygdala/ "primitive reptilian brain") is directing them right now.
- 6. I choose to respond with kindness & compassion, like the WARRIOR that I am WHOLE-Heartel



SIT WITH THEM IN THEIR EMOTIONS

Reframe your mindset:

Instead of trying to <u>control</u> your child's emotions, try to understand what they are experiencing in that moment. What is the child's action trying to tell you?

Often our emotions do not fully express how we are feeling. We may use the word "mad" when we really mean we felt isolated. We say "sad" when we mean disappointed.

Take a minute with your child to decode what they're experiencing, and <u>let</u> them experience it. We do not need to "end" an emotion or stop tears - we are meant to sit with them in their discomfort.



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.



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