



October 2009



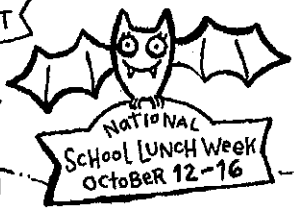
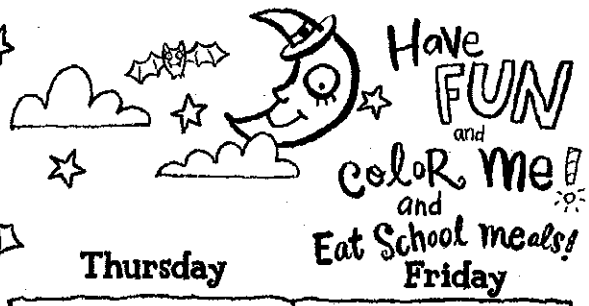
School Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																	
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4	5 Grs. 4-8 Mid Terms Home  Cadet Training 3pm Rm 207	6	7 Mass 8:15am Dismissal 2:30pm	8 No School  <table border="1"><tr><td>Teacher Convention</td></tr></table>	Teacher Convention	9 No School	10																																																																																																
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11	12	13	14 Mass 8:15am Dismissal 2:30pm Home & School Committee Mtg 6:30pm	15 Grs. 7 & 8 - MUHS & DSHA Recruitment Visit 2pm	16 Non-Uniform Day	17 Coletta Scope at Milwaukee Youth Arts Center 6:30 to 9pm																																																																																																	
18	19	20 Gr. 1 & 2 - First Stage 9:20 to 11:30pm  Market Day 3 to 4:30pm	21 Mass 8:15am Grs 4, 5, & 6 to PAC Concert Dismissal 2:30pm	22	23	24 Auction 5 to 10pm																																																																																																	
25	26 Grs. 3 & 4 to Shalom Wildlife Refuge	27 Education Committee 6:30pm	28 Mass 8:15am Dismissal 2:30pm	29	30 Non-Uniform Day  Halloween Parade 2:15pm	31																																																																																																	



square meals

# October



Monday

Tuesday

Wednesday

Thursday

Friday

			<p>1 Hamburger/Bun Choice of Vegetable Choice of Fruit Milk</p>	<p>2 Mystery Menu</p>
<p>5 Chicken Patty Choice of Vegetable Choice of Fruit Milk</p>	<p>6 Mozzarella Sticks &amp; Dipping Sauce Choice of Vegetable Choice of Fruit Milk</p>	<p>7 Turkey Deli Choice of Vegetable Choice of Fruit Milk</p>	<p>8 No Lunch Teacher Convention</p>	<p>9 No Lunch Teacher Convention</p>
<p>12 Super Nachos Choice of Vegetable Choice of Fruit Milk</p>	<p>13 Chicken Nuggets Choice of Vegetable Choice of Fruit Milk</p>	<p>14 Meatball Sub Choice of Vegetable Choice of Fruit Milk</p>	<p>15 Hot Dog/Bun Choice of Vegetable Choice of Fruit Milk</p>	<p>16 Mystery Menu</p>
<p>19 Omelet Hash Brown Juice</p>	<p>20 Chicken Patty/Bun Choice of Vegetable Choice of Fruit Milk</p>	<p>21 Corn Dogs Choice of Vegetable Choice of Fruit Milk</p>	<p>22 Chicken ala King Choice of Vegetable Choice of Fruit Milk</p>	<p>23 Mystery Menu</p>
<p>26 Pizza Choice of Vegetable Choice of Fruit Milk</p>	<p>27 Tacos Choice of Vegetable Choice of Fruit Milk</p>	<p>28 Spaghetti Choice of Vegetable Choice of Fruit Milk</p>	<p>29 Chicken Nuggets Choice of Vegetable Choice of Fruit Milk</p>	<p>30 Mystery Menu</p>

## Looking for a Great Lunch? Get in Line!

Kids who eat school lunches are likely to get more milk, meats, grains, vegetables and fruits in their diets than kids who bring lunch from home. Get into healthy eating habits by getting into line at your school cafeteria!

## Did You Know...

The National School Lunch Program was started all the way back in 1946. That was the year President Harry Truman signed the School Lunch Act to provide low-cost or free lunches at school. Today the program feeds more than 30.5 million students a day!

## There's No Trick to This Treat

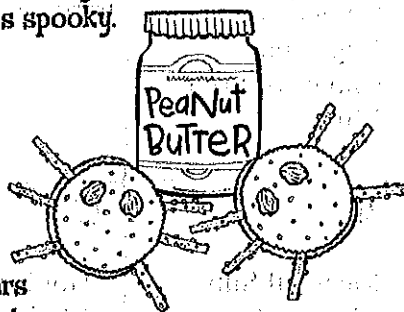
Make your Halloween a ghoulishly healthy one. This creepy, crawly snack is as delicious as it is spooky.

### Bug Bites

- 10 small round wheat crackers
- 2 tablespoons peanut butter
- 15 pretzel sticks
- 10 raisins or dried cranberries

Spread peanut butter on five crackers. Put the other five crackers on the top to make cracker sandwiches.

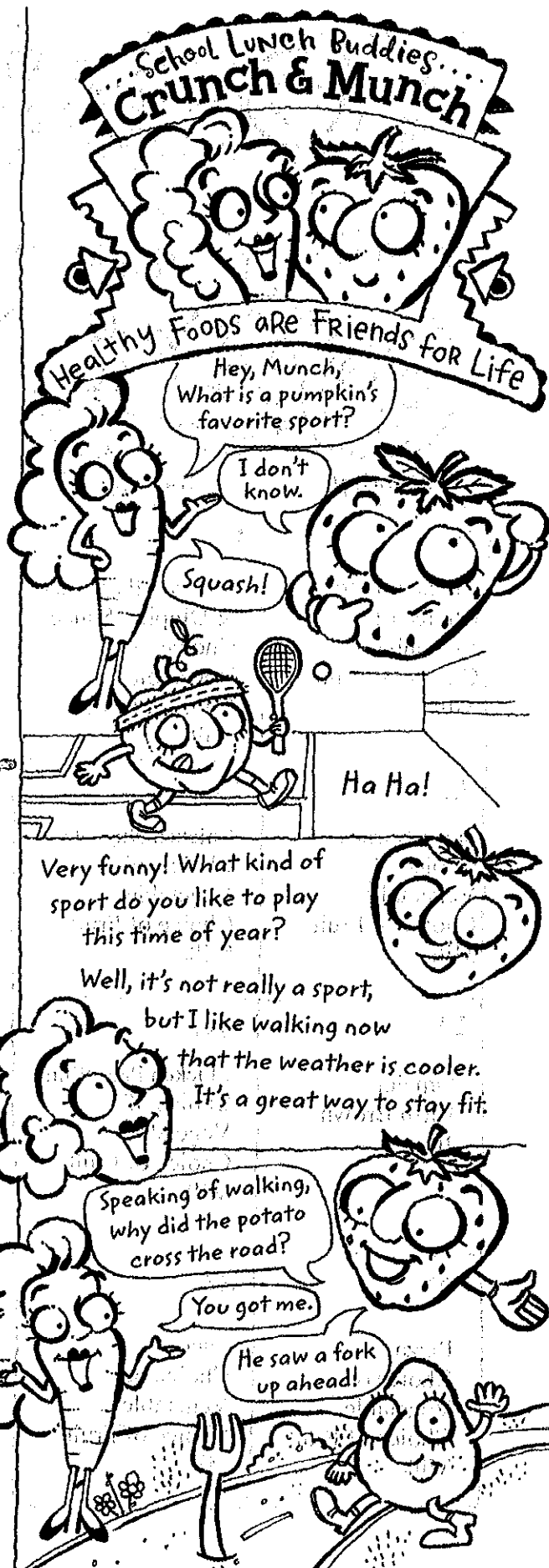
Break the pretzel sticks in half and stick six "legs" inside each sandwich, three on each side. Use two dots of peanut butter on the top of each sandwich to stick the raisins on for bugs eyes. Makes five bug bites.



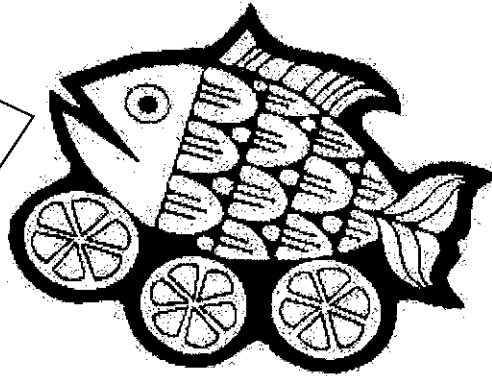
## Check Out the CAFETERIA BUZZ

Lunch Prices: PK-6 \$1.90, 7-8 \$2.00, Reduced .40¢, Milk .40¢. Alternate menu items are available at various prices. Café phone number is 453-6850. Menu is subject to change. Free and Reduced applications from the prior semester year have expired. All previous applicants who did not submit an application for the current school year will pay full price for a lunch. Applications are accepted anytime during the school year. All information is kept confidential.

Find out the amount of healthy food you need each day by getting your personal food guide pyramid at [www.mypyramid.gov](http://www.mypyramid.gov). Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, and disability. Write: NCHS, Director, Office of Education and Compliance, 1400 Independence



**Join us for  
the saint  
sebastian  
fish fry!!**



...YOUR *neighborhood fish fry!*

***Featuring...***

- All-You-Can-Eat Fried or Baked Fish  
(Reduced Prices for Children and Seniors)
- Salad Bar, Milk, and Coffee Included
- ***New!*** Chicken Nugget Kid's Meal (Dine In Only)
- Succulent Shrimp Chowder & Soup of the Month
- Beer, Soda, and Homemade Desserts
- Carry Out Available (Buckets, Dinners, Soups & Extras)
- ***Fried with Trans-Fat Free Oil***

**2009-2010 dates**

<b><u>Dine In &amp; Carry Out</u></b>	<b><u>Carry Out Only</u></b>
October 2	February 19
November 6	February 26
December 4	March 12
January 8	March 19
February 5	April 2
March 5	
March 26	
May 7	

***4:30—7:30 p.m.***

***St. Sebastian School Cafeteria  
1740 North 55th Street***

For More Information  
***Call 414-453-1061***

# Middle Years

Working together for school success

## Short Stops



### Listening and learning

At the library, choose a book on tape or DVD to listen to with your middle grader. Then, when you're in the car together (going to practice, picking up dinner), pop in the next installment. Talking about what you've heard will build your child's listening and conversation skills—and you'll enjoy the time together.

### Recognize respect

When your child shows respect, let her know you appreciate it. For example, if she speaks politely to you even though she disagrees with what you say, you might tell her, "Thank you for talking to me with respect." You'll encourage more of the same.

### Smoking stinks

Does your middle grader want bad breath or yellow teeth? Probably not. Tell him that's what he'll get from smoking, and you'll give him two big reasons for saying no to cigarettes. While parents worry about future health issues, middle graders may be more afraid of what can happen right now.

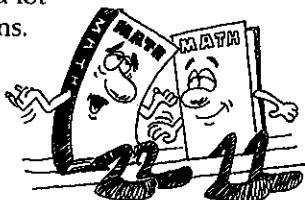
### Worth quoting

"The time is always right to do what is right." *Martin Luther King Jr.*

### Just for fun

**Q:** What did one math book say to the other?

**A:** I have a lot of problems.



## Hooray for homework!

Amy has her evening planned. She'll do her math homework before dinner, then follow up dessert with English and science. Afterward, she can unwind from a busy day.

Sound impossible? It's not. Help your child make homework go like clockwork with these strategies.

### Think it through

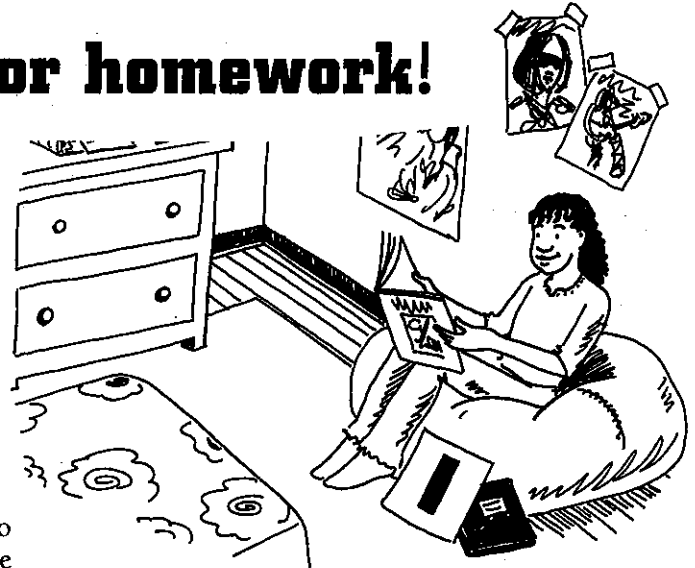
Before your youngster begins, have her make a to-do list. *Example:* write a poem, read a history chapter, solve 10 math problems.

Then, suggest that she number the tasks, from toughest to easiest, and start with the hard stuff. This "save the easiest for last" strategy will help her finish on a high note, perhaps inspiring her to get in some extra studying.

### Think about time

Ask your child to consider different time slots she can use to get work done. For instance, maybe she could set aside a weekend morning or Sunday night.

Also, many middle graders have time during study period or after lunch to tackle homework. Encourage your child to complete one assignment at school each day. The more she does then, the more time she'll have for fun later.



### Think positive

Help your middle grader see homework as a chance to prove her independence by getting her work done on time and by herself. Boost her confidence by telling her, "Homework gives you a chance to show all that you know." And give her a thumbs-up when she does just that. 👍

## Keys to success

You can set your middle grader up for success this school year with some basic pointers. Suggest that he try to follow this checklist, and you'll help him get off on the right foot:

- I attend school every day unless I'm sick, and I get there on time.
- I get 8–10 hours of sleep each night.
- I eat a healthy breakfast in the morning.
- I pay attention in class.
- I write down my assignments for each subject.
- I start my projects when I get them.
- I complete my homework on time.
- I read for pleasure each day. 👍

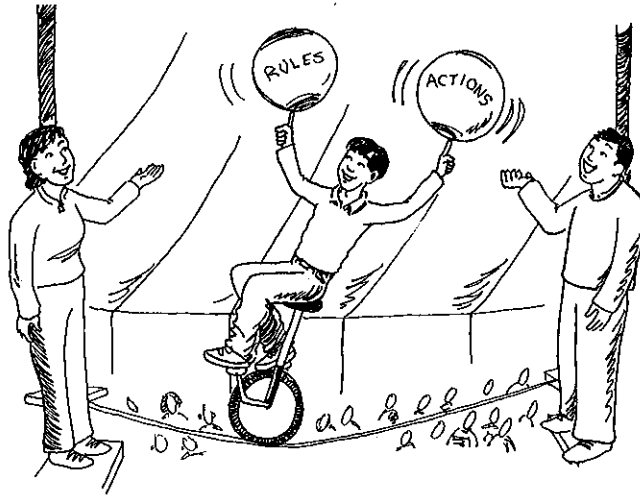


# Deciding on discipline

Disciplining middle graders can be difficult. Try these strategies to set rules that work—and help your child learn right from wrong.

● **Be clear.** Explain the rules and the consequences for breaking them in advance. *Example:* “Your curfew is at 10:00. If you come in late, it will be 9:00 for a month.”

This system lets your middle grader know that he’s in charge of his behavior.



● **Be fair.** Link the consequence to the action. For instance, if your child abuses his time on the family computer, he loses his privileges for a day. This makes more sense to your middle grader than, say, taking away his allowance.

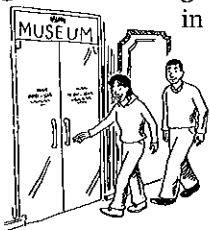
● **Be direct.** Limit your comments to the situation at hand. Try not to bring up things your child did last week or to use negative labels (“lazy,” “forgetful”). Staying focused will keep arguments from flaring. Plus, being calm and direct sends the message that you still love him, no matter what. 👍

# Stay involved

Your child may act like she wishes you would disappear sometimes. But when it comes to school success, middle graders still need their parents around.

## Why?

When parents get involved in learning, student achievement soars. Middle graders score higher on tests, turn in better projects, and participate more in class if they know their parents care.



## When?

You can be involved in your child’s learning at any time of day. Talk about homework while you’re making dinner. Watch a documentary together at night. Visit a museum on the weekend. You’ll show your child that you think learning is important.

## Where?

Teachers will welcome your commitment, whether you help in the classroom, volunteer at evening events, or simply support your own child at home. Call or e-mail your middle grader’s teachers to see what you can do—in or out of school—to help. 👍

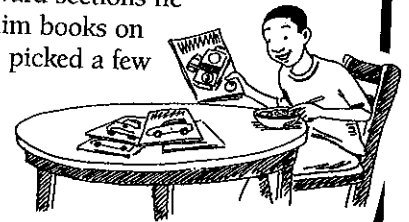
# Parent to Parent A reading habit

The older my son Jonathan got, the less he read. I was concerned, so I asked the school librarian for ideas.

First, Mrs. Cruz said we should leave lots of reading material—books, magazines, newspapers, even comic books—all around the house. “If they’re lying there, he’ll pick them up,” she advised.

Second, she suggested that I stop at the library to return books when we’re out together. Once inside, she said, steer him toward sections he might like. Since Jonathan loves cars, I showed him books on NASCAR races and drivers. I was happy when he picked a few to check out.

Finally, Mrs. Cruz told me to discuss the books I’m reading with Jonathan. That will give him a chance to talk about what he has read that day—and give us a reading habit to share! 👍



# Q & A Cyberbullying

**Q** I’m worried about cyberbullying. How can I protect my middle grader from this new kind of bullying?

**A** Cyberbullying occurs when someone sends hurtful messages online or by cell phone. It can take many forms, such as writing rude comments, spreading rumors, and posting embarrassing pictures.

Your child can discourage cyberbullying by giving personal information (name, e-mail address, cell

phone number) only to friends. If she receives nasty e-mails or text messages, she should not respond. Explain that replying just gives the person the satisfaction of having upset her. A good thing to do is simply to log off the computer or turn off the cell phone.

Let your youngster know she should tell an adult if she experiences cyberbullying. You can report problems to your Internet provider, school authorities, or even the police. 👍



## OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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# Andrea Skyberg, Author & Artist of the new children's book, **Snickeyfritz**, will visit Saint Sebastian school on September 29th, 2009!

Ms. Skyberg will be presenting her new book *Snickeyfritz* along with an *I-Spy* school assembly to our students on September 29th, 2009 as a kick-off for our Readers Are Leaders program.

*Snickeyfritz* is a unique children's picture book which uses old-time language to inspire imagination. A very entertaining story, featuring three little girls who are sent on a peculiar treasure hunt created by their Papa Pumpernickel, which inspires children to use their imagination, teamwork and problem solving to create their own fun.

Ms. Skyberg will be selling personalized and signed copies of her book and offering 10% from every sale to Saint Sebastian's fundraising efforts. This is a wonderful opportunity to get a signed book for your child and encourage reading outside of the classroom, while at the same time helping our the school in its fundraising efforts. You can order a copy of *Snickeyfritz* by filling out the order form at the bottom of this flyer and turning it into the office by September 28th, 2009.

Keep in mind that a personalized & signed copy of *Snickeyfritz* makes a very unique gift. Get your copy now for birthday presents and holiday gifts!

For some fun games print off the **free** Activity Guide located at [www.snickeyfritz.com](http://www.snickeyfritz.com) which is filled with word scrambles, crossword puzzles, paper dolls, recipes, coloring book pages and more!



Please make checks payable to Saint Sebastian School.



Cost	Quantity	Total
<b>\$19.00</b> (includes tax)		

<b>Student:</b>	
<b>Teacher/ Leader:</b>	
<b>Inscribe to:</b>	