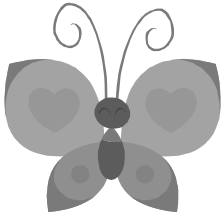


# Saint Ferdinand Catholic School

## NEWSLETTER

*“Growth requires Change in  
Body, Mind, Spirit, and Heart.”*



Volume 5, Issue 6

February 2010

### Inside this issue:

Candy Sale	2
Registration	2
February Mission Project	3
Family Life	3
Student of the Week	4
Flu Reminders	5
School Tools	6
Monthly Calendar	7
Prayer Intentions	8
Virtue of the Month	8

## From the Principal's Desk

We are well into third quarter and we have been focusing on Growth through a Change in SPIRIT. A change in SPIRIT is very difficult to perceive in someone else; however, it is a very profound experience for the individual who undergoes this type of change. Our SPIRIT is the part of us that is closest to Our Lord. It is the part of us that encompasses our souls, the immortal part of each of us.

Our SPIRIT can be thought of as a weathervane, it is the innermost part of us that always yearns to point us in the direction Christ has called us to follow. For some people, their SPIRIT wavers with every

unexpected bump along the road of life. They lose sight of the path Christ has laid for them and they take multiple different detours that end up disheartening them and cause their SPIRITs to lose faith. For others, their SPIRIT is firmly rooted in a loving relationship with Christ. This deep rootedness gives these individuals steadfast SPIRITs that trust in the ever present guiding presence of the Holy SPIRIT.

The way to maintaining a steadfast SPIRIT is to nurture a prayerful relationship with Christ. He will always be with us and He will light the road He has charted

for us. What we need to do is be patient while we wait for Him to guide our SPIRITs. This may not happen within a timeframe that we are comfortable with; however, it will happen within the timeframe that God has defined. We are called to remember that steadfast SPIRITs are mirrored in trusting souls.

*Miss Gearon,  
Principal*



## Important Announcements and Reminders

The following highlights some vital information regarding a variety of topics.

### Candy Sale for Lights On

The Student Council will sponsor its monthly Candy Sale to benefit the "Lights-On" program on Friday, February 5, 2010. The students can purchase a candy item for a \$1.00. Candy will be sold during lunch and also at the end of the school day. To date, the proceeds from our candy sales have purchased 10 lights to be placed on homes of elderly residents in an effort to help them feel safer.

### Registration for 2010 – 2011

The form to request registration papers for the next school year was sent home on Friday, January 8, 2010. Registration papers will be sent home on Friday, February 5, 2010 to all families who submitted the request form indicating that they would like to receive registration papers. If you have not returned this form, your family will not receive registration papers on February 5. If you need a replacement form, please contact the school office.

Families are encouraged to make their registration decisions in as timely a manner as possible. Registration will be open to new families beginning on Monday, February 22, 2010. Open places in homerooms will be made available to new families beginning on this date. Current school families wishing to secure their child(ren) a spot in a class should submit their registration papers and registration fee by the due date of February 19, 2010. The opening of a second homeroom is not guaranteed and will depend upon total school enrollment as the school and parish have to have the financial resources to support the additional costs incurred with additional homerooms.

# FEBRUARY MISSION PROJECT

Our first and sixth grade students are sponsoring out February Mission Project to benefit those impacted by the recent earthquake in Haiti. These two home-rooms have planned some "Magical Mondays" and the students were invited to participate in a series of special activities on the Mondays during February:

- ◆ February 1: Dress out of uniform
- ◆ February 8: Movie Monday—Watch a movie with the whole school (snack provided)
- ◆ February 22: Forty-five minutes of FUN!—Each class will designate 45 minutes of fun time. Play card games, board games, listen to music, or participate in arts and crafts.



**THANK YOU TO EVERYONE WHO  
IS PARTICIPATING IN THESE  
EVENTS TO HELP US**

## ***Family Life/Safe Touch***

Miss Gearon will host a parent meeting on Tuesday, February 23, 2010 regarding the Family Life Program that will be taught to the students in grades 4—8 and the Safe Touch Program she will teach to the students in grades kindergarten through 8. This meeting will be prior to the Home and School Meeting and will begin at 6:30 p.m. in the Art Room. The meeting should conclude in time for those in attendance to attend the Home and School meeting that will begin at 7:00 p.m. Both programs are the same as what we have used for the past few years and this meeting will echo the content presented in previous years. Family Life books will be sent home with students on Friday, February 26 for the parents to preview the content with their son/daughter. The teachers will begin these classes on Monday, March 1, 2010. Miss Gearon will also begin teaching Safe Touch the first week of March.

## Recommendations to Decrease Influenza A H1N1 in Schools

Each morning, all parents/caregivers should assess all family members and especially all school-age children for symptoms of influenza (fever and cough or sore throat cough) or other symptoms that might be influenza.

Each morning all school faculty should assess themselves for symptoms of influenza.

Students or faculty with **influenza-like illness** (fever and cough or sore throat) should stay home and not attend school. All sick students and faculty should stay out of school for at least 24 hours after the fever is gone. (Fever should be gone without the use of fever reducing medicine.)

If a child or adult is **ill with other symptoms**, they should stay home at least one day to observe how the illness develops and until completely fever-free for 24 hours.

Schools should screen students and staff for visible signs of possible influenza illness upon arrival at school.

Students and staff who appear ill at arrival or become ill at school should be promptly isolated and sent home.

Persons who are ill should stay home and not go into the community unless they need medical care. Ill students should not attend alternative child care.

As always, situations can be individualized and school authorities may close school at their discretion. Parents may use their judgment regarding the risk and benefits of sending their children to school during this influenza outbreak as they would during a seasonal influenza outbreak.

CDC no longer recommends schools routinely closed on the basis of a diagnosis of suspected or confirmed cases of influenza A H1N1. As is our practice with seasonal influenza, schools may be closed if larger numbers of students or faculty become ill and school functioning becomes disrupted.

Encourage respiratory etiquette; wash your hands often with soap and water, cover your nose and mouth when coughing or sneezing, try not to touch your eyes, nose, or mouth, and stay away (6 feet) from people who are sick.

Local and state health departments will continue to monitor information both locally and nationally and continually assess whether changes are needed in these or other A H1N1 influenza disease control measures.



Catholic Family Services

# School Tools

January, 2010  
Volume 7, Issue 5

## Family Issues—Birth Order & Sibling Rivalry

*Dear Teachers and Parents,*

Every one of us was born into a family...some of us were raised in our biological family and others in an adoptive family. Needless to say, family is an important part of our lives. The type of family we have, which includes our parents (or other adults who have raised us) and siblings can affect our personality and the way we respond to life's circumstances.

As children are born into the family, each one in relationship to other members of the family develops his or her own approach in an effort to gain a place within the group. Birth

order and relationships with our siblings can make a difference in the family.

It should also be said that human beings react differently to the same situation. No two children born into the same family grow up in the same situation.

Read on for more information on this topic.



### What To Do About Sibling Rivalry

While it is fairly common for siblings to fight, it is still not pleasant to hear around the house. Here are some general guidelines to follow:

- Whenever possible, don't get involved. You can step in if there's a danger of physical harm, but always intervening creates other problems. The kids may come to expect your help and may not learn to solve problems on their own. There's also the risk that one child may think you are siding with the other one.
- If you are concerned about language or name-calling, try to coach the kids on ways to handle their feelings by using more appropriate words.

- If you have to step in:
  1. Separate kids until they are calm and their emotions have died down.
  2. Don't focus too much on which child is to blame—it takes two to fight.
  3. Try asking them what they could do to try to work things out.
  4. Focus on a "win-win" situation. For example, they could take turns playing with the game.
 As kids cope with disputes, they learn basic life lessons—like how to compromise, negotiate and how to control aggressive impulses.

## Characteristics of Birth Order

There are general characteristics among a child's place in the family constellation, some of which are listed below.

### The Only Child

1. Enjoys his position as the center of interest.
2. Sometimes has a feeling of insecurity due to the anxiety of his parents.
3. If his requests are not granted, he may feel unfairly treated.

### The First Child

1. Has to be first—in the sense of gaining and holding superiority over the

next children.

2. Becomes a "de-throned" child with the birth of the second child.
3. Sometimes strives to protect and help others in his struggle to keep the upper hand.

### The Second Child

1. Never has his parents undivided attention.
2. Always has in front of him another child who is more advanced.
3. If the first child is successful, the second child is more likely to feel uncertain of self and his

abilities.

### The Youngest Child

1. Is often like an only child.
2. Usually has things done for him—decisions made and responsibility taken.
3. Often allies with the first child as being different from the rest.

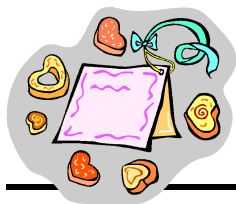
### The Middle Child

1. May feel unloved.
2. Becomes a "squeezed child" whenever a third child is born.
3. May hold the conviction that people are unfair to him.

Please copy and distribute to Teachers and Parents

If you would like to receive School Tools via e-mail rather than mail, contact: **mwilper@ccstl.org**

Published by:  
Catholic Family Services  
School Partnership Program  
9200 Watson Rd.  
Suite G101  
St. Louis, MO 63126-1528  
314-544-3800 phone  
314-843-1490 fax  
[www.cfesi.org](http://www.cfesi.org)



# February 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Papa John's Pizza Night  Study Bud- dies meet af- ter school	3 Student Council meets after school	4 Middle School Field Trip to Trin- ity	5 Lights On Candy Sale  Registration Papers sent home  High School letters mailed	6 Speech Meet
7	8 Progress Reports sent home  Critical Think- ing Club meets after school	9 Study Bud- dies meet af- ter school	10  School Board	11	12 12:00 Dis- missal  Faculty Meet- ing	13
14	15 No School  Presidents Day	16 Study Bud- dies meet af- ter school	17 Ash Wednes- day  All School Mass	18 8th Grade Confirmation Class	19 Stations of the Cross at 2:10 p.m.  Registration Pa- pers due from current school families	20  Trivia Night
21	22 New Family Reg- istration Begins  First Grade Field Trip  Critical Thinking Club meets after school	23 Bookmobile  Family Life & Safe Touch meeting at 6:30  Home and School meeting at 7:00  Study Buddies meet after school	24 Band Concert at 1:45 in the gym  1st Eucharist Parent Meeting at 6:30 in Duchesne Hall	25	26 Stations of the Cross  Family Life books sent home (grades 4—8)	27
28						

# PRAYER INTENTIONS

Complete and send to Miss Gearon. The school community will offer our prayers for your intentions.

Name (optional): \_\_\_\_\_

Please ask the school community to join in prayer for the following intentions:

---



---



---



---



---

## VIRTUE OF THE MONTH

### PATIENCE—I wait for..

PATIENCE may be just about one of the hardest virtues to live, especially in light of the world around us. We live in a world that demands immediate satisfaction: fast food, stimulus of our imagination through technology, exceeding the speed limit to get where we are going, etc. Helping children learn the virtue of PATIENCE is definitely a challenge particularly when you reflect on the fact that the best way to teach someone how to be PATIENT is to model PATIENCE. When our children see us rushing from one task to another or from one event to another, we are teaching them that hectic, fast paced lives are what they should be striving for. On the other hand, when we take the time to have a family dinner and truly interact with one another, we are teaching them the importance of being PATIENT. We are teaching them to place other's needs ahead of their own, to place the activities of the day aside in order to appreciate one another. This is just one of the simple, subtle ways that parents can help their children learn PATIENCE. Another is to allow them and yourself to experience moments of silence. We live in a very noisy world and noisiness is not conducive to PATIENCE, especially the PATIENCE that is needed for a fulfilling prayer life. God speaks to us in His time and in the silence of our hearts and souls. Gifting our children with moments of silence can assist them greatly as they strive to develop the PATIENT, humble hearts that will lead them into a deeper relationship with Christ and His world. Time to be with one another and the silence to be with our God are two of the greatest gifts that a parent can offer a child.