



# Catholic Schools

February 1, 2012

Writing this month's newsletter, it is very hard to act as if it's just another day. We are taking it one step at a time and trying to find a "new normal"; it is a process that takes time, patience and faith. I do want to share with all of you just how amazing our Catholic community is and the overwhelming support and prayers that have been extended to the school and the parish. No one wants to have to deal with the recent tragedy and loss we have endured, but how comforting it is to have one another and our faith. The counselors from Catholic Charities, the Archdiocese, Bishop McGuinness, and Mt. St. Mary's high schools and our own parish that came to our aide were truly a blessing. The grief and loss we have experienced has not only brought us together, but more importantly awareness that God will sustain us, and that we are never alone. This can be a time to grow in our faith lives as well as improve and strengthen family relations. We will continue to work with staff and students in the days ahead. If you should find that your family has any further need, please do not hesitate to contact me or Catholic Charities, (405) 524-0969.

The theme for Catholic Schools Week 2012 is *Catholic Schools: Faith, Academics, Service*. These three priorities make Catholic schools stand out from other educational institutions. At a Catholic school, children learn the basics of Christianity and how to have a relationship with God. They benefit from high academic expectations, which help each student reach his or her potential. Students also learn the importance of service, both as an expression of faith and a manifestation of good citizenship. I would like to thank all of the students who represented SEAS at the Masses this weekend and their parents for bringing them. Many wore their uniforms on their day off and SEAS students served in every capacity from greeter to reader.

As we participate in the various activities of Catholic Schools Week, it occurs to me that it has been 4 years since one has gone uninterrupted by weather. Although we have had unseasonably warm temperatures of late, it is Oklahoma, and it is difficult to predict what exactly Mother Nature has in store. In the event of inclement weather, we will utilize the computer notification system that allows the information to be posted instantly. The listings are shown alphabetically on the local stations but the quickest way to check for a school closing is on [newsok.com](http://newsok.com), or one of the television stations websites.

Looking ahead, Parent-Teacher Conferences are scheduled for February 16<sup>th</sup> from 3:30 pm – 7:00 pm and February 17<sup>th</sup> from 8:00 am-12:00 pm. We will once again be utilizing an on-line scheduling site. The link will be available on our home page soon. If there is another time that will work for both you and the teacher please call or email them (email addresses can be found in the school directory). Although the spring conferences are not mandatory, I would encourage parents to take this opportunity to meet with your child's teachers if you have any questions or concerns. Students will also be out Monday, February 20<sup>th</sup> for the Archdiocesan Spring In-Service. Our weekly school Mass

will be celebrated at 9:00 a.m. on Ash Wednesday, February 22<sup>nd</sup>; we would love to have you join us. Help your children pick age-appropriate Lenten observances. It should be something reasonable and specific. An alternative to giving something up is to add something such as more prayer time, an extra chore, or service work. Remind them that the Church offers us the season of Lent to help us perform penance, reflection, and fasting which prepares us for Christ's Resurrection on Easter Sunday.

We have had numerous activities this week and will cap it off Friday evening with the first SEAS Trivia Night. It should be a lot of fun and all proceeds go to the Tuition Assistance fund. So why Catholic Schools? I think some of our very own students answer this question so well in their essays for Catholic Schools Week:

*“Catholic schools are a bridge to success, good character, and a faithful, Christ-centered life....Catholic schools also teach you to serve your community. We are all God’s children and we need to be there for one another.” Joseph Kusbel, 8<sup>th</sup> grade*

*“tearfully I hugged my parents thanking them for sending me to a catholic school because of what my teachers have taught me through a recent tragedy.” Katrina Sherwin, 8<sup>th</sup> grade*

*“There is always a helping hand and a loving heart at this school...St. Elizabeth’s is a place to learn and grow.” Grace Tierney, 7<sup>th</sup> grade*

Please know that the well being of all of our children is our greatest concern. We are blessed to work with them each day and thank you for the opportunity.

God is good!!

Angie Howard

*Serving others with love by Embracing our differences while seeking Academic excellence all in the Spirit of Jesus Christ*

# February Newsletter



## Dates to Remember:

Jan 30-Feb 3 – Catholic Schools Week

Jan 30 – Primary (gr. K-2) School Lunch with parents for Catholic Schools Week  
Crazy Sock and Tie day

Feb 1 - Intermediate (gr. 3-5) School Lunch with parents for Cath Schools Wk  
Crazy Hat day

Feb 2 - Teacher Appreciation Day

Feb 3 - Middle School (gr. 6-8) School Lunch with parents for Cath Schools Wk  
Spirit Day for Student Appreciation

Feb 3 - Trivia Night benefitting SEAS Tuition Assistance Program

Feb 7 – Middle School SEAS Reward Day

Feb 8 - Interim Reports can be viewed on-line

Feb 9 - Group Class Pictures

Feb 14 – Class Valentine’s Parties and Red or Pink Spirit Day with Jeans

Feb 15 - SEAS History Fair –public viewing 1:30-3:00 pm; Judging 3:15-4:30 pm

Feb 16 - Parent/Teacher Conferences 3:30-7:00pm

Feb 17 – NO SCHOOL Parent/Teacher Conferences 8:00-12:00 pm

Feb 20 – NO SCHOOL Archdiocesan Teacher In-Service

Feb 21 - Parish Mardi Gras 6:00-8:00 pm in the Great Hall

Feb 22 – Ash Wednesday Mass 9:00am – Wear Dress Uniforms

Feb 27 - Johnnie’s Night – Mention SEAS when ordering!

Feb 29 - SEAS Spelling Bee

## February Outreach Cereal

### REGISTRATION 2012-2013

Grades K-8

Begins March 1<sup>st</sup>

There is a registration fee of \$200 per child, \$600 per family maximum, that is due as well as current immunization records with your completed registration sheet.

Students cannot be registered if tuition is not current.

Students on the waiting list will fill vacancies after March 31<sup>st</sup>.

**CONFERENCES FEB. 16<sup>th</sup> 3:30pm-7:00pm  
and FEB. 17<sup>th</sup> 8:00am – 12:00pm**

Conference sign-ups are available on-line on our home page.  
Conferences are by teacher or parent request. There is no school on Feb. 17<sup>th</sup>.



## To be or not to be... A judge at the SEAS Speech Contest

Volunteer to be a judge at the St. Elizabeth Speech Fair, March 29, 2012. All judging materials and criteria are provided. No experience required! Come for the day or for just a morning or afternoon.



Please share your time, knowledge and expertise with our children.  
Call the school office at 348-5364 and ask for Shireen Spurr or email to [sspurr@stjohn-catholic.org](mailto:sspurr@stjohn-catholic.org).

Many thanks to the following: Michelle Dugan, Shana Willis, Michelle Ponder, Donna Latham, Julianne Chainakul, Stephanie Gilliland, and Todd Regier for the delicious Jan. 20<sup>th</sup> teacher luncheon.

Check out pictures taken at various school and church events at:

[www.milestonesbyjan.com](http://www.milestonesbyjan.com)

password: SEAS or St. John

**REMINDER:**

Please remember that you must check in the office when entering the building for any reason. Thank you for your attention.

#### Yearbook Information

Pictures are needed for the yearbook. If you have any pictures from your class parties, sports pictures, class masses or any candid pictures, we could use them. Please e-mail digital pictures to [tdamron@stjohn-catholic.org](mailto:tdamron@stjohn-catholic.org) or donate color copies. It is not possible to return your photographs.



**Think ahead.....** It's time to plan ahead for the CGSAA track meet. The SEAS track meet will be held in April 14<sup>th</sup> from 1:00pm-4:00pm at Bishop McGuinness track for grades K through 8. This is the qualifying meet for the All Catholic Grade School track meet to be held in April 28<sup>th</sup> at Bishop McGuinness for grades 1-8. **You must be present at the SEAS track meet to compete in the All Catholic Grade School track meet.**

**ATTN: PARENTS  
HELP NEEDED!!**

If you are able and willing to help coordinate or volunteer for this event, please contact the office or Jennifer Linhardt at 348-5364.

Congratulations to the SEAS Geography Bee winner: Jack Wagner grade 6.  
Way to go Jack!



Congratulations to proud big sister Sophia, and Dan and Lindsay Brant on the birth of their new son, Noah. Welcome to the SEAS family!



Congratulations to those students placing in the BMCHS Science Fair:

Animal Science: Chris Labarthe 2<sup>nd</sup> place

Behavioral & Social Science: Camryn Eby 3<sup>rd</sup> place

Plant Science: Nicole Al-Botros 2<sup>nd</sup> place



A very heartfelt thanks goes out to all those parents, specifically Shana Myers, Betsy McClanahan, Sandi Miles, Cathy Thorson, Michelle Ponder, Christy Hull, Gant Lambertz, Teresa Jennings, Edna Watkins, Stephanie Sanchez, Linette England, Tiffany Riggart, Jenny Kalsu, Lauri Gormley, Michelle Trant, Charlene DeCuire, Amy Carr, Donna Cervantes, Brandi Shaw, Lauren Owen, Cindy Richard, Stephanie Bui, Susan Wagner, Mitzi Bennett, Tracey Myers, Carolyn Kelley, Cindy Suenram, Kirsten Cash, Katie Newby, Marcena Volmer, Roberta Thorkelson, Laura Beckham, Sally Howard, and Connie Diotte who were so kind and generous to volunteer in the classrooms and office for the staff to attend the funeral of our student, Jacob Gruenbacher.

A Special Thanks also goes out to Catholic Charities. Catholic Charities has a long history of providing loving care to those in need with mercy, charity and justice. Thank you to SEAS for raising \$800 on our spirit day benefitting Catholic Charities. Good Job SEAS.

*"I have found the paradox, that if you love until it hurts, there can be no more hurt, only more love." -Mother Teresa*

## Mardi Gras



**Tuesday, February 21<sup>st</sup>**

**6:00-8:00 pm**

The 8<sup>th</sup> graders have organized games for all ages along with treats and a bake sale. Mardi Gras is a church sponsored event. There will be many ministries serving food and other organized activities. See the church bulletin for additional information.

**Don't miss all the fun!**

Face Painting Cake Walk Bingo Ring Toss Fishing Pond Moon Bounce

## REMINDER BOX

Don't forget to please save and bring into school your:

**BOX TOPS for Education;**  
**Campbell's Soup UPC code; and**  
**used Ink Jet Cartridges.**

Proceeds from these collections defer the costs of postage for Grandfriend letters, ink jet purchases of new cartridges, equipment for the new science lab, and sports equipment.

This is also a great way for grandparents, family members, and co-workers to help you support our school.

**THANK YOU FOR YOUR SUPPORT**

# Are You a Good Role Model for Your Child?

*Positive role models set life expectations and create lessons for many different areas of health and well-being. The following checklist can help bring awareness to what you do well and what you need to work on to be an even better role model for your children.*

## Nutrition

**Do you serve fruit and/or vegetables with every meal?**  
Making fruits and vegetables an everyday staple helps children develop healthier eating habits.

**Does your child enjoy nutritious meals with you that include several food groups?**

According to Coe, studies suggest that parents' food preferences directly influence their kids' tastes. If you eat nutritious foods, your kids will be more likely to emulate you.

**Do you understand and pay attention to portion sizes?**

Pay attention to proper portion sizes. Eat slowly and stop when you're full. Keep food on the stove instead of on the table to keep your family from loading up on seconds or thirds.

**Do you keep healthy snacks easily available in the house?**

Convenience generally wins when kids grab a snack. Keep the healthiest cereals and snacks at the front of the pantry, so they grab those first.

**Do you eat on 10-inch dinner plates?**

Smaller plates help in two ways—they keep portions smaller and make you feel fuller by seeing a full plate.

## Physical Activity

**Do you limit screen time?**

The American Academy of Pediatrics says that children 2 and older shouldn't spend more than two hours each day watching TV, playing video games or using the computer. Turn the gadgets off and do something

active. Play or go for a walk.

**Do you lead an active lifestyle and make time for exercise?**

A Center for Disease Control study found that youth learn a lot about physical activity from their families. Kids are more likely to be physically active if their parents frequently engage in physical activity.

**Do you build movement into your family's daily routine?**

Be creative! There are many ways to incorporate movement into your family's routine. For example: Take a walk together. At the mall or grocery, take a parking spot that is furthest from the store. Play a game of charades as a family. Let your kids show you how to Double Dutch. Plant some flowers.

## Drugs & Alcohol

**If you drink or smoke, do you talk about the risks of alcohol and cigarettes?**

Make it a point to talk to your kids about the health risks if you drink or smoke in front of your kids, so they don't decide to copy you.

**What kind of attitude do you convey toward alcohol and cigarettes?**

Studies show that parents' actions, attitudes and opinions on smoking and alcohol have a great deal of influence on whether kids use them later on.

**Have you talked with your child about the effects of substance abuse?**

Lay a good foundation now so your children make wise decisions with their peers, such as not riding with a driver who has been drinking.

## Social Health

**Do you talk to your kids about their friends and school relationships?**

Children often need advice and support to develop positive relationships with other their peers, especially with difficult ones.

**Are you a good friend?**

Do you keep commitments, or do you cancel at the last minute? Do you show positive support to your friends? Children get their cues from family members on how to maintain healthy friendships.

**Do you treat your child with the courtesy that you would treat a friend?**

It's like the Golden Rule: The way

you treat your children teaches them how they should expect to be treated and, in turn, treat others.

**Do you read to your child?**

Reading together is a great form of stress management that helps your child become a lifelong reader.

## Emotional Health

**Do you manage your own stress well through positive outlets of expression and time management?**

The American Psychological Association says that children tend to handle stress the way their parents do. If you cope in healthy ways, you will promote healthy coping skills and better emotional adjustment.