

St. Francis of Assisi School, in partnership with parents, is committed to provide a strong educational foundation emphasizing traditional Catholic spirituality, teachings and values.



**Catholic Schools: Dividends for Life**  
**Faith, Knowledge, Discipline, Morals**

**SCHOOLWIDE LEARNING EXPECTATIONS**  
**Focus for May 17-21**

**A Self-Aware Individual Who:**

- *Interacts with others using manners, sportsmanship, and self-control*

This is certainly a life-long skill. Even as adults we need to continually remember to use our manners, to have good sportsmanship, and to always have self-control. As parents and teachers we are the examples whom the children follow. Children learn by imitating the adults they are around, so we need to always be aware of how our actions and words influence others, especially children. Students are encouraged to use proper manners during lunch and upon receiving gifts. During recess and P.E. classes, students have an opportunity to practice good sportsmanship. Good sportsmanship includes sharing the ball with others and being able to congratulate the winning team. Self-control can be challenging at any age. With the elementary age child being able to learn how to control various emotions and acceptable ways to express those emotions is vitally important for success as they grow into adulthood.

**Congratulations to Clara Kiss, 8<sup>th</sup> grader, who won Third Place in the Northwest Regional ESD Spelling Bee Contest on May 12!**

**SUMMER SCHOOL**—Several people have inquired about St. Francis having a summer school session this year. IF there are at least 10 families/students who are interested, it would be possible to have one. The teacher is unknown until we know how many students would attend. The session would be half days, 8:30 – 11:30 am for four weeks sometime after July 4<sup>th</sup>. The cost would be between \$200 & \$400. Please call the office if you are interested in having your child/ren attend summer school for incoming grades 1- 6.

**Young Rembrandts Art Class**

Thank you for the response about this after school art class. This school year the class will be held on **Tuesday's beginning on May 18 through June 8, from 2:35 to 3:35 pm.** I noticed that some of you prefer a Wednesday, so we will aim to schedule next year's class on a Wednesday. The cost ends up being \$40 for the 4 weeks. Attached is the registration form. You can also register online, or you can fill out the attached form, send it along with payment by or on Tues., May 18.

**BANKS YOUTH SOCCER ASSOCIATION**

Fall registration will be on the evenings of **May 13, 19, and 25 from 7:00 to 9:00 pm** in the Banks High School Computer Lab. More details at [www.banksyouthsoccer.com](http://www.banksyouthsoccer.com)

**Upcoming Events**

**May 14, Fri.**—\*9 am all school Mass prepared by the 3-4<sup>th</sup> graders. All are welcome to join us. Father Jeff Meeuwsen will be the celebrant.  
**\*11:30 am Dismissal,**  
No Lunch today, Inservice for staff.

**May 16, Sun.**---10:30 am Mass, First Communion Sunday! All are welcome to celebrate this special occasion for our 2<sup>nd</sup> graders. A reception will follow Mass.

**May 18, Tues.**---Last Spanish Class for the year.

**May 19, Weds.**--- Last Spanish Class for the year.

**May 21, Fri. – 7:00 pm Spring Program!**

The performance will be at St. Francis of Assisi School in the basement! Thanks to all of the parents who are helping Mrs. Knifer.

\*Last day to earn Scrip rewards. For more information, call Carolyn Schultz at 503-324-0842.

**May 23, Sun.**---10:30 am Mass with Father Mike, followed by potluck. All are invited to his retirement party beginning at 11:30 am.

**Attachments:**

- Registration form for the after school art class, 'Young Rembrandts'
- Love & Logic
- Mid-term reports home with student
- School registration form for 2010-2011

## May Birthdays

5-03 Nicholas Haren, gr. 3  
5-05 Justin Bral, gr. 5  
5-05 Dawson Dethlefs, gr. 5  
5-05 Alexander Kiss, gr. 6  
5-08 Skyler Schultz, gr. 2  
5-09 Diane Ramsperger, Principal  
5-15 Evan King, gr. 7  
5-19 Adrian Van Lom, gr. 8  
5-22 Halle Vandomelen, gr. 2  
5-25 Nikolas Vidmantas, gr. K  
5-29 Zachary Cook, gr. 3  
5-30 Alexander Gajdostik, gr. 1  
5-31 Andrew Evers, gr. 2  
5-31 Cooper Cropp, gr. 1

*“May God bless you with love and friendship. May you grow in wisdom, knowledge, and grace.” (Sadlier, We Believe & Pray, p.20)*

**DANCE CLUB NEWS** - Practices will be from 3 – 4 pm on Weds., May 19<sup>th</sup>; & Thurs., May 20. Performance will be at the Spring Program, 7 pm.

## Scrip Sellers

Ann King: 503- 647-5891  
Kelleen Meeuwesen: 503-324-7706  
Margaret Duyck: 503-324-3862

Remember to use Scrip for ALL of your shopping needs, even for online games! Read the information below for the latest addition to our Scrip inventory. Last day for Scrip rewards is May 21.

**Next Scrip Order: Sunday, May 23rd.** Please contact Margaret or Ann **by 5 pm** on the 23rd if you want any special scrip or a large amount of our usual scrip. It will arrive by Thursday, May 27th, so please order anything you need for the Memorial Day weekend.

REI: We accidentally have \$400 REI. Please let Ann know if you (or anyone you know) can use some REI.

**Exciting news...**Great Lakes Scrip Center is pleased to announce that Rixty Online Gaming \$10 Gift Certificates are now available with a 7% non-profit contribution. The gift certificates allow you to pay for hundreds of the most popular online games for kids, teens, and adults.

## **2009-10 YEARBOOKS**

are coming! They will be \$10 each. To reserve your book, please send in your order by May 20.

## **Thank you to all the Bar Buffet Bingo chairs and people who worked this annual fundraiser!**

Thanks to Jim Hertel for being the main chair; Diane Woodruff and her team in the kitchen; Lulu Blake and her helpers with the beautiful basket prizes; Jen Cropp, Laura Cook, their assistants for working the bar; Sheila Harris, Candace Evers and all of their elves for such wonderful decorations. Also thank you to each of you who gave donations to the event. Everyone had a fun time!

The profit was very close to \$9,000!

Thanks again for your support.

## **Family Faith Sharing Questions**

May 16, 2010 **Celebration of the Ascension, Luke 24:46-53**

“In today’s Gospel, we hear about the Ascension of Jesus. He is raised from the dead and has spent time with his disciples. Now he promises his followers that they will have power from on high and then he is ‘taken up into heaven’.

Today we continue the witness of the early followers of Jesus. As baptized Catholics, our entire lives witness to the love of God, faith in Jesus, the forgiveness of sins, and life everlasting.

*How are you a ‘witness’ to Jesus in your family and among your friends?*

**Prayer:** We are called to be witnesses of your saving love, Lord Jesus. And so may we be quick to love and forgive in your name. Amen.”

*(From The Catechist Magazine, April/May 2010, pg. 16-17)*

## **VOLUNTEERS NEEDED**

Mrs. Knifer (503-324-0583) would appreciate any kind of help in setting up the stage/props for the play. She will be in the school basement over the weekend at the following times: Sat., May 15: 10-Noon; and on Sun., May 16: 1:30-4 pm. Here is one more opportunity to fulfill those volunteer hours!

## **Other Events:**

**\*May 15, Sat.**--- OR History Museum, ‘Becoming American’ May Family Day, 11-3pm

**May 23, Sun.**--- American Legion Breakfast 8am to 1 pm at the Banks Elementary School

# Love & Logic

May 13, 2010

## Are You Remembering the Empathy?



*Dear Parents,*

What's the most important Love and Logic skill? Empathy!

During the 1970's my father and Dr. Foster Cline discovered that adults who provided a strong dose of empathy - before delivering consequences - enjoyed far more success than those who preceded consequences with anger or sarcasm.

When children experience our love and understanding, *before* they experience the sad consequences of their actions, the odds go up that they'll learn from their mistakes. When they experience coldness or anger, the odds go up that they'll learn to feel resentful and rebellious.

We've observed that it's typical for folks to slip out of the habit of using this skill. It doesn't come naturally to continue uttering things like "This is so sad" or "What a bummer" when our kids blow it. The more natural reaction many have is to complain, "For crying-out-loud! What were you thinking?"

In our audio, [\*Keeping Cool When Parenting Heats Up\*](#), we discuss a variety of tips for staying calm and remembering to use empathy:

- Avoid giving repeated warnings and reminders. The more we put up with bad behavior, the more likely we'll come across as angry and frustrated when we finally provide a consequence.
- Give yourself permission to say, "I'm too angry to think right now. We'll talk about this later when I'm calm."
- Memorize just one empathetic statement, such as "What a bummer," "How sad," or "Oh ... that's never good." Just use the same one every time.
- Whenever you find yourself starting to slip, listen to this audio at least once a day for at least a week.

I'm also more likely to remember my empathy when I remember that my kids may some day choose my nursing home!

Thanks for reading!  
Dr. Charles Fay