

# E-CARDINAL NEWSLETTER



22 October 2009

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## AFTER SCHOOL CARE NOTICE:

**ASC will be available Friday, Oct. 30 before Monster Mash. After Care children MUST be signed out by an adult before leaving ASC to attend the Monster Mash event.**

## 2ND GRADE SAINTS' MASS

Be sure to attend the 2nd grade Saints Mass on Wednesday, Oct. 28 at 8:15 am. The 2nd graders will be dressed in elaborate saint costumes and make a procession and sing a special saint song for the occasion.

## CHERUB AND BERCHMANS CHOIRS

This is just a reminder that the Cherub and Berchmans Choirs will be singing for the 4 pm Mass on Oct. 31. Please arrive early!

## VOLLEYBALL CAMP!

There are still more athletic opportunities available through SJB! Starting November 7th, the Norwest Louisiana Club Volleyball, Inc. will host a clinic introducing the game of volleyball to girls 10-14 years of age. The clinic will touch on the basic fundamental techniques of serving, passing, blocking, and hitting but will mostly be a fun introduction to the game and to the club. The NWLA Club Volleyball provides a very Catholic/Christian atmosphere; The club is open to students from all schools, but especially to those who will be attending schools like Loyola, who offer volleyball. The clinic is a great opportunity to develop volleyball skills, or even sharpen basketball techniques with jumping ability and footwork. The game season begins in December. **For more information, contact Jim Kittler at [Jakittler@hughes.net](mailto:Jakittler@hughes.net) or go to <http://nwlavolleyball.clubspaces.com>.**



## GUITAR LESSONS

Guitar lessons will be offered on Mondays after school to groups or individual students. The lessons will be taught by professional guitarist, Brian Flanagan, graduate of the Berklee College of Music in Boston, Massachusetts. Mr. Flanagan has traveled extensively because of his career and expertise, but has roots here in Shreveport, after having attended St. Joseph's School from 1989-1998 and is part of the St. Joseph's parish LIFE TEEN music ministry. Group lessons are \$10 and private individual lessons are \$15. If you are interested, contact Mrs. Tookie Barr at 455-0460.

## Important Dates

**Oct. 23** NO SCHOOL - Parent/Teacher Conferences

**Oct. 26-30** RED RIBBON WEEK

**Oct. 26** Honor Roll Assembly (Grades 1- 4) 8 am; Loyola Info Social 7 pm; Girls Basketball Game at St. Joseph's 7 pm

**Oct. 27** Honor Roll Assembly (Grades 5-8) 8 am; Loyola Info Social 7 pm; Girls Basketball Game at Home 7 pm

**Oct. 28** 2nd grade Saints Mass & Cardinal Student of the Month 8:15; Pumpkin Shine on Line

**Oct. 29** Monster Mash Setup

**Oct. 30** Monster Mash at 5 pm

## Reminders!

✝ Boo Bags will be distributed Friday, Oct. 30 during the last period of the day. Thank you for your orders!

✝ If you come inside to pick up your children after school, please use the side doors instead of coming through the front! Thank you for your cooperation!

## COUNSELOR'S CORNER: STRESS PREVENTION

Being organized may not come easily to all of us, but neither is it impossible for any of us. Some people enjoy being spontaneous. They are undaunted by sudden schedule changes, and disaster-ridden days are the norm. However, if you want to reduce some of the stress daily existence can present, being prepared helps. Surprisingly, organization can take less effort than enduring disorganization.

Here are five suggestions for making life less complicated:

- 1. Make lists.** Write everything down. Most adults are visual learners, so seeing on paper what we need to accomplish is very valuable.
- 2. Prioritize.** Decide what is most important, and focus on that. Being efficient does not suggest you can always get everything done, but it does imply you know what needs to be done. Relaxing should also be a priority. Allow time to do absolutely nothing!
- 3. Be realistic.** Don't overwhelm yourself or your children with too many commitments. Parents have a tendency to over-schedule their children's after-school time. (One or two weekly activities, especially for a small child, are more than sufficient!) The mantra at our house is "School is not an option." (See #2.) If your child is regularly having trouble completing a minimal amount of homework, you may need to reconsider her non-compulsory pursuits.
- 4. Delegate.** A good organizer can see others' strengths and use them for the benefit of the whole. My daughter Katye used to make the school lunches everyday. My son Quincy can do the laundry. (He even knows what doesn't go in the dryer.) Remember, the task might not be done perfectly if someone else does it, but it can be done adequately. (See #3.)
- 5. Share the wealth.** Distribute your time, knowledge, and skill throughout the day or week. Encourage your family to follow your pattern.

Review what works for you and adjust accordingly. You may still have lost lunchboxes, missing Monopoly game pieces, cluttered cabinets, and stressful Saturdays, but they won't plague you as often. Enjoy the fruits of your labor.

- Wendy C. Gayle, MA

*Notes from your HSA President, Cheryl Raney*

### MONSTER MASH!

The Monster Mash volunteer board is up, please see if you are available to work an hour shift at one of the many fun booths. Please turn in Monster Mash Wristband and Meals order forms by Friday Oct. 23. Also, we kindly ask each class to help stock the candy for the various booths, info was sent home in Thursday folders last week.

### GREAT AMERICAN FUNDRAISER

Your efforts with the Great American Fundraiser made over \$12,000 in sales, yielding over \$6,000 for our school! Our top sellers and winners of the cash prizes are Aubrey Bailes, First Place; Tori Brooks, Second Place; Sarah Siharath, Third Place. Our top class and winner of the class party is Mrs. Park's first grade class! Congratulations to all of you and thanks to everyone who participated!

### RED RIVER REVEL

Despite the rainy weather, we made over \$3,000 for our school all week! Thank you again to our volunteers, coordinators, and to you the families for your support!

Monster Mash Orders  
due TOMORROW...

