



# SEPTEMBER, 2010

## SHALL WE DANCE?

My husband and I have always enjoyed dancing. We are usually one of the first couples on the dance floor at any celebration with a live band or DJ. Sometimes we even crank up the music at home and dance around the kitchen like crazy teen-agers. Just in case some of you are remembering our rendition of "Dancing Queen" in last year's variety show; rest assured we won't be auditioning for "Dancing with the Stars" anytime soon. Dancing is a great stress reducer. It makes you smile and instantly improves your mood. It's hard to stay mad at someone, for not taking out the garbage, when you're gliding across the dance floor with him. Dancing increases your flexibility and stamina. It can be quite liberating. It allows us to forget about what other people think and just be ourselves. Consider a circle of guests performing the "chicken dance" at a wedding. Every one of them exhibiting pure joy; not judging and not comparing themselves to anyone else. What a terrific model for life. I often wonder why some people are so reticent when it comes to dancing. They will respond, "I can't dance." or "I'm too old, I need to sit this one out." I can't believe they aren't secretly wanting to join the fun. What's holding them back? Is it fear or

lack of practice? Dancing and praying have a lot in common. Heartfelt and sincere prayer is dancing with God. It requires us to surrender our attention solely to God and recognize His gentle guidance as our partner. We must completely trust in Him; believing He won't drop us or let us fall. If we follow God's lead, we will discover what step to take next. We can freely reveal our true self without fear of condemnation or criticism. What is our attitude when we pray and how does fear or lack of practice impact our prayer? Are we joyful and ecstatic or are we "just sitting it out?" Dancing and praying seem to provide similar benefits. When we seek the stillness and peace of God's presence we can't help but improve our attitude. We become calmer, more patient and compassionate toward others. Our confidence is boosted because our connection with God has helped us discover our inner strength. God grants us the stamina necessary to go the distance and tackle the seemingly insurmountable challenges of life. So let us begin the new school year with wonder, elation, delight, and zeal! Let's give faith a fighting chance. "And when we get the choice to sit it out or dance"—let's hope we dance!"

### IMPORTANT DATES

- 8/31: Visitation Day
- 9/1: Staff Dev. Day
- 9/2: Staff Dev. Day
- 9/7: Opening Day for JK-6
- 9/13: Opening Day for Pre-K
- 9/14: Parent Mtng. For Band & Orchestra
- 9/15: Ed Council Mtng.
- 9/17: Opening Mass
- 9/23: Curriculum Night
- 9/24: Jean Day—\$0.50
- 10/1: NO SCHOOL  
Superintendent's Day



*Our mission is to promote spiritual, academic, and personal growth in an environment of Christian love.*

# Give Faith a Chance & Watch Them Dance



This summer I discovered two great books filled with valuable information for parents. Simplicity

Parenting written by Kim John Payne, M.Ed. with Lisa M. Ross. explains how to "raise calmer, happier, and more secure kids using the extraordinary power of less." The second book titled NurtureShock was written by Po Bronson and Ashley Merryman. NurtureShock contains a series of articles explaining the most current research on children at various ages and stages of their development. It sets out to correct several mistaken understandings most of us believed to be the best strategies when raising children. This year I will be taking a different approach with the parenting article in our newsletter. Each month I will summarize one of the points from Simplicity Parenting or NurtureShock. You may wish to purchase these books and discover for yourselves some of the practical guidance these authors offer on the challenges of parenting in the 21st century. .

It is no surprise that family life today is far more complicated than it ever has been. Home used to be a respite where parents and children could slow down, rest, relax, and rejuvenate at the end of each day. But today home has become a second workplace where cell phone messages must be returned or pagers must be answered. Rooms that used to be guest rooms, playrooms, or dens have turned into home offices.

Many children are overbooked; doing homework in the car on their way to soccer practice. Following soccer practice its off to piano lessons and then to the nearest drive through for a quick bite to eat. By the time the entire family is home together it's time to go to bed and get

up the next day; only to start the same frenzied pace all over again!

Children are also overwhelmed by too much stuff and too many choices. Seriously, how many brands of sneakers, cereal, or even shampoo do we need? And are there any toys made anymore that don't ring, whistle, sing, dance, light up, vibrate, or recite the ABC's? Is it any wonder we are finding more and more children with attention deficit disorders?

Parents used to be able keep the outside world, particularly its unsavory elements, outside of their homes. Today the "real world" with all its violent and graphic details is readily available everywhere, all the time. It has become next to impossible to protect and preserve our children's innocence.

In Simplicity Parenting Mr. Payne recommends "four levels of simplification." He discusses how to simplify your child's environment and family's schedules. He offers practical guidance on how to develop a sense of rhythm throughout your child's day and he explains the importance of "filtering out the adult world." Mr. Payne makes valid points throughout this simplification process; one of which is if we are feeling overwhelmed by "too much stuff" or "too many tasks" imagine how our children are feeling.

NurtureShock delves into such topics as the negative effects of praise, the importance of sleep, why children lie, why siblings fight, and how children learn self-control. What is most surprising about each of these articles is that so many things we thought we were doing right comes into question. I hope I have peaked your curiosity and you will find the future summaries interesting, informative, and helpful.

Of course we know our greatest advisor, when faced with difficult parenting moments, is God our Father. If we give faith a chance; He will help us dance.



## WHO'S WHO AT TRINITY CATHOLIC

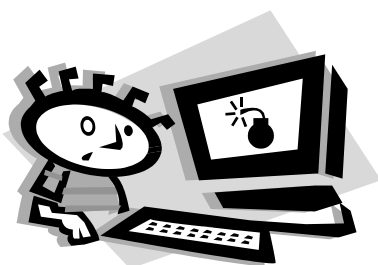
Our greatest asset at Trinity Catholic is our faculty. We are blessed to have a staff of teachers and teacher assistants who continuously strive to improve the academic program here at Trinity Catholic. These flexible educators are always willing to go above and beyond the call of duty when it comes to providing our students with the best educational opportunities. Often this means volunteering much of their free time so students may experience rich extracurricular activities. While the names and faces of our faculty have not changed some of their roles and responsibilities have. Mrs. Heather Doe and Mrs. Tanya Wilson will be working after school with Mr. Ed Reyes this year as coaches for our Robotics Team.

As most of you know our kindergarten registration was a little lower this year. For this reason we will have only one Junior Kindergarten and one Kindergarten class. Mrs. Sandy Thomas will be teaching Jr. Kindergarten and Mrs. Kathy Behrens will be teaching Kindergarten. We are fortunate to be able to keep Mrs. Barb Tredo on staff sharing her expertise in Early Childhood throughout our primary grades. Mrs. Tredo will be team teaching with Mrs. Behrens and Mrs. Thomas; as well as providing reading intervention for some of our first and second grade students.

Some of you may be aware Mrs. Monica Boyea had a beautiful baby boy this summer. So it is

not a surprise that she will be a little too busy to teach Spanish in grades 4-6 this year. We are fortunate to have Mrs. Meagan McMahon as a certified Spanish teacher on our faculty. Along with being certified in elementary education, Mrs. McMahon also has a degree to teach Spanish in grades K-12. Mrs. McMahon has agreed to continue our Spanish program with the students in grades 4-6. Mrs. Chris Britton has agreed to teach Math to all the fourth graders this year; thereby freeing Mrs. McMahon to teach four periods of Spanish each week. Mrs. Ann Borsellino, Mrs. Donna Bourdon, and Ms. Michele Bombard will continue as our 5/6 team. The fifth and sixth grade students will have their homeroom teachers for Religion and ELA; which will be taught in the morning. Students will be switching classes in the afternoon for Math, Science, and Social Studies.

Finally, I know some of you were concerned when we decided to combine last year's first grades into one second grade for this year. Research has shown that just as large class sizes can have a negative effect on students; so can class sizes that are too small. We are confident the individual needs of our second grade students will be far better met by this change. There will be a full-time teaching assistant assigned to second grade. Along with a full-time teaching assistant the second grade students will also have the benefit of two highly professional and experienced teachers working closely with them—Mrs. Margie Ilisco and Mrs. Barb Tredo.



[www.trinitycatholicsschool.net](http://www.trinitycatholicsschool.net)

I hope you take advantage of our school's website. The lunch menu, monthly newsletter, and upcoming events are posted on the website. There are postings from each classroom teacher informing you of classroom projects and events. The school website is our attempt to keep the lines of communication open between home and school. Candace O'Neill does a phenomenal job maintaining our website and keeping it current. If you haven't checked it out I strongly encourage you to do so.

# FROM THE PRINCIPAL'S DESK

## VISITATION DAY

Tuesday, August 31, will be our annual Visitation Day. All parents and students are welcome to visit classrooms and drop off supplies from 12:00-1:30 or 6:00-7:30 p.m. The PTC will be sponsoring a "Meet and Greet" gathering, in the school library, for all of our new families during the visitation times. This will help clarify school policies and update parents about the day to day operations here at Trinity. It will also provide an opportunity to get to know some of our other families here. All teachers will be in their classrooms anxiously awaiting to meet each of you. This is a great opportunity to relieve those first-day jitters and start the school year relaxed and ready for success.

## CURRICULUM NIGHT

Our annual Curriculum Night will be held on Thursday, September 23, at 6:30. The format will be slightly different from past years. There will be Sign-In and Opening Prayer in the cafeteria. This will be followed by 3 sessions—two sessions will allow time to hear about the classroom curriculum your child will be working on this year. A third session will be in the cafeteria and parents will have opportunity to hear about Trinity's Art, Music, and Physical Education Programs. The evening is designed to strengthen the partnerships between parents and teachers; enabling us to guarantee each student's success.

## BAND & ORCHESTRA @ TCS

There will be a brief informational meeting for parents of all students who are interested in taking Band or Orchestra this year at Trinity. The meeting is scheduled on Tuesday, September 14 at 6:30 in the Trinity cafeteria. Students in grades 4-6 may sign up for orchestra lessons and students in grades 5-6 may sign up for band lessons. This meeting will provide valuable information about these programs, such as what is expected of students and where and how to rent instruments. All students who wish to

participate in Band or Orchestra should have a parent attending this meeting.

## PTC NEWS

Thank you so much to Jim and Didi Grow for handling our fundraising events over the course of the last three years. This was a HUGE undertaking and we greatly appreciate their hard work. Anson and Tammy Burke have agreed to take over as Fundraising Chairpersons for this school year. We are deeply indebted to both of them for their eagerness and enthusiasm and we know they will do as great a job as Mr. and Mrs. Grow. As you know Anson and Tammy chaired our PTC last year. Now that they have taken on a new assignment, we needed a family to take over PTC. Beth and Ed Reyes stepped up to the plate and are now our new chairpersons for PTC. I'm sure all of our school events will be highly energized under their capable leadership. Please consider becoming involved in our PTC. It is the heartbeat of our school and is largely responsible for the positive atmosphere we enjoy here at Trinity Catholic. Yes it does require some investment of time and work; but it is well worth it. The meetings are upbeat, positive, and a lot of fun!

## BREAKFAST AT TRINITY

Breakfast is the most important meal of the day. None of us would think of starting our car with an empty gas tank; we shouldn't let our children start their day without some form of breakfast. We are fortunate to have a nutritious and inexpensive (\$0.85) breakfast offered daily for our students at Trinity. The items for breakfast are listed on the side of the monthly menu. This year we will be holding a raffle each marking period for students who eat breakfast. How can you get your name in the raffle? Each time a student goes through the breakfast line at school they will receive a raffle ticket. Students can't lose with breakfast. They will be more alert in class, more successful in school, and they could win a great prize to take home.

# FROM THE PRINCIPAL'S DESK

## ARRIVAL/DISMISSAL

Students who walk to school or who are dropped off by parents should not arrive before 8:15. Since there is not classroom supervision until 8:15, students who arrive before 8:15 must go to the cafeteria for the Before School Program. Students being dropped off by parents between 8:00 and 8:15 will be charged \$1.00/week. Students being dropped off prior to 8:00 will be charged the usual fee. At dismissal time, all parents are asked to remain outside the building or in your car. If the hall is crowded with parents, it is extremely difficult to keep order during dismissal. Students in grades K-3 leave by the front door, while 4-6 students leave by the back door in the 4-6 building. (near the 4th grade room) Students who have not been picked up by 3:10 will be sent to the After School Program.

The parking lots are very busy during arrival and dismissal time; therefore we ask everyone to be considerate. Please pull all the way to the front of the parking lot by the Church. If you drop students off at the cafeteria doors or front doors, please do not keep other drivers or buses waiting behind you for extended periods of time. Also, remember it is against the law to pass a stopped school bus even when it is in the school parking lot.

## VISITING SCHOOL

If you visit school during the day, please report to the office, sign in and retrieve a Visitors' Pass. It is important that we know who is in the building. It is also important that classes are not unnecessarily disturbed. If your child forgot something you may drop it off in the office. If you would like to eat lunch with your child, you should sign in the office and wait outside the cafeteria for their class to come through the lunch line. If you wish to speak with a teacher, please make an appointment to ensure uninterrupted time. Teachers are not free to

meet after 8:15 in the morning. Although classes do not begin until 8:40, teachers are busy attending to the children's individual needs at this time. If you need to see me, an appointment will guarantee you my availability and undivided attention. Morning prayer begins at 8:35 and as a school community we wish to model the importance of prayer for the children. This means I will not be available from 8:35-8:45.

## BEFORE/AFTER SCHOOL CARE

Forms for the Before and After School Care Program are included in this packet. Mrs. Denise Neves is the director of the program again this year. If you do not sign up for the program on a regular basis, you may still use it in an emergency. In such an instance, we ask that you call the office so that Mrs. Neves and your child may be notified. You will also need to leave the name of the person who is authorized to pick your child up if it is someone other than yourself.

## PROTECTING GOD'S CHILDREN

Unfortunately, the times we live in are requiring all of us to be more vigilant when it comes to protecting our children. The Diocese takes this responsibility very seriously and has a Code of Pastoral Conduct. This code applies to all employees and volunteers. Part of this code is a required background check and Virtus Training for all parties who work in our school. A release form is enclosed for any parents who have not completed one and wish to volunteer. Please sign it and return it by September 15. If you do not sign it, you will not be able to work in the school as a volunteer. A Virtus Training will be offered at Trinity early in October. You will also find an Internet Use Agreement for all students to respect, sign and return. If you have questions or concerns about these policies, please feel free to contact me. Thank you for your cooperation.

# FROM THE PRINCIPAL'S DESK

## TRINITY CELL PHONE POLICY

We realize cell phone use has become a large part of daily life in the 21st century. However, cell phones have the potential of disrupting the orderly operation of the school. The temptation is great for students to use cell phones to text messages, take photos, watch videos, or play games. Cell phones add unnecessary distractions in the classroom. In order to maintain an environment conducive to learning we have decided students may not bring cell phones on the campus of Trinity Catholic School. All students have the opportunity to access a phone during school time in case of an emergency.

We do realize there may be extenuating circumstance where families feel, for safety purposes, their child should be allowed to have a phone on school premises. If this is the case, parents will need to follow the conditions listed below.

- A parent or legal guardian must complete and sign a Request for Cell Phone Allowance Agreement form. This form may be obtained in the school office.
- Parents and students must adhere to all the guidelines listed on the Cell Phone Allowance Form.

Unauthorized possession or use of a cell phone on school grounds will result in confiscation of the phone and disciplinary action will be taken for such a violation. All faculty and staff have been instructed to enforce this policy. Please remember that cell phones, like all other personal items brought into school by a student may be subject to search. As with other personal property brought into our school, Trinity Catholic School is not responsible for lost or stolen cell phones.

We have given this policy much consideration and thought and believe it best fits the needs of all our students. As always, if you have questions or concerns about this policy, please don't hesitate to contact me. I would like to thank

you for your cooperation regarding this policy and all our school policies at Trinity.

## CAFÉ TRINITY

Last year the Trinity cafeteria began using the "Nutri-Kids" Program for lunch payments. Listed below are some helpful tips for using the "Nutri-Kids" Program.

- If you have a child attending Massena Central, you need to set up a separate account with a different email address.
- For payments made at school, the transaction can take 12-24 hours for you to view at home.
- If you choose to pay online: At the payment window you have 2 options—On left a one time credit card payment or on right you can pay with Paypal. You would need to login using Paypal account information, NOT, Nutri-Kids login information.
- If you want to have a low balance alert, under profile you need to set balance alert.

Mrs. Terry will be here on Tuesday, August 31 for Visitation Day. If you have any questions or want to set up your account she will be able to help you. Lunches in the cafeteria will cost \$1.50. Milk will be \$0.35.

We participate in the Federal Lunch Program; therefore parents who meet the guidelines are eligible to apply for the program. Information on Free and Reduced Price lunches is included in this mailing. Please apply if you are eligible. **This greatly benefits the school if you participate.** This information is kept strictly confidential: your child does not need to know that he/she is participating. Mrs. Terry has been very busy planning another year filled with delicious and nutritious lunches.

## SUPERINTENDENT'S DAY

Please be aware **Trinity Catholic School will not be in session on Friday, October 1.** This is a staff development day for all Catholic schools in the diocese. Teachers and administrators will be attending a conference in Lake Placid.