



**ST. GABRIEL THE ARCHANGEL
NEWSLETTER
November 2009**



IMPORTANT HAPPENINGS IN NOVEMBER

- November 2-3 – 6th Grade Camp
November 4 – Guys Night Out at Newstead Tower Pub
November 5 – 8:45a 5th Grade Reconciliation
7:00p 6th Grade Coalition Parent Meeting at St. James the Greater
November 7 – Bellarmine Speech Meet at St. Clare of Assisi (Ellisville)
Trivia Night sponsored by the 8th Grade
November 10 – Grades 2 & 8 Regional Mass with Archbishop Carlson at New Cathedral
7:00p – 2nd Grade Parent Reconciliation Meeting
November 11 – High School Applications due in office (Latest date to turn in is Nov. 20)
November 12 – 8:45a 7th Grade Reconciliation
2:00p SmartMusic Award presentation to Sr. Gail
November 13 – End of Mid-Quarter
4:00p-8:00p Lion's Choice Fundraiser (Chippewa)
November 14 – 4:00p Metro District 8 Honor at Lindenwood
November 17 – 4th Grade Field Trip – St. Louis Symphony
November 18 – 8th Grade Field Trip – 'Brundibar' at Touhill Center
November 19 – 8:00 a Baptismal Celebration
8:45a 4th Grade Reconciliation
November 25 – AM & PM Kdg come from 7:50a – 10:45a (NO EDK)
8:00a Thanksgiving All School Mass
12:30p Dismissal
November 26 – Thanksgiving (No School)
November 27 – NO SCHOOL

Health Reminder

The message that we continue to receive regarding the seasonal flu and H1N1 is the following:

Hand Hygiene: Wash hands frequently with soap and water when possible. If not use hand sanitizer.

Respiratory etiquette: Cover nose and mouth with a tissue when coughing or sneezing (or a shirt sleeve or elbow if no tissue is available).

Stay home when sick: Those with flu-like illness should stay home for at least 24 hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines. They should stay home even if they are using antiviral drugs.

Other tips to keep kids healthy:

Kids come home from school and are hungry. There are a few tips for healthy snacks for hungry kids: fresh vegetables, hard pretzels, fresh fruit, cinnamon toast, saltine crackers, raisins, dried fruit, low fat milk, pudding, low fat yogurt, graham crackers, Popsicles and vanilla wafers.

Healthy drinks: **water**, fruit juices, Jello squares and skim milk.

It is also important for children to get a good night's sleep. Try to keep a routine for bedtime during the week and even on weekends.

Did You Know?

That there is a link between usage of Discovery Education streaming and higher achievement scores – specifically, in grades 3-8, in math and reading. The independent research firm Cometrika completed this report. (Source: Tech & Learning, October 2009, pg. 20)

We, at St. Gabriel School, purchased a site license for United Streaming, now Discovery Education, three years ago. Ask your children about the videos that they watch on the Smartboard in the areas of science, social studies, literature and more. Even though we have not tracked achievement, it is great to know that we have access to such an educational tool. This is due to the fact that we have so many generous people at St. Gabriel Parish that we are able to offer so much for our students.

Another Did You Know?

This is from The New York Times 10/19/2009

New York City Arts Education and Graduation Rates

The nonprofit Center for Arts Education found that New York City high schools with the highest graduation rates also offered students the most access to arts education. The report, which analyzed data collected by the city's Education Department from more than 200 schools over two years, reported that schools ranked in the top third by graduation rates offered students the most access to arts education and resources, while schools in the bottom third offered the least access and fewest resources. Among other findings, schools in the top third typically hired 40 percent more certified arts teachers and offered 40 percent more classrooms dedicated to coursework in the arts than bottom-ranked schools. They were also more likely to offer students a chance to participate in or attend arts activities and performances. The full report is at www.caenyc.org.

Again, we are so fortunate to have teachers who are certified in the area of their specialized fields as well as having full-time teachers in the area of art, computer education, physical education, music and band. We have been able to provide our students with so many opportunities in the arts.

Special Remembrance

The flag that will be raised on the flagpole beginning November 2nd is the flag that was draped over the casket of our very special benefactor, Eugene Winegarten. As you drive by, please say a prayer in thanksgiving for the generosity of Eugene. We still do not know his connection to St. Gabriel. As Fr. Bob mentioned in the homily at the memorial Mass for Eugene, it is not so important to know his specific connection, but rather that sometime in his life someone from the parish could have reached out to him.

Winter Uniform

October 28th is the last day school uniform shorts may be worn. All students must be in the winter uniform beginning November 2nd. Boys in Grades 6-8 can wear khaki or navy; boys in Grades K-5 must wear navy. Girls can either wear the jumper (grades K-5), skirt (Grades 6-8) or navy pants (grades K-8). Girls may not wear khaki pants. All pants must have the sewn in pockets, no patch pockets or cargo pockets are permitted. Uniforms will be checked to make sure that skirt/jumper lengths are at the top of the knee. Please check your daughter's uniform and have any alterations made before November 2nd. The uniform code is included in the Parent Handbook which is found on the school website at www.stgabschool.org.

Thanksgiving Liturgy

On Wednesday, November 25th, we will have our all-school Thanksgiving Liturgy. We are asking that each child bring at least \$1.00, which will be collected during the offertory. The parishioners who work at Sts. Peter and Paul Food Pantry felt that more could be purchased with the money rather than having such a variety of food in small quantities. The money collected will be used to buy food, health care items, gloves, hats, socks, and etc. for the homeless. Thank you for your generosity and support.

Please note that we will have a 12:30 p.m. dismissal on Wednesday, November 25th. Also, AM and PM Kindergarten will attend this day from 7:50 a.m. – 10:45 a.m. There will be no EDK.

Pre-Registration for Kindergarten and New Families for the 2009-2010 School Year

On Tuesday, December 1st, at 7:00 p.m. in the cafeteria, we will have pre-registration for those current families with children entering kindergarten or any other grade level for the first time at St. Gabriel School. If you know of a family that lives in the area and would like to send their child to St. Gabriel School, they, also, need to attend this meeting. If a new family is coming from another Catholic school, they have to obtain permission from their pastor to attend St. Gabriel School. If the family is non-Catholic, they do not need permission for their minister to attend St. Gabriel School.

The reason for having the meeting this early is that it helps us to better prepare the budget in knowing the number of students entering Kindergarten.

Registration for our current families will be in early February. There will be a registration meeting held on Tuesday, February 9th and Thursday, February 11th at 7:00 p.m. in the cafeteria. Please mark your calendars. This is a mandatory meeting; you must attend one of the evenings.

School Reach Communication Program

There have been many positive comments about our new system of sending communications to our families. Please know that we will try to send information on Wednesdays at 9:00 a.m. There are times that we will need to send information at other times.

Items sent in the Wednesday folder were printed on color paper. We have already seen a savings in paper. Our supply has barely been used. Not only are we saving on paper, but the ink and copying cost.

Phone Messages

Many times, parents will call the office and ask to speak with me. Many times, when I get your message, it is something that the secretaries can answer for you. I certainly enjoy having the opportunity to speak with our parents, but I, too, like the teachers have business to attend to during the day. I really like to attend weekday

mass with the students, but more so, I enjoy visiting the classrooms and seeing what the students are learning. I am also in the cafeteria from 10:45 a.m. – 12:30 pm. for cafeteria duty. Many times, I do not get to my phone messages until after 3:30 p.m. I simply ask that if it is a question that could be answered by the secretaries, please ask them first. If Mrs. Koettker or Mrs. Italiano is unable to answer the questions, they will be happy to give you my voice mail. Thank you for your cooperation and support in this matter.

Car Decals

We apologize for the miscommunication on the St. Gabriel Car Decals. The decals were not ready when expected. They should be delivered shortly. We will let you know when they are available. The shopping bags are available.

Cafeteria Volunteers

The volunteer program for the cafeteria has been working out very well. If you are unable to attend your assigned day, please call someone on the calendar to switch days. The calendar for the whole year is available on the school website. On the top blue bar, click the word ‘calendar’. The link will come up with four calendars. Click on the ‘cafeteria’ calendar. There is no need for a password to access this calendar.

Mini-Classes

The students in 6th, 7th and 8th grade really enjoy the mini-classes that are offered in the fall of the year. We are most grateful for all the people that give of their time for these classes. However, we have some of our parents who will not be able to help next year because their children are graduating. If you have a special talent and would like to give one hour of your time for four (4) consecutive Fridays in the fall, usually mid-September to early October, please call the school office or contact Mrs. Mullen at jmullen@stgabschool.org. The types of classes offered in the past are art glass, cake decorating, wood working, chess, cooking, table tennis, counted cross stitch, broadcasting, photography, golf, origami, scrap booking, and more. Each class has no more than 12 students. The only thing we ask of you is your time and talent; you are reimbursed for any out-of-pocket expenses.

We want to thank our volunteers who helped with our classes this year:

Mrs. Hounsom – Cake Decorating	Miss Davis – Golf
Mrs. T. Wiley – Cake Decorating	Mrs. C. Kaiser – Stamping
Mrs. Giles and Mrs. Walsh - Drama	Mrs. Elliott – Cooking
Mrs. Meyer and Mrs. Migneco – Knitting	Mrs. Mullen – Card Games
Mr. Banker and Mrs. Jacobsmeyer - Broadcasting	Sr. Gail – Calligraphy
Mrs. Voelpel and Mrs. Panus – Table Tennis	Mr. Ashby – Moving Making
Sr. Fran – Origami	Mr. Block - Woodworking
Mrs. Koettker - Painting	

A Note from the Band

The Band wishes to thank all those who purchased Entertainment Books and/or made a donation to the Band during the fundraiser. We are grateful to the Parish of St. Gabriel for their support of the Band Program. The profit from this fundraiser helps to purchase large instruments, percussion instruments, music and more.

Buzz Books

Buzz books are available in the office for \$2.00. We want to thank Angela Kittner for donating the printing cost. All profits from the buzz books will go to the PFA for expense incurred throughout the year.

We apologize for any mistakes in the buzz book. There are a few corrections to the buzz book:

Todd & Holly Chapman
New Phone # - (314) 351-4154

Josh & Kelly Eldridge
Cell Phone # should be 703-727-9756

Stephen & Judy Finch
Home Phone # should be 314-352-0743

Kevin & Sherry Love
sherryandkevin@sbcglobal.net

Congratulations to...

- ...M.Rohagti for placing 2nd in the Rising Stars Art Contest at Bishop DuBourg High School.
- ...Mrs. Voelpel who will receive an award at the MOPHERD Convention at Tan-Tar-A for ranking 4th in raising money for the Jump Rope and Hoops for Hearts.
- ...Sr. Gail Buckman for winning the Grand Prize in the SmartMusic Essay Contest.

Thank you to...

- ...the 5th Graders for leading us in the Living Rosary.
- ...Joe Evola and McMahan Ford for donating a van for 6th grade camp.
- ...the 2nd grade parents and the PFA for providing a delicious dinner on Thursday, October 29th for the Faculty during Parent/Teacher Conferences.
- ...the Boyer Family for donating office supplies.
- ...the Steve Wilson Family for donating pencils.
- ...the Weinhoff Family for donating 4 part paper for the office.
- ...the Thibodeau Family for donating good scrap paper.
- ...the Randazzo Family for donating books and puzzles to the Library.
- ...all the families that supported the Book Fair.
- ...all the volunteers who made the Book Fair a success.
- ...Mrs. Judy Migneco for coordinating the Book Fair.
- ...Joseph & Carrie Greco for donating pencil cases.

Remember to...

- ...pick up your Scrips orders on Tuesdays and Thursdays from 2:45 p.m. – 3:15 p.m. in the school meeting room or after masses on Sundays.
- ...purchases at Lions Choice on the 2nd Friday of each month to benefit our 8th graders for their Mystery Day activities and Farewell Dinner.

As we reflect on our blessings we ask for God to bless those who are less fortunate than us. During this month that we celebrate Thanksgiving, let us really take some time to reflect on all that we have. Even more importantly, let us express our gratitude to our family, friends, and neighbors for the good that they share with us.

May you have a very Blessed Thanksgiving with family and friends.

Sincerely,

Ann M. Davis
Principal

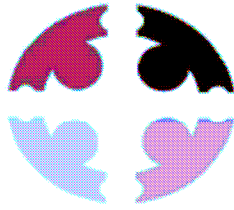
Attachment: School Tools from Catholic Family Services

**Go to the website to check the
school calendar**

http://plus.calendars.net/stgabschool_2

and the cafeteria duty calendar

http://plus.calendars.net/stgabschool_1



The Power of Telling the Truth

Dear Teachers and Parents,

Mark Twain once said, "If you tell the truth, you don't have to remember anything." How true that is...yet in the moment it may indeed seem easier to lie. It's known that lying comes naturally to a child, but you have to work at it to teach a child to tell the truth. Even if we practice telling the truth, we have to consistently use it or we can slip into lying. No matter if we call them "little white lies" or "a bit of an exaggeration" or a "half-truth," lying is wrong.

Scripture tells us that Jesus is the perfect representation of truth (John

14:6). The more we grow to be like Christ and imitate Him, we can model truthful qualities for the children with whom we interact.

"You shall know the truth and the truth shall make you free." (John 8:32)



Reasons Why Kids Lie

Kids lie for a variety of reasons, but some of them include:

- To avoid punishment or consequences that may happen if they tell the truth.
- To avoid tasks (like homework) in order to do something more pleasurable.
- To get something they want.
- To impress others, children may tell tall tales to make themselves look good.
- To protect friends or family members.
- Modeling a parent or someone else that lies.

Becoming a Lie Detector

To detect a lie, look for these signs:

Body Language

- No eye contact
- Hands touching their face, throat or mouth
- May turn body away from you

Interactions/Reactions

- A guilty person gets defensive, an innocent person is offensive.
- May unconsciously place objects between themselves and you (book, cup)
- Words may be garbled and softly spoken

How to Encourage Truth Telling

1. Always model telling the truth...even if it is difficult.
2. Praise the truth when it is told. Catch them telling the truth when you know they would like to do otherwise.
3. Avoid lectures and irrational decisions (Ex. *If you lie again, you will be grounded for two weeks*).
4. Remind them that you are hurt by their **behavior** but you still love them. Try to keep it

- positive (Ex. It's not like you to lie about your homework...you're usually good about getting it finished).
5. Kids need to be part of the solution. Ask them what they think the consequences need to be for lying.
6. Kids often lie to keep their parent or teacher happy. Let them know you value the truth above all and that lying is worse than the misbehavior.

7. Do not accept excuses for lying to you. It is not acceptable.
8. Talk with them before they lie about the possible consequences that lying may bring. Give real life examples from the news or your life.
9. Never forget that all kids need to know you care about them and that they can contribute in a positive way. Be consistent and understand that change will take time.

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

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