From the Desk of Ms. Miller:

Tonight's HASA Meeting is at 6:30pm. The lunch calendar has it listed incorrectly.

Per last week's newsletter, Monday morning I sent a test message through Alert Solutions. Parents of students in 1st through 8th grade can change their preferences regarding how they receive these messages through their PowerSchool login. If parents of Preschool or Kindergarten students would like to change their preferences or if you did not receive a message at all, please contact Mrs. Schleer or Ms. Miller.

In today's envelope you will find the nomination form for the 2018-2019 Light of Learning Recipient. Please take some time to fill out this form and nominate any teacher you feel meets the criteria listed. Here is some information for you as well: 1) all teacher Kindergarten through 8th grade are eligible to be nominated as licensed, full time teacher with the exception of Mr. Mosier since this is his first year, and 2) the teachers who have received this award over the last three years are Stephanie McCune-Bell, April Weiss, and Gina Hite. That being said, they can be nominated again if you feel strongly that they should be considered for this award again.

Please join me in welcoming Mr. Zack Okello to our school. He is our new Music Instructor. Zack is a talented musician and artist. He is currently working with students one day at Our Lady of Hungary and two days here at Queen of Peace. Zack is married and has a daughter who is attending our Preschool as well. We are blessed to have him as a new member of our team.

We will be attending All Schools Mass at the Purcell Pavilion on the campus of Notre Dame on Wednesday, October 24th. In today's communication envelope you will find the permission slip required for your children to attend this special Mass. Please return these permission slips in the communication envelope as soon as possible.

The D.C. 300 is here! In an effort to streamline our Washington D.C. fundraising, the middle school students and their parents began selling D.C. 300 tickets October 5th. A ticket order form is in today's Communication Envelope. The D.C. 300 works like this:
- 300 tickets are sold for $50 each. No more than 300 tickets will be sold.
- Each week a ticket is drawn out of the "hat" for a weekly amount of $75.
- Two special drawings are made, one at Easter and one at Christmas, for $150 each.
- Each winning ticket stays in the "hat" for the entire year, so you could win multiple times.
- All winners will be notified and listed in the parish bulletin.

The first weekly drawing for 2018-2019 will be November 3rd. This will be the only other fundraiser besides the 8th Grade Bingo Night this year. Please assist the middle school families in making this a fantastic fundraiser. Thank you in advance for your participation!
HASA

Oh the chill of October! That means the end of shorts weather for the kids. Please remember to check out the used uniform sale after all masses this weekend for good deals on pants and sweaters. October also means Halloween, and Queen of Peace will again this year be hosting a Trunk-Or-Treat on October 28th at 3pm. This event was a huge success last year, please spread the word and invite folks to come. This week’s entry for 10 Reasons To Get Involved At School: 3) Your help is always needed. Whether it’s helping run the next big event or providing support in the classroom, there are always ways to pitch in. Don’t forget, if you have questions, you can always email us: HASA@queenofpeace.cc.

HOLIDAY BAZAAR

Help setting up from 3-6pm.
2 adults to greet vendors and direct them to their tables from 6-8pm.

Volunteers needed for Saturday, Nov. 10th

6 adults (2 in each time slot) to do 2 hour shifts selling 50/50 raffle tickets starting at 9am, 11am and 1pm
2 adults to direct vendors to their parking area from 7:15 to 8:30am
Raffle tickets will be available in the Gathering Space, after all Masses, or at the Church Office, during the week, starting October 6th and will be on sale at the Bazaar until 3pm the day of the Bazaar. The minimum prize is $250.
Donations of Chili, 12 packs of cans of soda (all kinds), Hot Dogs, Hot Dog buns, potato chips and Oyster crackers—there will be signup sheets in the Gathering Space starting October 9th and on the Church website in Signup Genius starting October 13th.
Questions, contact Ed or Carol Gill at qph18bazaar@gmail.com or 259-6009. All hours worked can be put towards your service hours for the year.

BOX TOP COLLECTION

It's that time of year again. Gather up all those Box Tops and send them in to school! We will have our Fall Box Tops collection from Now until October 19th. But don't stop collecting then, we will have another collection in the spring. This is a great way for our school to earn some free money. Last year we collected $963.50 worth of Box Tops. Scour those cabinets, freezers, & refrigerators, and check with extended family to see if they have any.

If you have questions or comments you can contact Jennifer Hendricks at jen.hendricks3@gmail.com.

Women's Welcome Retreat

All Women are invited to the Women's Welcome Retreat.

Do you feel like something is missing in your life? Welcome is an incredible experience that helps you discover what that something is—and what to do about it. Do you feel that if you weren't so busy you would be happier, healthier, more effective, more fulfilled, and maybe even a better person? Consider joining us at the Women's Welcome Retreat October 20 & 21, 2018. You can register at https://tinyurl.com/QofPWWRetreat2018 or call Laura at 574-360-5765 for more information.
HASA
USED UNIFORM SALE
October 13 & 14
Held in the gym after all Masses

Uniform items are just $2 each or bring in your gently used uniforms for trade.

After Fall Break students can no longer wear shorts to school.
Come shop and stock up on pants for winter!
School Level Teacher
Nomination Form

Light of Learning Award
Diocese of Fort Wayne-South Bend

Please return this form in a sealed envelope to your school principal by the October 17th, 2018.

Nomination criteria to consider:

1. The teacher has taught at a diocesan school for two years, is licensed and full time.
2. The teacher is a model of the example of Christ to the school community.
3. The teacher is knowledgeable of subject matter and keeps up to date on best practices in teaching and learning.
4. The teacher is able to motivate students academically.
5. The teacher is involved in extracurricular activities within the school.
6. The teacher is able to relate well to students, is able to manage the classroom and command the respect of students.

Teacher Nominated: _________________________________

Please explain below your reason(s) for nominating this teacher:

______________________________

______________________________
**Thoughtful Moments**

**St. John XXIII**

Angelo Giuseppe Roncalli was born to a farming family in Bergamo, Italy. Ordained as a priest in 1904, he served as the bishop's secretary before being enlisted as an army chaplain during World War I. As Pope John XXIII, Angelo never forgot his humble origins and often visited the poor, the sick and prisoners. As pope, he worked for peace and unity in a world preparing for war. He is most remembered for opening the Second Vatican Council.

**Share values**

A way to encourage children to share your values is to talk about them. For example, let them know that attendance at Mass, diligence in school, and truthfulness are important. Ten minutes’ conversation from time to time is enough. Pray they get the message.

> “Hear, my son, your father’s instruction, and reject not your mother’s teaching; for they are a fair garland for your head, and pendants for your neck” (Proverbs 1:8-9).

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**Love your child with God’s great love**

Children learn about God’s love from their parents. They experience it most clearly when we parent lovingly. Try these ideas to teach children about God’s great love:

- **Look with loving eyes.** Young children see themselves as we see them. Treat your child as a gift from God and that’s how he will see himself.
- **Love your child even if you don’t love her behavior.** That’s how God loves us.
- **Use “no” as a loving word.** Hearing it occasionally teaches youngsters self-control.
- **Take your child’s phone call no matter what you are doing.** God always listens to our prayers.
- **Don’t bring up past mistakes.** Our Father never revisits sins we have repented.
- **Give public compliments.** God praised Jesus in front of everyone saying, “This is my beloved son, with whom I am well pleased” (Matthew 3:17).
- **Always give second chances.** Thankfully, God does.
- **After you argue, forgive with a hug.**
- **Skip chores occasionally and spend time together.** God wants nothing more than our company.
- **Keep your promises.** God always does.
- **Imitate Jesus’ unconditional love:** “For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord” (Romans 8:38-39).

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**Why Do Catholics Do That?**

**Why do Catholics have “formal” prayers?**

Prayer is “the raising of one’s mind and heart to God or the requesting of good things from God” (Catechism of the Catholic Church, #2559). Prayer, simply put, is talking with God, or else, spending time with him. In today’s busy world, we can’t always “hear” God right away. Formal prayers, like the Our Father and the Hail Mary help us attune to God’s way of speaking. They help calm our busy minds so God can speak to our hearts.
Share the joy of the Rosary

October is a month when we celebrate the Rosary. Pope St. Pius V attributed a 16th century naval victory saving Europe from a Turkish invasion to the intercession of Our Lady through the Rosary. We arm our children with a powerful weapon against evil when we teach them to call on Our Lady’s help through the Rosary.

Sit together in a comfortable place. Remind children that Our Lady is a mom, happy to have her children’s attention.

Choose intentions. When we pray for others’ best interests, children learn the power of prayer.

Start with a story. Pick a mystery and use it to tell a story about Jesus’ life and ministry.

Observe 30 seconds of silence. Sit silently for 30 seconds while picturing the image and mystery of Jesus’ life.

Start by praying a decade. It takes less than five minutes. As youngsters pray with patience, add mysteries and decades until you pray an entire Rosary. Don’t force it. We want prayer to be a joy, not a chore.

Scripture Lesson

Mark 10:46-52, a blind man leads the way

A blind beggar saw Jesus more clearly than the followers who were his companions. Bartimaeus heard that Jesus was near and cried out, “Son of David,” a title reserved for the Messiah. Although people tried to quiet him, Bartimaeus persisted and Jesus finally noticed him and had his disciples call him over.

Bartimaeus responded by casting aside his cloak and rushing to Jesus. Even the little he had was thrown aside. The only person in Mark’s gospel to call Jesus “Master,” Bartimaeus stood before Jesus humble and confident that his prayer would be answered. It is this profound trust that Jesus wanted to elicit from the crowd. When his prayer was answered, Bartimaeus followed Jesus as his disciple.

What can a parent do?
Sometimes difficulties of being Christian can blind us to the joys of following Jesus. Help children approach Jesus with excitement and confidence. When we trust him as Bartimaeus did, we become true disciples who can tackle the difficult task of leading others down the road to God.

Parent Talk

“The Rosary is boring!” my oldest complained. “It’s the same prayer over and over.” We pray a rosary daily, but it used to be a struggle. To my girls—ten and seven years old—it was “Mom’s thing.” I hadn’t taught them what I loved about the prayer.

I ordered simple rosary-making kits for us online. When they arrived, Kara, Tessa, and I put them together one rainy Saturday afternoon and had a mini-lesson about it. Each girl chose different color beads. Kara liked the idea of St. Padre Pio calling his Rosary his “weapon” against temptation; Tessa like the idea of being able to call on Mother Mary whenever she wanted—especially when she was in trouble. Both girls were surprised to learn the Rosary was a prayer about Jesus, through Mary’s eyes.

Kara was excited to have a Rosary that she made herself: it wasn’t just “Mom’s thing” anymore.

Feasts & Celebrations

Oct. 5 – St. Faustina Kowalska (1938). Helena Kowalska was born to a large, poor, devout family in Poland. Against her parents’ wishes, she joined the Sisters of Our Lady of Mercy, taking the name St. Maria Faustina. In 1931, Jesus appeared to her and told her to paint an image of the Divine Mercy and to spread devotion to his mercy.

Oct. 17 – St. Richard Gwinn (1584). St. Richard Gwinn was a schoolteacher in Wales. Originally raised Protestant, St. Richard converted to Catholicism even when it was considered treasonous in his country. He remained a faithful Catholic, resulting in his arrest and persecution. After being brought to court several times, he was martyred in 1584.

Oct. 28 – Saints Simon and Jude (1st Century). St. Simon was a Zealot—Jews who believed that the Messiah would free them from political oppression. St. Jude was a fisherman. After being called by Jesus to be apostles, they eventually ended up in Persia where they evangelized until they were martyred.

Our Mission

To help parents raise faithful Catholic children
Success Publishing & Media, LLC
Publishers of Growing In Faith™ and Partners in Faith™
(540)662-7844 (540)662-7847 fax
http://www.partnersinfith.com

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Super homework support

Making homework an important part of life at home will show your youngster that her education matters. Letting her work independently will also send the message that you believe in her. Consider these strategies.

Provide backup
Allow your youngster to work on her own, but tell her you’re available if she needs you. Say she’s confused about the directions for an assignment. You could encourage her to re-read them slowly or maybe read them aloud to her. If she’s not sure how to approach a math problem, you might look at similar problems together in her textbook.

Give feedback
Point out to your child what she’s doing well — you’ll inspire her to repeat the behavior in the future. For instance, if you notice she started a long-term project the day it was assigned, you could say,

“Nice move! Now you have plenty of time to come up with good ideas and do your best.”

Show interest
Glance over finished homework so you know it’s done and your youngster knows you care. Also, look at returned assignments. She might proudly share a nice comment her teacher wrote on her essay. Or if a paper has spelling errors, ask how she can avoid the same problem next time, perhaps by looking up unfamiliar words in a dictionary.

Organization made easy
Good organizational skills will help your child find what he needs — and save time. Try these tips:

- Encourage your youngster to help with jobs that teach organization. For instance, have him organize your toolbox. Let him try his ideas, such as grouping together same-size screws or arranging wrenches from shortest to longest.

- Point out that staying organized is easier than getting organized. If he cleans out his school desk and his backpack every Friday, those tasks won’t be overwhelming. Idea: He could put sticky notes on his desk and bag that say “Please clean me on Friday!”

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Teacher: Jill, name four members of the bear family.

Jill: Mom, dad, sister, and brother!
Setting expectations

Andrew always wears his sneakers to PE class and returns his books on library day. Robert sometimes forgets his sneakers and misses out on PE, or he leaves his library books at home and can’t check out new ones.

What’s the difference? Andrew’s parents expect him to keep track of his schedule. Here’s how to set expectations for your youngster.

Discuss in advance. Be clear about what you expect, and remind your child regularly. For example, if you want him to manage his schedule,

you might post it on the refrigerator and tell him that it’s his job to check it each day. Or if you’re getting a pet, explain what he’ll need to do to care for it. (“You’ll be in charge of filling the food bowl every evening.”)

Be reasonable. Set expectations that your youngster can live up to. If he plays soccer, for instance, you might not expect him to score goals, but you could expect him to attend every practice, show good sportsmanship, and try his best.

Build map skills

This version of hide-and-seek lets your youngster practice finding places on a grid. She’ll have fun working on map skills and spatial reasoning.

1. Draw a grid.
   Have your child make a grid with 5 rows (labeled A, B, C, D, and E) and 5 columns (labeled 1, 2, 3, 4, and 5). Her grid will represent a room in your home.

2. Add pictures. Next, your youngster should draw furniture or other items in the boxes to indicate their locations in the room. Say your couch is centered along the front wall of the living room. She could draw a couch on her grid across boxes A2, A3, and A4.

3. Hide an object. Take turns closing your eyes while the other person hides something (perhaps a toy car) in the actual room. Then, place a penny on the grid to show where you hid the item. If you put the penny on A3, your child might figure out that the toy is under the center of the couch.

How to talk about lockdown drills

Q: My son came home anxious about a lockdown drill they did in school. How should I discuss this with him?

A: Lockdown drills help students know what to do in an emergency that requires them to shelter inside the school.

Explain to your son that his teacher and principal want to keep him and his classmates safe. That’s why the school holds drills to prepare the children for situations like intruders, fires, tornadoes, or earthquakes. Although it’s scary to think about emergencies, having a plan can make him feel more in control.

Ask your son to name other ways we stay safe, such as wearing a seat belt in the car, looking both ways before crossing the street, or going indoors during a thunderstorm. He’ll realize that he knows how to do a lot of things that help to protect him.

Note: If he continues to feel anxious, contact the school counselor for advice.
FIELD TRIP INFORMATION:
Class/Grade Level: 1st - 8th Grade
Destination of Field Trip: Notre Dame Pavilion
Purpose of Field Trip: Celebrate Mass with all area Catholic Schools
Date/Approx. Time of Departure: 10/24/2018, 8:45 AM
Date/Approx. Time of Return: 10/24/2018, Noon
Mode of Transport: Bus
Overnight Accommodations (if applicable): N/A
Additional Information:

(Please detach and return portion below to the school office):

*PARENT/GUARDIAN PERMISSION AND RELEASE:
Parent/Guardian Name ________________________________
Address __________________________________________
Telephone _________________________________________
Student Name ___________________________ Student Age _______ Student Grade _______

Check one of the following two options and fill in the blanks:

[ ] Yes. I have received the Field Trip Information concerning the field trip to __________________________ (fill in Destination) on __________ (fill in Date), and request that the school allow my child to accompany the class/grade on the field trip.

[ ] No. I have received the Field Trip Information concerning the field trip to __________________________ (fill in Destination) on __________ (fill in Date), and DO NOT request that the school allow my child to participate in the field trip. (Although you have checked "no," you should still sign the form below).

In consideration of the aforementioned student, my child, being allowed to participate in this activity, I, on behalf of myself, my child and my child’s other parent/guardian, hereby acknowledge recognition that such an activity may expose my child to risks and hazards not ordinarily encountered in school. Further, on behalf of myself, my child, and my child’s other parent/guardian, I hereby release the above named School and the Diocese of Fort Wayne-South Bend, Inc. to the fullest extent permitted by law from any and all claims, judgments and liability of every kind for any injury and damage of any kind, whether personal or property, that we or any one of us may suffer or incur due to my child’s participation in the activity, regardless of whether the injury or damage is attributable to the fault of parties other than the School or Diocese or attributable to the fault of the School or Diocese.

I have instructed my child to follow the rules of conduct as directed by the school.

_________________________________________ Date
_________________________________________ Parent/Guardian Signature

* A new form must be completed for each trip.
QUEEN OF PEACE STUDENT DIRECTORY

Queen of Peace School would like to provide a student directory again this year. It will contain a list of faculty and staff, class lists, and an alphabetical listing of student names, addresses, phone numbers and email addresses. This is a great way for families to connect throughout the year regarding birthday parties, carpooling, play dates, & afterschool activities (Cub Scouts, Girl Scouts, Sports, etc.). **All families will receive a complimentary directory.**

All families must complete the permission slip and return it to school by Thursday, October 18th. Even if you do not wish to appear, please check NO and return. If we do not receive the permission slip we will be unable to include your child in the directory. Directories will be printed and sent home by the end of October. Thank you.

**STUDENT DIRECTORY – PERMISSION SLIP FORM**

_____ YES, I authorize Queen of Peace School to include the following information in the 2018-2019 Directory.

PLEASE PRINT

Student Name(s): ________________________ Grade: ______________________

_____________________________________________________________________

_____________________________________________________________________

_____________________________________________________________________

Parents:

Address:

E-Mail:

Home Phone: ________________________ Cell Phone: ________________________

_____ NO, I do not wish for my child(ren) to be included in the 2018-2019 Directory.

MUST BE RETURNED BY 10/18/18
Dear Queen of Peace School Families,

In an effort to streamline our Washington D.C. fundraising, we are pleased to announce the D.C. 300 (formerly known as the HASA 300). This is a fun opportunity for you to personally win money and help raise funds for the middle schoolers’ 8th Grade class trip to Washington D.C.

The D.C. 300 works like this:
- 300 tickets are sold for $50 each. No more than 300 tickets will be sold.
- Each week a ticket is drawn out of the “hat” for a weekly amount of $75.
- Two special drawings are made in the course of the year: One at Easter and one at Christmas for $150 each.
- Each winning ticket stays in the “hat” for the entire year, so you could win multiple times.
- All winners will be notified and listed in the parish bulletin.

The first weekly drawing for 2018-2019 will be November 3rd. This will be the only other fundraiser besides the 8th Grade Bingo Night this year. Please assist the middle school families in making this a fantastic fundraiser. Thank you in advance for your participation.

_____________________________________________________

First & Last Name (Please print): __________________________________________________________

_____ # of D.C. 300 tickets wish to purchase X $50 = $______ Total

_____ Check  _____ Cash
These are our DWP PUMA PAY Recipients for August/September. Pass it on!

CONGRATULATIONS

PRESIDENT: Horvath
Member: Williams
Member: Sims
Affirm: Mathews
Affirm: Swift
Affirm: Oberg
Affirm: Town
Affirm: Mayer! (5)
Affirm: Fowler
Affirm: Merrill
Affirm: Frizter (2)
Affirm: Murphy
Affirm: Sims
Affirm: Reader
Affirm: Walker
Affirm: Thom
Affirm: Robey (2)
Affirm: McIlroy
Affirm: Smith
Affirm: Cobb (2)
Affirm: Lively
Affirm: Greenway (3)
Affirm: Treadwell (2)
Affirm: Campus
Affirm: Calpino
Affirm: Castle
Affirm: Potte
Affirm: Heeter
Affirm: Note (3)
Affirm: McManus (6)
Affirm: Thompson
Affirm: lizard
Affirm: Iced
Affirm: Federe (5)
Affirm: Trumple (6)
Affirm: Lutton (4)
Affirm: Stovely (6)
Affirm: Etterson (3)
Affirm: Yet (1)
Affirm: Malpissimo (3)
Affirm: Zijnowitz (8)
Affirm: Wolford (4)
Affirm: Jackson
Affirm: Murphy (2)

(2) Grade Class
(2) Nico Sorcco
(2) Merky Erther
(2) McManus
(2) Rehorn Williams
(2) Mathews
(2) Hender (2)
(8) Ete Stoveler
(8) McManus
(2) Pala Wolkechnowks (2)
(5) Cation Lassus
(5) Trumple
(4) Lutton (4)
(6) Stovely (6)
(3) Etterson (3)
(1) Yet (1)
(3) Malpissimo (3)
(2) Zijnowitz (8)
(4) Wolford (4)
(2) Jackson
(2) Murphy
**Tween discipline that works**

Your middle schooler wants more freedom. You want to keep him safe and set age-appropriate limits. How do you balance his need for independence with the need for rules and consequences? Try these strategies.

**Let's review**

Go over the rules you have in place and get his input. He'll be happier to comply if he has a say in them. Perhaps he thinks he should be able to go to friends' houses on school nights, and you agree to that for one night a week. Explain your reasons, and be clear you have the final word. Also, lay out consequences so he knows what will happen if he breaks the rules.

**Expect to be tested**

Tweens tend to push the limits to see how serious parents are and may argue to get out of consequences. Stay calm and on point (“Nevertheless, we agreed you wouldn’t eat in your bedroom”). Stick to the consequence you set (having him wash his bedding to get rid of food stains). He'll see he can't slide by and will be more likely to follow the rules in the future.

**Reflect on actions**

The goal of discipline is to teach your child good judgment. He can learn a lot by reflecting on his actions. Say he breaks a rule, like heading to a social outing without finishing his homework first. Ask what he thought would happen. Maybe he didn't think you'd notice. What happened instead? He has to miss an event this weekend as a result. How could he avoid this situation next time?

**Speak up!**

Participating in class can help your tween get more value out of school and learn to express herself. Encourage her to contribute with these tips.

- **Find your zone.** Suggest that she participate in ways she feels comfortable with and then expand her “toolbox.” She might start off commenting on assigned readings she enjoyed. Eventually, she may speak up when she agrees with someone's viewpoint or to offer a different one.

- **Mix it up.** Class-wide discussions aren't the only opportunity to participate. When your middle schooler works in smaller groups, she could ask and answer questions, make observations, or give opinions. These steps can build confidence for talking in front of the whole class.

---

**Short Stops**

**Get going with breakfast**

Eating breakfast will help your tween start the day ready to learn. Together, come up with quick and nutritious breakfasts to make at home. Or encourage her to eat a healthy meal in the cafeteria with friends. Note: If she receives school lunch at a reduced price or for free, her breakfast will be reduced cost or free, too.

**Walk this way**

Let your middle grader know it's important to keep his eyes on his surroundings as he walks. He'll avoid serious injury from falling, running into objects, or stepping into traffic. Explain that he shouldn't play electronic games, listen to music, or text while walking—including to and from the bus stop or school.

**Conserve resources**

Ask your youngster to help your family be more environmentally friendly. Have her research ways you can conserve resources (switch to low-energy light bulbs, recycle more items, take reusable bags when you shop). Then, try to adopt one of her ideas each month.

**Worth quoting**

"Every strike brings me closer to the next home run."  
*Babe Ruth*

**Just for fun**

**Q:** Why did the boy put honey under his pillow?

**A:** He wanted to have sweet dreams.
Real-world reading

Nonfiction reading is a big part of everyday adult life—at work and home. To help your middle grader learn to pick out and analyze important information, encourage her to read more nonfiction texts now. Here are some easy ideas.

Follow a process
What: Recipes, game directions, how-to manuals
Why: These texts teach youngsters to navigate logical sequences of steps and identify key details.
How: Let your tween read and share directions as family members cook or play a game. Or have her read instructions as you put together a bookcase or figure out how to operate a new phone or microwave.

Follow the facts
What: News articles, menus, travel guidebooks
Why: Your child will get familiar with the organization of expository text, which seeks to inform or educate readers.
How: Talk about news articles you read and what you learn, and inspire her to do the same. If you order carryout food, have her read menus and place the order. When you visit new places, ask her to scan guidebooks and share facts. She can play tour leader, suggesting sights and activities your family will enjoy.

Notable notes

Good notes can help your tween remember what was taught in class, create study guides, and review for tests. Share these steps for being an excellent note taker.

1. Prepare beforehand. Your child will have an easier time keeping up with the teacher if he has read the assigned handouts or chapters. Why? He’ll be familiar with the material and vocabulary.

2. Learn each teacher’s style. To emphasize crucial material, one teacher may use hand gestures, while another may write phrases on the board. Your middle grader should write that information down and star or circle it.

3. Ask questions. If your child doesn’t understand something, he could jot a question mark in the margin of his notes. Then, he can ask about it when the teacher invites questions. Most likely someone else has the same question and will be glad he spoke up.

Learning to have grit

Q I’ve heard that kids need “grit” to be successful. What is it, and how can I teach it to my 12-year-old?

A Grit involves perseverance, courage, and resilience—basically sticking with tasks or goals until you see them through. Having passion will help your child to develop grit, enabling her to stay with something when the going gets tough and to overcome problems along the way.

You can foster grit in your middle grader by explaining it and pointing out examples, such as a coworker who learned to read as an adult. Or bring home library books about famous people who persevered. For instance, Dr. Seuss had his first book rejected by 27 publishers before it was accepted.

Setting up a family challenge can give everyone a chance to be “gritty.” Have each person choose something they want to do that might be difficult but is possible. The key? No one is allowed to quit!

Get to know new friends

When my son was in elementary school, I always knew his friends. Once he got to middle school, he started hanging out with classmates I’d never heard of.

It worried me to let Jake spend time with kids I didn’t know. I asked him to invite them over, and meeting them in person helped put me at ease and gave me a way to connect faces with names. I asked for their phone numbers and their parents’ numbers as well. That way, I could contact them if they were with Jake and I couldn’t reach him. Calling the parents to say hello opened the door in case we ever need to get in touch.

I’m still getting to know Jake’s pals. But at least I’m feeling more relaxed about his new middle school social scene.
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grab &amp; Go</strong> Breakfast is offered daily for $1.50. Breakfast will include a Main item and a Fruit, Fruit Juice, &amp; Milk. **</td>
<td><strong>Lunches: We offer our daily Hot Lunch, with 4 additional lunch options: Ham &amp; Cheese sub, Turkey &amp; Cheese Sub, Chef Salad, and OP Lunchable. All lunches include: Milk choice 1% White, Strawberry or Chocolate.</strong></td>
<td><strong>Fresh Bar: Is included daily with each student lunch. It consist of: Romaine lettuce, Carrots, Cucumber Slices, Grape Tomatoes, Broccoli, Choice of 2 fruits, Garbonzo Beans/Three Bean Salad (rotated) Ranch &amp; Low Cal. Italian Dressing.</strong></td>
<td>1 Choice of Muffin Cheeseburger/ Hamburger Crinkle Cut Fries Fresh Bar</td>
<td>All School Mass All Saints' Day</td>
<td>2 Choice of Cereal Stuffed Cheese Pizza Caesar Salad Fresh Bar</td>
<td>3 Vigil Mass 5:30pm</td>
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<td>4</td>
<td>5 Choice of Cereal WG Pancakes Sausage Links Yogurt Fresh Bar</td>
<td>6 Choice of Muffin Corn Dogs Sweet Potato Fries Fresh Bar</td>
<td>7 Choice of Cereal Nachos Grande (Taco Meat, Chips, Cheese) Salsa &amp; Sour Cream Fresh Bar</td>
<td>8 Choice of Muffin Chicken Nuggets Tater Tots Fresh Bar</td>
<td>HASA Mtg. 6:30pm</td>
<td>9 Choice of Cereal Cheese Ravioli w/Marinara WG Bread Stick Fresh Bar</td>
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<td>Mass 7:30, 9:30 &amp; 11:45 Confirmation Enrollment at 9:30 Mass</td>
<td>12 Choice of Cereal Chicken Tenders Mashed Potatoes Fresh Bar</td>
<td>13 Choice of Muffin Chicken Quesadilla Spanish Rice Fresh Bar Team Tuesday</td>
<td>14 Choice of Cereal Chicken Fajitas Black Beans Fresh Bar</td>
<td>15 Choice of Muffin Meatball Sub Sun Chips Fresh Bar</td>
<td>16 Choice of Cereal Mac &amp; Cheese WG Bread Stick Fresh Bar</td>
<td>All School Mass Jubilee Candy Sale</td>
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<tr>
<td>11</td>
<td>19 Choice of Cereal Hot Dog Baked Beans Rice Krispie Treat Fresh Bar</td>
<td>20 Choice of Muffin Turkey Dinner Mashed Potatoes Dinner Roll Fresh Bar Treat All School Mass</td>
<td><em>NO SCHOOL</em></td>
<td><em>NO SCHOOL</em></td>
<td><em>NO SCHOOL</em></td>
<td>24 Vigil Mass 5:30pm</td>
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********11/10-11/16 FALL BOOK FAIR******