



December 6, 2016

Combining
Excellent
Academics
and
Discipline
with
Christian
Values



GRIT

- G – Guts, moral fiber, showing courage
- R – Resilience, keep trying, bounce back
- I – Integrity – Doing what is right
- T – Tenacity – never giving up

From the Desk of Michael Zientek



Nativity Scene ... The story of the origin of the Christmas scene rests with St. Francis of Assisi. He is credited with staging the first nativity scene in 1223. According to St. Bonaventure's biography, St. Francis got permission from Pope Honorius III to set up a manger with hay and two live animals—an ox and an ass—in a cave in the Italian village of Greccio. He then invited the villagers to come gaze

upon the scene while he preached about Jesus. Bonaventure also claims that the hay used by Francis miraculously acquired the power to cure local cattle diseases.

The Franciscans quickly spread the practice of creating nativity scenes with live animals and actors. Living scenes remained popular, but stationary nativities also developed, allowing the scene to remain on display for longer periods for meditation.

Francis' original nativity was inspired by his trip in 1221 to the Holy Land and Jesus' traditional birthplace. He was deeply moved visiting the site where God became fully human. Hoping others could enjoy the same profoundly spiritual experience, Francis encouraged believers to make pilgrimages to Bethlehem. By 1223, however, conflict among the powers vying for control of the Holy Land made the trip too dangerous for pilgrims. Francis decided to do the next best thing—bring Bethlehem to the pilgrims.

Setting up a nativity scene allows us to remember and celebrate the drama of Jesus' birth. Families have historically established traditions around the Nativity scene. My mother used to have a "Jesus hunt" on Christmas Eve. The child or grandchild that found Jesus was rewarded with a special gift. *Source - U.S. Catholic (Vol. 77, No. 12, page 46) and Smithsonian.com.*

BLESSING OF A CHRISTMAS TREE... The use of the Christmas tree is relatively modern. Its origins are found in the medieval mystery plays that depicted the tree of paradise and the Christmas light or candle that symbolized Christ, the Light of the world. According to custom, the Christmas tree is set up just before Christmas and may remain in place until the Solemnity of the Epiphany. The lights of the tree are illuminated after the prayer of blessing. At one time, candles used to be placed in trees and lit on Christmas eve. In the home, the Christmas tree may be blessed by a parent or another family member, in connection with the evening meal on the Vigil of Christmas or at another suitable time on Christmas Day. — *Source USCCB*



Reminder—Early Release—Wednesday, December 7, 2016

This and That—Elementary School

TUITION AND FEE PAYMENT...It is a diocesan policy that all payment of Tuition be by check or credit card. **Please do not send cash payments.**

FIRST SEMESTER...The last day of the first semester is Friday, December 16, 2016. We return from Christmas Break on Tuesday, January 3, 2017

Home and School

We are looking for donations of baked goods/breakfast for our parent Christmas Reception on December 16, 2016 after the Christmas Program. If you would like to send in cookies, coffee cake, donuts, fruit, mini muffins we will be collecting these items in car line on Thursday, December 15th (morning & afternoon). Our reception will be immediately following the Christmas Program in the Fellowship Hall. Please join us for some holiday cheer before our Christmas break! If you have any questions please contact Lynn Bray at lynnbrav@me.com or (901)605-2729.

Thank you to all that brought in items and helped with the Teacher's Luncheon last week!!! I know the teachers truly do appreciate it!!

Have a great week!!

**Allison Waggoner and Sherrie Goodwin
ICS H&S Co-Presidents**

FOOD FOR THOUGHT

I ran across this article doing some research after having discussion with a Behavioral Psychologist that has tested a number of our students.

WHY ARE OUR CHILDREN SO BORED AT SCHOOL, CANNOT WAIT, GET EASILY FRUSTRATED AND HAVE NO REAL FRIENDS? FROM WWW.YOUROT.COM - VICTORIA PRODAY

I am an Occupational Therapist with 10 years of experience working with children, parents, and teachers. I completely agree with this teacher's message that our children are getting worse and worse in many aspects. I hear the same consistent message from every teacher I meet. Clearly, throughout my ten years as an Occupational Therapist, I have seen and continue to see a decline in kids' social, emotional, and academic functioning, as well as a sharp increase in learning disabilities and other diagnoses.

Today's children come to school emotionally unavailable for learning, and there are many factors in our modern lifestyle that contribute to this. As we know, the brain is malleable. Through environment, we can make the brain "stronger" or make it "weaker". I truly believe that, despite all our greatest intentions, we unfortunately remold our children's brains in the wrong direction. Here is why:

1. Technology

Using technology as a "Free babysitting service" is, in fact, not free at all. The payment is waiting for you just around the corner. We pay with our kids' nervous systems, with their attention, and with their ability for delayed gratification. Compared to virtual reality, everyday life is boring. When kids come to the classroom, they are exposed to human voices and adequate visual stimulation as opposed to being bombarded with the graphic explosions and special effects that they are used to seeing on the screens. After hours of virtual reality, processing information in a classroom becomes increasingly challenging for our kids because their brains are getting used to the high levels of stimulation that video games provide. The inability to process lower levels of stimulation leaves kids vulnerable to academic challenges. Technology also disconnects us emotionally from our children and our families. Parental emotional availability is the main nutrient for child's brain. Unfortunately, we are gradually depriving our children of that nutrient. *Continued on the next page...*

2. KIDS GET EVERYTHING THEY WANT THE MOMENT THEY WANT

“I am Hungry!!” “In a sec I will stop at the drive thru” “I am Thirsty!” “Here is a vending machine.” “I am bored!” “Use my phone!” The ability to delay gratification is one of the key factors for future success. We have the best intentions -- to make our children happy -- but unfortunately, we make them happy at the moment but miserable in the long term. To be able to delay gratification means to be able to function under stress. Our children are gradually becoming less equipped to deal with even minor stressors, which eventually become huge obstacles to their success in life.

The inability to delay gratification is often seen in classrooms, malls, restaurants, and toy stores the moment the child hears “No” because parents have taught their child’s brain to get what it wants right away.

3. KIDS RULE THE WORLD

“My son doesn’t like vegetables.” “She doesn’t like going to bed early.” “He doesn’t like to eat breakfast.” “She doesn’t like toys, but she is very good at her iPad” “He doesn’t want to get dressed on his own.” “She is too lazy to eat on her own.” This is what I hear from parents all the time. Since when do children dictate to us how to parent them? If we leave it all up to them, all they are going to do is eat macaroni and cheese and bagels with cream cheese, watch TV, play on their tablets, and never go to bed. What good are we doing them by giving them what they WANT when we know that it is not GOOD for them? Without proper nutrition and a good night’s sleep, our kids come to school irritable, anxious, and inattentive. In addition, we send them the wrong message. They learn they can do what they want and not do what they don’t want. The concept of “need to do” is absent. Unfortunately, in order to achieve our goals in our lives, we have to do what’s necessary, which may not always be what we want to do. For example, if a child wants to be an A student, he needs to study hard. If he wants to be a successful soccer player, he needs to practice every day. Our children know very well what they want, but have a very hard time doing what is necessary to achieve that goal. This results in unattainable goals and leaves the kids disappointed.

4. ENDLESS FUN

We have created an artificial fun world for our children. There are no dull moments. The moment it becomes quiet, we run to entertain them again, because otherwise, we feel that we are not doing our parenting duty. We live in two separate worlds. They have their “fun“ world, and we have our “work” world. Why aren’t children helping us in the kitchen or with laundry? Why don’t they tidy up their toys? This is basic monotonous work that trains the brain to be workable and function under “boredom,” which is the same “muscle” that is required to be eventually teachable at school. When they come to school and it is time for handwriting their answer is “I can’t. It is too hard. Too boring.” Why? Because the workable “muscle” is not getting trained through endless fun. It gets trained through work.

5. LIMITED SOCIAL INTERACTION

We are all busy, so we give our kids digital gadgets and make them “busy” too. Kids used to play outside, where, in unstructured natural environments, they learned and practiced their social skills. Unfortunately, technology replaced the outdoor time. Also, technology made the parents less available to socially interact with their kids. Obviously, our kids fall behind... the babysitting gadget is not equipped to help kids develop social skills. Most successful people have great social skills. This is the priority! ***Continued on the next page...***

The brain is just like a muscle that is trainable and re-trainable. If you want your child to be able to bike, you teach him biking skills. If you want your child to be able to wait, you need to teach him patience. If you want your child to be able to socialize, you need to teach him social skills. The same applies to all the other skills. There is no difference!

You can make a difference in your child's life by training your child's brain so that your child will successfully function on social, emotional, and academic levels. Here is how:

1. LIMIT TECHNOLOGY, AND RE-CONNECT WITH YOUR KIDS EMOTIONALLY

- Surprise them with flowers, share a smile, tickle them, put a love note in their backpack or under their pillow, surprise them by taking them out for lunch on a school day, dance together, crawl together, have pillow fights
- Have family dinners, board game nights (see the list of my favorite board games in my previous blog post), go biking, go to outdoor walks with a flashlight in the evening

2. TRAIN DELAYED GRATIFICATION

- Make them wait!!! It is ok to have "I am bored" time – this is the first step to creativity
- Gradually increase the waiting time between "I want" and "I get"
- Avoid technology use in cars and restaurants, and instead teach them waiting while talking and playing games
- Limit constant snacking

3. DON'T BE AFRAID TO SET THE LIMITS. KIDS NEED LIMITS TO GROW HAPPY AND HEALTHY!!

- Make a schedule for meal times, sleep times, technology time
- Think of what is GOOD for them- not what they WANT/DON'T WANT. They are going to thank you for that later on in life. Parenting is a hard job. You need to be creative to make them do what is good for them because, most of the time, that is the exact opposite of what they want.
- Kids need breakfast and nutritious food. They need to spend time outdoor and go to bed at a consistent time in order to come to school available for learning the next day!
- Convert things that they don't like doing/trying into fun, emotionally stimulating games

4. TEACH YOUR CHILD TO DO MONOTONOUS WORK FROM EARLY YEARS AS IT IS THE FOUNDATION FOR FUTURE "WORKABILITY"

- Folding laundry, tidying up toys, hanging clothes, unpacking groceries, setting the table, making lunch, unpacking their lunch box, making their bed. Be creative. Initially make it stimulating and fun so that their brain associates it with something positive.

5. TEACH SOCIAL SKILLS

- Teach them turn taking, sharing, losing/winning, compromising, complimenting others , using "please and thank you"
- From my experience as an occupational therapist, children change the moment parents change their perspective on parenting. Help your kids succeed in life by training and strengthening their brain sooner rather than later!

Calendar

DECEMBER 2016

Wednesday, December 7

ERW

Thursday, December 8

Holy Day of Obligation – Feast of the Immaculate Conception – NO SCHOOL

Friday, December 16

End of 2nd Quarter

Friday, December 16

Christmas Program @ 10:00 am
Noon Dismissal – Christmas Break Begins

JANUARY 2017

Tuesday, January 3

School Resumes

Wednesday, January 4

ERW

Thursday, January 12

2nd Quarter Awards Mass

Monday, January 16

MLK Holiday - NO SCHOOL

Wednesday, January 18

ERW

January 29 – February 3

Catholic Schools Week

ICS Prayer Box

PLEASE KEEP OUR ICS FAMILIES IN YOUR PRAYERS BY PRAYING THE ROSARY, DAILY!

For Bishop Martin Holley, Fr. Ernie, as they guide us in our faith.

For those serving our country in the Armed Forces, Fire and Police Departments.

For those students struggling to learn may they be inspired to keep working hard.

For Caroline Regan who is being treated for a illness.

For any special intentions we hold in the silence of our heart.



This and That- Preschool

St. Nicholas visits during nap time

Thank you Home and School for hosting St. Nicholas Day. St. Nicholas was a generous man who gave to the poor, prayed for those in need, and protected the weak. In celebration of his feast day on December 6th, children place their shoes outside their bedroom doors or by the fireplace and hope to find candy, coins, or maybe a small gift in them when they wake up. During nap time the Preschool children placed their shoe in the hallway and awoke to a candy treat!



So what's the difference between Santa & St. Nicholas.

Santa Claus is round and plump;
St. Nicholas is tall and thin.

Santa Claus wears a stocking cap;
St. Nicholas wears a bishop's hat.

Santa Claus comes December 25th;
St. Nicholas comes December 6th.

Santa Claus is often seen in stores;
St. Nicholas is often seen in churches.

Santa Claus flies through the air—from the North Pole;
St. Nicholas walked the earth, caring for those in need.
—C. Myers & J. Rosenthal



Take from www.stnicholascenter.org

Preschool Christmas Program

Students ages Three and Four that attend Preschool on Monday/Wednesday/Friday will perform on Wednesday, December 14th. At 11:00 am.

Students ages Three and Four that attend school on Tuesday/Thursday and Five Year Old JR Kindergarten will perform on Thursday, December 15th at 11:00 am.



There is still one reserved front row seats available. See the Boo Bash Gesture at <https://e.gesture.com/events/5kZ/i/> if you are interested.

Students ages One and Two will have a cookie party in their room during the Christmas Program.

All Preschool students will dismiss at noon on December 14th & 15th.



Preschool

360 Bray Station Road
Collierville, TN 38017
901-861-5414
Fax 901-854-0536
www.goics.org

December 5, 2016

Dear Preschool Parents,

We are excited to announce, starting January 2017 Preschool children can purchase a lunch from the cafeteria for \$3 a day. To order a lunch for your child, simply put a check mark by your child's name on the lunch sign-up sheet. Much like ordering milk each day! Based on the Department of Education Preschool Regulations, lunch will include a milk, entrée (protein), bread, and fruit/veggie. Lunch charges will appear on your account the following month.

Sample Preschool Lunches



Ham and Cheese
Sandwich, chips,
orange slices, and milk



Chicken Tenders, tater
tots, peaches, and milk

Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Mac n' Cheese, Carrots, Apple Slices, and Milk	Cheese Quesadilla, Orange Slices, and Milk	Grill Cheese, Peaches, and Milk	Chicken Tenders, Potato Wedges, Applesauce, and Milk	Spaghetti with Meatball, Mixed Fruit, and Milk

Lunch calendars will be sent monthly in the Principal's Newsletter.

Sincerely,

Malerie Young
Assistant Principal/Director of Preschool

Calendar of Events-Preschool

Monday	Tuesday	Wednesday	Thursday	Friday
5 	6 Feast of St. Nicholas	7	8 No School Feast of the Immaculate Conception	9
12	13 	14 Christmas Program Noon Dismissal No Aftercare	15 Christmas Program Noon Dismissal No Aftercare	16 No Preschool
19 <b style="font-size: 2em; color: green;">No School for Christmas Break	20 <b style="font-size: 2em; color: green;">No School for Christmas Break	21 <b style="font-size: 2em; color: green;">No School for Christmas Break	22 <b style="font-size: 2em; color: green;">No School for Christmas Break	23 <b style="font-size: 2em; color: green;">No School for Christmas Break
26 <b style="font-size: 2em; color: green;">No School for Christmas Break	27 <b style="font-size: 2em; color: green;">No School for Christmas Break	28 <b style="font-size: 2em; color: green;">No School for Christmas Break	29 <b style="font-size: 2em; color: green;">No School for Christmas Break	30 <b style="font-size: 2em; color: green;">No School for Christmas Break
Jan 2 No School	Jan 3 Classes resume	Jan 4	Jan 5 Fire Safety Lesson	Jan 6 Fire Safety Lesson
				