

St. Ann School

324 N. Harrison St.
Stoughton, WI 53589 (608) 873-3343
www.stanns-school.org
email stanns@stanns-school.org

Wednesday Memo

Lunch supervision volunteers must arrive by 11:15 AM

Total for 16 Lunches for March . : \$44.00

Monday, March 3	Tator Tot Hot Dish
Supervision	Herbst, Mehring
Tuesday, March 4	Hot Dogs & Chili
Supervision	Hellenbrand, NEEDED
Wednesday, March 5	Ash Wednesday/Fish Nuggets
Supervision	Wolter, NEEDED
Thursday, March 6	Grilled BBQ Chicken Sandwich
Supervision	Ellison, Wolter
Friday, March 7	Cheese Pizza
Supervision	Bergman, J. Martin



St. Ann School Culver's Night

Monday, March 3, 4-8 PM

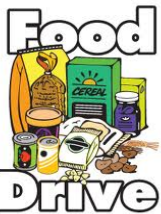
St. Ann School receives 10% of all sales. A custard party will be awarded to the classroom with the highest number of participants. See the form in your family envelope.

Yearbook Order envelopes were sent home today. Please return your order envelope by March 14.

Deadline is This Friday For Msgr. Healy Catholic Educational Scholarship

Thanks to the generosity of an anonymous donor, St. Ann School will be able to provide additional scholarships to help defray the cost of Catholic education at St. Ann's during the 2014-2015 school year. Applications are currently being accepted through February 28, 2014. For more information, please contact school principal Joan Leonard at 873-3343.

**Reminder—Classes are dismissed this
Friday at 11:00 AM.**



Lenten Food Drive

St. Ann School will be holding a Food and Toiletry Item Drive from Feb. 24 to March 5. Please bring a non-perishable food item and/or a toiletry item to school during that time. All items donated will be delivered to Stoughton Food Pantry. Please see donation suggestions on the next page.



**Show
your
St. Ann's
colors!**

New St. Ann

School logo apparel is now available to be ordered and will be on display near the school office during parent teacher conferences.

Many options are available for both youth and adult items. See school website (www.stanns-school.org) for photos. Order forms are in your family envelope. A sample Logo Wear Sheet will be emailed to you or you may request a copy at the school office. Available items can also be seen at the manufacturers website at www.sanmar.com. For more information, contact Lynn Wood at lwood@wcgpr.com.

**2014-15 Contracts/Tuition Plans/Parish
Verification forms were sent home today in
your family envelope.**

Food Drive Shopping List

provided by Stoughton Food Pantry

These food choices are given to clients every 30 days.

OUR SHOPPING LIST

Bar soap
*Cereal
Corn muffin mix
Eggs
Fruit - canned
*Helper dinners
Jell-O/Pudding
Jelly
Peanut butter
*Juice
Macaroni & Cheese
Meat
*Canned meat (extra)
Milk
Pancake mix
Syrup
*Pasta - noodles, spaghetti, other
Pork & Beans
*Potato/Pasta/Rice Sides
Ramen Noodles
Instant Rice or Potatoes
Soda Crackers
Soup
Spaghetti Sauce
Spaghettio-type meals
Stew or Chicken & Dumplings
Toilet tissue
Tuna fish
Vegetables - canned

* Food items always needed but seldom donated.

These items are on our "Pick 3" shelves. They are offered through donations from our community and needed every 30 days

A SHOPPING LIST FOR YOU

Coffee
Condiments (catsup, mustard, pickles)
Flour
Sugar
Salad dressings
Snacks
Tea
Cake mix
Brownie mix
Cookies/Cookie mix
Baking ingredients
Vegetable oil - small
Dish soap - small
Laundry detergent - powdered
Deodorants for men and women
Liquid hand soap and body wash
Paper towels
Shampoo/Conditioner
Facial tissues
Toothbrushes and Tooth paste

Vegetable Oil and Dish Soap should be purchased in small containers. Laundry Soap should come in powdered form so that it can be portioned out.

It's a CLASS ACT



Grades 7/8 Experience JP II's Theology of the Body by Tonya Talbert

For the first time at St. Ann School, the 7/8 grade is participating in Theology of the Body (TOB) for Middle Schoolers. This program is based on Pope John Paul II's teachings from 1979-1984 on human sexuality and love. TOB integrates the church's vision of humanity, learning to view others as body, soul, and spirit all in one--and never separate.

The middle school program is actually designed for grades 6 through 8, and it teaches kids how to live as God intended while creating a healthy identity in the world around them. The children participate in an interactive video series over the course of several weeks, interspersed with personal stories, group discussion, and testimonials.

Middle-school years are an emotional time for boys and girls. As a series meant to build self-esteem, TOB stresses the importance of finding balance in life, of learning to love ourselves, and of discerning the difference between love and lust in young relationships. In large group discussions, students learn to look at the big picture, realize that what they are going through is perfectly normal, and feel more comfortable with emerging relationships.

Music Notes by Ms. Boersma

In Kindergarten we are focusing on steady beat, rhythm, and high and low pitches. 1st grade has been working on learning rhythm patterns and singing the pitches "so, mi, and la" (think Sound of Music!) 2nd grade added "do and re" to the repertoire of pitches they can label and sing. And of course, in the lower grades we enjoy playing games, reading musical books and listening to music.

3rd grade has just started playing recorder for the first time. We have been working on playing music with the treble clef notes "B" and "A." We will be learning "G" soon, and once we master that, we will be getting recorders and music to take home to practice. This year, both 4th and 5th grade are doing a recorder unit as well. I have been impressed with how much the students are remembering from last year's unit.

Starting with Martin Luther King Jr. Day, the middle school students have focused on music that grew out of the African-American traditions in our country. We looked at a variety of spirituals, as well the blues, ragtime and jazz music.

I am looking forward to a wonderful 2nd semester!



Lent Begins this Wednesday

Ash Wednesday, March 5 marks the beginning of Lent. Catholics between the ages of 18 and 59 are obliged to fast on Ash Wednesday and Good Friday. In addition, all Catholics 14 years old and older must abstain from meat on Ash Wednesday, Good Friday and all the Fridays of Lent.

Fasting, as explained by the U.S. bishops, means partaking of only one full meal. Some food (not equaling another full meal) is permitted at breakfast and around midday or in the evening—depending on when a person chooses to eat the main or full meal. Abstinence forbids the use of meat, but not of eggs, milk products or condiments made of animal fat.

Musings from the Family Corner

Teaching responsibility: It's our job

by Tonya Talbert

I think it's fairly safe to say, this feels like the longest winter EVER. The only bright spot might be that it really can't last forever. That's the beauty of life, isn't it? *This too shall pass*. An average winter can take its toll on classroom behavior and attention spans, but this weather has challenged even the most subdued kids and their oh-so-patient teachers.

For parents, behaviors that seem easy enough to deal with in the fall can become overwhelming half-way through the year when families are stuck inside. In our house, winter lends itself to laziness. In the fall we are very organized; homework has to be done before playing outside or participating in swimming, soccer, and play practices. By February, though, no one wants to go outside (let alone *play* outside) and sports have been relegated to quick games on the weekends. The first question out of everyone's mouth when they get home from school is, "Where is my iPod?" followed closely by "Can I play on the computer?" Every single day, without fail, I answer, "Do you have any homework? Are your chores done?" This brings groans, possibly a bit of stomping, and usually some wasted time spent staring off into space trying to come to terms with the fact that the dishwasher must be unloaded before building cities out of virtual legos or sending selfies to friends.

Why don't kids just do what needs to be done? According to author and child psychologist James Lehman, "Responsibility slides off kids like water slides off a duck's back." He believes responsibility is a learned behavior, not a natural instinct, and that parents must teach it through consistent expectations and appropriate consequences. We all tell our kids to make their beds, to shower, to brush their teeth, to clean their rooms and finish their homework. However, the consequences for not doing these things vary from house to house. "Many parents either don't hold their kids accountable or don't follow through on the consequences once they set them," Lehman says. "That promotes more irresponsibility." Teaching responsibility can be a challenge, but parents **need** to enforce accountability. Lehman offers excellent advice for parents:

- ◇ Lessons in responsibility should begin as soon as kids are old enough to pull toys off the shelves. Before bed each night, everything should be put back where it belongs – and though parents may sit on the floor and help with direction, they should not be doing the work.
- ◇ When a child completes a task, congratulate them on following through on their responsibility. If you continually identify the positive behavior, the child is more apt to be aware of it and work harder to receive your praise.
- ◇ Tell children when you meet your own responsibilities. If a child asks where you are going, say something like, "I'm going to work. Getting to work on time is my responsibility right now and I don't want to let down my clients." Set a good example.
- ◇ As children get older, explain that responsibilities are like promises, things you have to do because other people are depending on you. Kids should be coached, not lectured to, according to Lehman. "A coach doesn't just go out and shoot the basketball shots for you," he says. "During the course of the game he coaches instead of criticizes."
- ◇ Make a rewards menu the kids are allowed to choose from when they have been successful. The type of reward depends on the child's age, but rewards don't have to cost money. They can include a weekend hike, a later bedtime, or unlimited pushes on the swings at the park.

Before implementing a new accountability plan, Lehman suggests sitting down with each child individually to discuss the expectations. Tell the child why the assigned responsibilities are important to your family and the resulting consequences if he or she does not fulfill certain obligations. Then, stick to the plan regardless of how many times you have to repeat yourself!

One of the perks of sending our kids to St. Ann's is that our teachers lay a solid foundation for personal responsibility throughout the day. To me, that daily conscience formation, taught through example and by consistently high behavioral expectations, is priceless.