

SAINT JAMES SCHOOL
MARCH 4, 2020

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Important Dates

- 3/6: School Mass, 12:45 Dismissal
- 3/10: 4th Grade Field Trip
- 3/12: Kindergarten Retreat
- 3/13: NO SCHOOL, Faculty PD
- 3/16: NO SCHOOL, Bishop's Day
- 4/3: Night Under the Stars

SET YOUR CLOCKS
AHEAD THIS WEEKEND!

Watch for MAP
Assessments
results in your child's
backpacks this week!

KINDNESS

Dear Jesus,

You are kindness itself. I desire to show charity towards my neighbor through my thoughts, words, and actions. When others meet me, let them meet YOU in me!
Amen

FROM THE PRINCIPAL

Dear Parents & Guardians,

As the news cycle continues to tell us about the threat of coronavirus, I wanted to share some things. On February 12, my News & Notes letter asked for your support in stopping the spread of the viruses that were circulating at school and we hope that you will continue to follow those suggestions and protocols. That weekend, we had the school deep-cleaned over the long weekend. Yesterday, the Mrs. Hendrickson shared with the students in grades 5-8 some things they can do to avoid spreading germs and for staying healthy (and the teachers for grades PK3-4 received the same information to share with their students). They were:

- Cover coughs or sneezes with tissues or cough into our elbow, not our hands.
- Avoid touching our eyes, nose, and mouth throughout the day.
- If we feel sick, stay home! Do not come to school unless we are fever-free for at least 24 hours **without** fever-reducing medication.
- Wash hands **often** for 20 seconds, rather than use hand sanitizer
- Avoid close contact with people who are sick.

Since the deep-clean of the school, each day, our teachers and custodian are cleaning and disinfecting all surfaces of our classrooms, offices, and common spaces with Lysol spray and Clorox Hydrogen Peroxide wipes. Teachers and staff are being encouraged to stay home when they are sick.

Mrs. McInerney also spoke to our students yesterday about how we should react with compassion, care and kindness when those around us aren't feeling well. Instead of saying things like, "don't cough, you're going to give me coronavirus!" we should say things like, "can I help you walk to the nurse?" or "I hope you feel better soon."

Together, let's keep each other healthy and safe!

Have a great week,
Mrs. Florendo



From the School

[BACK](#)

FINANCIAL AID

Did you know that there is financial aid available?

[Application Information](#)

Newspaper Club

Read the Spartan Spirit!

A newspaper written, edited, and published by the 8th graders of Saint James School!

Refer-A-Family Program

**Refer-a-Family to
Saint James School
and earn up to \$1,500 in tuition credit!**

We want to thank you for being such wonderful ambassadors!

Refer a new family to Saint James School and earn a \$500 tuition credit for each new family you refer, up to \$1,500!

Just ask each new family to state your name as a referral when they register at Saint James School and, as long as they complete the 2020-2021 school year, we will issue a credit to your tuition.

From the School

[BACK](#)

OUR BIGGEST
FUNDRAISER OF THE
YEAR!

Sell your raffle
tickets books!



Class prizes for the classes (Kindergarten, 1st, 2nd/3rd, 4th, 5th, 6th, 7th and 8th grades) that sell the most raffle books:

1st place - dress down day, free snack at lunch and full afternoon of recess.

2nd place - dress down day and ice cream social.

3rd place - dress down day and munchkin/donut treat.

Families that sell the most tickets as of March 13th and March 27th will be awarded a gift card to a local restaurant.

Easy Ways to Teach Kids About Emotions in Daily Life

How children can learn to recognize and articulate a wide range of emotions.

Anthropologists say that the Inuit people of the Arctic have at least 50 words for variations of snow. Young Inuit children learn those words and attach them accurately to the many varieties of snow simply by hearing them used in context.

Similarly, when parents in any culture talk about a wide range of emotions, children learn to understand their own emotions and those of other people. Understanding and accepting emotions is the first step in learning to regulate them.

If you're wondering how there could be 50 different emotions, you'll be interested in the Feelings Wheel, invented by Dr. Gloria Willcox, which colorfully illustrates the wealth of emotions available to us.

But don't worry if you find the idea of so many emotions overwhelming. You can simplify things by talking about just four basic emotions, going deeper as your child is ready:

Happiness, which includes love, joy, and peace. This is our natural state, when we're in flow.

Fear, which is a reaction to threat and includes terror, anxiety (fear of an unspecified threat), worry (fear of a specific threat) and the feeling of being powerless or defenseless. Note that when mammals feel fear, they often shift into anger as a defense.

Sadness, which is a reaction to loss and disappointment, and includes grief, depression and loneliness. Note that many people defend against disappointment and sadness by becoming angry.

Anger, which is a reaction to threat from within or without and includes irritation, frustration and rage. Note that when anger is not heard, the person may turn it inward so that it becomes depression or numbness.

How can you teach your child about emotions? Simply observing what your child and other people are feeling, and commenting on it in a nonjudgmental, accepting way, teaches children to identify emotions in themselves and others. As you go through your day, look for opportunities to acknowledge your child's feelings:

"You look frustrated."

"You're jumping up and down! You must be excited!"

"I understand. You feel safer when you know exactly what's going to happen. Me, too."

"I hear you! You really don't like spinach and you wish you could never see it again!"

When you talk with your child about emotions, try to resist lecturing. Instead, ask questions to help him learn through reflection. For instance, you might ask questions like:

"If you felt angry at a friend, what could you do?"

"If you felt angry at me, what could you do?"

"If you felt angry that your block tower fell down, what could you do?"

"Do you make a better decision when you feel angry, or when you feel calm?"

"What helps you calm down when you're angry?"

CONTINUED

If you and your child observe another child crying, you might ask questions like:

“That child looks so unhappy. I wonder why he’s upset?”

“What do you think he wants/needs?”

“Is there anything we can do to help?”

Questions like these help develop empathy. For instance, when parents wonder aloud to their young child about what their baby sibling thinks, feel and wants, the child develops more empathy for their sibling and the relationship between the two siblings is more positive.

Reading books about children feeling and expressing emotions is another way to teach emotional literacy. Research shows that when adults read books and talk to toddlers and preschoolers about how other children feel, their prosocial (positive) actions toward their peers increase, and their aggression toward their peers decreases.

So the good news is that when parents consider emotion part of a rich human life, and talk about emotions in positive ways, even young children can learn to recognize and articulate a wide range of emotions -- sort of like Inuit children learning words for different types of snow. The even better news is that while naming snow doesn't tame it, when your child begins talking about their emotions, they're taking the first step in learning to manage their behavior.

source: psychologytoday.com