

Partners in FAITH™

Helping our children grow in their Catholic faith.

November 2018

Christ the King School

Thoughtful Moments

St. Gertrude the Great

Born in thirteenth-century Germany, St. Gertrude was raised and educated by the Benedictine nuns. Nothing is known of her parents and she is thought to have been orphaned. She loved learning, especially languages. Eventually St. Gertrude became a nun. When she was about twenty-five, she began having visions of Jesus, which continued until her death. She was known for her holiness, her kindness to the rich and poor, and her prayers for the souls in Purgatory.



Kindness always

Jesus asked that we always be kind, no matter how we are treated. *"Children, let us love not in word or speech but in deed and truth"* (1 John 3:18).

"No trial has come to you but what is human. God is faithful and will not let you be tried beyond your strength; but with the trial he will also provide a way out, so that you may be able to bear it"



Are you raising a future saint?

If your child's halo hasn't yet appeared, don't give up hope that you have a saint-in-the-making. In fact, some of the saints were distinctly un-saintly in their early lives, too. Helping children get to know the saints presents models of holiness they can follow. For example:

St. Augustine drove his mother crazy. A devout Christian, St. Monica agonized over her son's partying, paganism, and lack of respect for holiness. She prayed for him for years and kept faith in God's power to work miracles. Slowly, Augustine straightened up, was baptized, and became one of the great saints of the Church.

St. Francis of Assisi loved his carefree

life of luxury and barely gave a thought to the poor. God had to literally knock him off his feet with a deadly illness to get his attention. After that, he even lived without many of what we consider basic necessities. With his mother's blessing, Francis denied God nothing for the rest of his life.

St. Thomas Becket enjoyed power and riches as a close friend of England's King Henry II.

To please the king, he almost forgot his love for the Church. Thomas came to his senses and gave up his power and position to protect the Church. He was martyred for it.

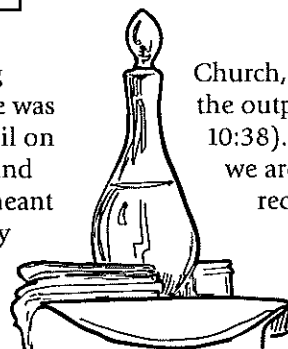
If they can do it, our youngsters can, too.



Why Do Catholics Do That?

Why do Catholics use oil in Sacraments?

In the Bible, dedicating someone to God's service was symbolized by pouring oil on them: priests, prophets, and kings were anointed. It meant that they were set apart by God for an important mission. For the early



Church, this anointing also symbolized the outpouring of the Holy Spirit (Acts 10:38). In Confirmation, for example, we are dedicated to God's service and receive an increase of the Spirit's gifts, which are symbolized by the oil (*Catechism of the Catholic Church*, #1303).

Calm down and parent with love

Do you find yourself yelling more than you would like? When your child does something wrong, is anger your first response? In fact, anger is damaging to the parent-child relationship because it can cloud our judgment. It causes us to act impulsively rather than with love. It takes only a split-second to lose control and say or do something you will regret.

Watch for it. Anger is difficult to control under certain circumstances. When you are depressed, afraid, unwell, or tired, you are



particularly vulnerable to a rush of anger.

Stay close to God. When you don't take enough time to nurture your spiritual life, your anger can be quick to flare. Try to remain conscious of these conditions and protect yourself with daily prayer and frequent Sacraments.

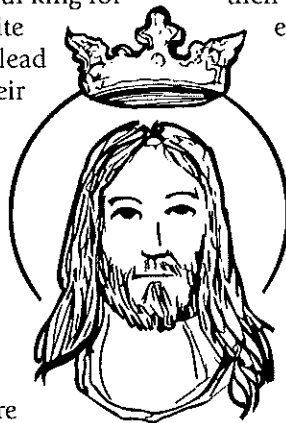
Care for yourself. Keeping yourself healthy mentally, emotionally, physically, and spiritually is something you do for yourself AND your family. If anger is a problem for you, figure out what is needed to stem your anger and get help right away.

Scripture LESSON

John 18:33b-37; Christ the King.

God promised a powerful king for his people who would unite them, fight for them, and lead them to victory against their enemies. This image of a triumphant Messiah-King kept God's people going. When Jesus entered Jerusalem on Palm Sunday, hopes ran high: was he the one?

On Good Friday, the image of Jesus, bound, seemingly powerless before the Roman governor, Pontius Pilate, was not what they had in mind. They didn't want a leader who talked of love, suffering, and service. They wanted someone who would wipe



their enemies off the face of the earth.

Jesus is King—not just of Israel, but of us and the whole universe. He told Pilate that his Kingdom is not of this world, not bound by the limits of an earthly kingdom.

What can a parent do? Jesus' kingship is about peace and justice, concern for the poor, the needy and the marginalized in society. Teach children to serve Christ by showing their love, patience, and kindness to all, at home and at school. Their actions will tell others who their King is.

Parent TALK

Not about the money.

It was time to do the Christmas shopping and I was dreading it. Money was tight but all the kids talked about were gifts. When they presented their foot-long gift lists, I decided to teach them about giving, instead.



When we went Christmas shopping, I gave them jobs. I assigned each child a relative for whom to buy a gift and gave them a budget of \$10. They soon figured out that there wasn't much they could buy with \$10.

Still, they made a game of shopping resourcefully. Kara found a purse that was half off for Aunt Dayna. Tessa found a "World's Best Grandma" coffee mug for my mother. And our youngest, Toby, found a funny necktie for Uncle Tobin at the Goodwill store.

The children had lots of fun, but most importantly, they learned it wasn't about the gifts, but the love and thought we give each other.

Feasts & Celebrations

Nov. 1 – All Saints Day. The early Church honored the martyrs by assigning each a feast day. However, the persecutions were so horrible, there were more martyrs than days to commemorate them, so Pope Gregory IV designated Nov. 1 as All Saints Day.

Nov. 17 – St. Elizabeth of Hungary (1231). St. Elizabeth was married at the age of 14 to Louis IV of Thuringia. Renowned for her generosity to the poor, she joined the Secular Franciscan Order upon her husband's death, where she spent the rest of her life caring for

the poor.

Nov. 25 – Solemnity of Christ the King. God promised his people a king who would triumph over their enemies. Jesus is our King. In Baptism and Confirmation, we are brought under his kingship.

Nov. 30 – St. Andrew (1st Century). The son of a Galilean fisherman and brother of Simon Peter, he introduced Jesus to Peter. After the Resurrection, he conducted missions in Turkey, Greece and Macedonia. He was martyred on a X-shaped cross.



Our Mission

To help parents raise faithful Catholic children
Success Publishing & Media, LLC
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Home & School

CONNECTION[®]

Working Together for School Success

November 2018



Christ the King Catholic School
Joe Silveira, Principal

SHORT NOTES

Eye on the goal

Boost your youngster's motivation by encouraging her to set goals. Say she wants to make it to the district spelling bee or science fair. She can brainstorm strategies like learning 10 spelling words each day or reading about previous winning science projects. Suggest that she write down her ideas and post them to stay on track.

Say no to secondhand smoke

Children who breathe cigarette smoke tend to get more respiratory illnesses and ear infections. Secondhand smoke can also trigger asthma attacks. It's best not to let anyone smoke inside your home or car. Since youngsters breathe at a faster pace than adults and are still growing, no amount of smoke exposure is safe.

A reading nook

Let your youngster create a special spot just for reading, perhaps in a corner of the family room or his bedroom. He might include a beanbag chair, a lamp, a box or low shelf for books, and a stuffed animal or two. He'll be inspired to curl up and read in his cozy nook.

Worth quoting

"It is hard to fail, but it is worse never to have tried to succeed."

Theodore Roosevelt

JUST FOR FUN

Q: How much dirt is in a hole 4 feet deep and 8 feet wide?

A: None!



Parent involvement at home

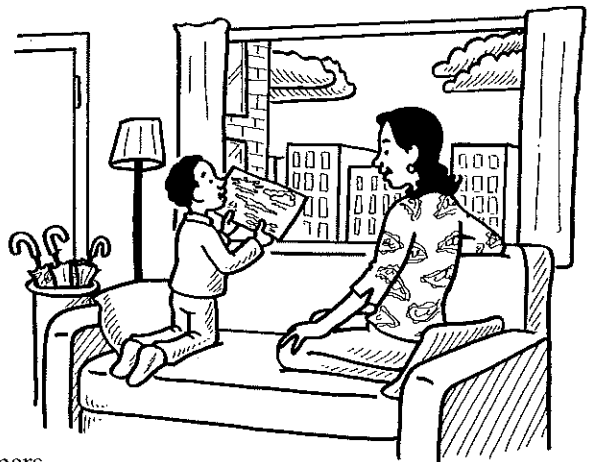
Did you know that supporting your child's education begins at home? Consider these everyday ways to talk about school, deepen his learning, and keep track of school news.

Foster a positive attitude

If you're enthusiastic about school, your youngster is likely to be as well. Ask him about projects he's working on or topics he's studying. Be sure to listen closely, and follow up with questions or comments. Also, you can influence his attitude toward teachers by being positive. ("Mrs. Reeves picked a really cool field trip for your class. I can't wait to hear about it.")

Tie learning to his world

Show your child how what he learns is useful outside of school. If he's studying clouds, ask him to identify types you see in the sky and try to predict whether you'll need an umbrella. Or challenge him to spot vocabulary words on window signs or package labels, and talk about how they're used in different ways.



Stay up to date

Be aware of what's happening in your youngster's classroom, school, and district. Subscribe to email lists, read newsletters, and check websites. Mention upcoming activities to your youngster (school carnival, class play) that you might attend together. Also, put important dates (book fair, math night) on your calendar. It will show your youngster that his school is a priority.♥

Connect at conferences

Fall parent-teacher conferences are the perfect opportunity to strengthen the bridge between home and school. Here are tips.

Before. Watch for notices in your email or your youngster's backpack, and sign up for a time slot. Also, prepare ahead of time by looking over your child's work and listing questions you want to ask.

During. Listen to the teacher's feedback on how your youngster is doing, then ask your questions. Be sure to have the teacher explain anything you don't understand.

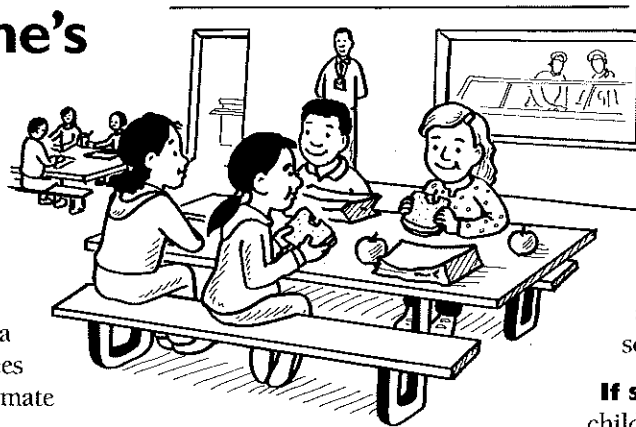
After. Talk with your child about the conference. Point out what she's doing well (reading more challenging books, finishing classwork) and areas that need improvement (writing legibly, taking turns).♥



Bullying is everyone's business

Good news: Your youngster can use strategies to help kids who are bullied and to protect herself if she's a target. Suggest these ideas for handling bullying situations safely and effectively.

If she's a witness: Your child should get a teacher or another adult right away if she sees someone being physically harmed. If a classmate



is verbally bullied (being called names, for instance), it's best to ignore the bully. Instead, your youngster might give the person being targeted an escape ("We need to go to lunch now"). She could also offer to go with the person to tell a grown-up.

If she's a target: Let your child know it's never okay for someone to bully her. She can help to discourage a bully by trying not to react or show she's upset or angry. Also, explain that it's important to tell the school counselor or her teacher about bullying. She shouldn't feel embarrassed or that she's "tattling." Speaking up can help stop the bullying—and keep another youngster from being targeted.♥

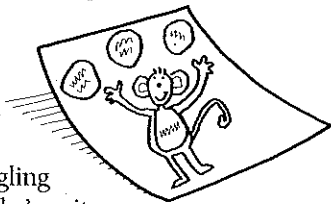
ACTIVITY CORNER

Graphic organizers for the win

Graphic organizers are a visual way for your child to organize information in any subject. Share these activities.

Juggling monkey

To plan a report, suggest that your youngster draw a monkey juggling coconuts. If he's writing a social studies paper on a state, he could put his topic (say, Virginia) on the monkey's belly. Then, he can label each coconut with a fact he needs to find (capital, population). As he researches, he can add information to each coconut (Richmond, 8.5 million).



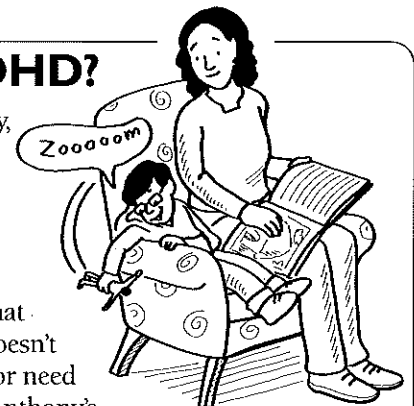
PARENT TO PARENT

Could it be ADHD?

My first grader, Anthony, seems easily distracted and sometimes has trouble sitting still. When my friend's child was diagnosed with attention deficit hyperactivity disorder, I wondered if Anthony could have it, too.

I talked to our pediatrician and found out that just because a child gets distracted or wiggly doesn't mean he has ADHD. He might just be excited or need to burn off energy. He suggested that I talk to Anthony's teacher, and he gave me a form the teacher can fill out if she's concerned.

The teacher said Anthony's attention span is normal for his age and that it should continue to grow as the year goes on. She's going to keep the form on hand. If she notices problems, she'll let me know right away, and I can follow up with the pediatrician. I'm relieved that Anthony is on track—and that his doctor and teacher are on my "team."♥



Football field

When your child writes a persuasive essay, have him first draw a football field. He can write each side of an issue in a separate end zone ("Kids should have chores," "Kids should not have chores"). On each half of the field, he should write statements to support the view in that end zone. *Examples:* "Teaches responsibility" on the pro-chores side, "Interferes with play time" on the anti-chores side.♥

Q & A

Explain your math strategy

Q: My daughter's teacher often writes "Explain your thinking" on her graded math assignments. How can I encourage my child to do this?

A: When your daughter works on math problems, it's important that she understand what she's doing and why. Explaining her thinking is one way for her to check on her own understanding—and to show the teacher what she needs help with.

At home, your daughter could think out

loud. Have her look over completed homework and ask herself questions like, "When I solved 32×45 , what steps did I take?" and "What other strategy would work?"

You might also invite her to discuss her math thinking during daily activities. For example, say, "We're having 11 guests for Thanksgiving, and I need $\frac{1}{3}$ pound of potatoes per person. How can I figure out how many 5-lb. bags to buy?"♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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