



# PRAIRIE CATHOLIC WEEKLY NEWSLETTER

October 18, 2018

## From the Principal

Dear Families,

Next week on Tuesday, The Post House video company from Eau Claire, will be taping footage of our school for a marketing video for Catholic Schools Week in January. The company is in the process of video-taping at each school in the Diocese.

Over the past few weeks, the conversation has come up many times of overbooking our children's lives. I found this article very interesting and wanted to share it with you. I'm just highlighting the 9 strategies to slow down. For a tenth strategy and it would be my first, make time to pray together.

[How to Slow Down Your Family's Schedule](#)-Full article

WRITTEN by JOSHUA BECKER

What strategies might we implement to slow down and create margin in our family's schedule? Consider these 9 ideas.

### Slowing Down Your Family's Schedule

1. Discern where the motivation is coming from: you or your child. Take a step back and honestly evaluate the activities, teams, organizations, and clubs your child is enrolled in. Is the underlying motivation truly the welfare of your child?

2. Determine an ideal baseline number of activities. Without consulting your calendar, ask yourself this question: "Ideally, how many hours each week should my child be involved in structured, organized activities outside of school?"

3. Elevate the importance of family dinnertime. According to the American Dietetic Association, eating together as a family during adolescence is associated with lasting positive dietary choices in the future. Eating together as a family promotes relationship, understanding, and love.

4. Schedule time for yourself to be with them. The most important influence in their life is you. You love them the most and know them the best.

5. Leave space between events. A spaced-out calendar is more enjoyable than one crammed too tight. In your weekly calendar, create space. Sometimes, this may mean waking early or eating early to relieve the anxiety of rushing out the door.

6. Develop a family, weekly routine. Help your kids navigate their schedules by establishing a weekly schedule. Some scheduled events are difficult to move: school, sports practices, religious activities. Others are more flexible: weekly chores, bathing schedules, play dates.

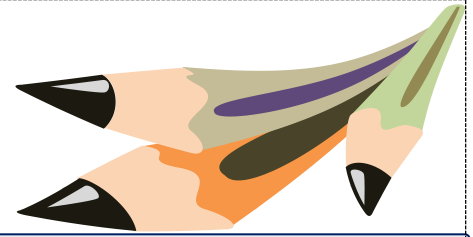
7. Reduce your personal commitments. Embrace the seasons of life. There are times in our lives when we are more available than others. Raising young children is an important responsibility and will require time.

8. Own less stuff. It is difficult to recognize how much time and energy our possessions take from us.

9. Leave room to add. If our schedules are so full with no room for margin, there is little opportunity to add something new or something better (whether that be joining a gym, getting to know the neighbors, or handling a family crisis).

With peace~

Mary Henry, Principal



**Conferences** – Parent/teacher conferences are **Tuesday, November 6<sup>th</sup> and Thursday, November 8<sup>th</sup> from 4:00pm - 8:00pm**. You will be meeting with one or more of your children's teachers for a conference. The individual conference provides a chance for you and the teacher to discuss the progress and potential of your child. Directions on how to sign up in Skyward are included.

**Health Screening** – Just a reminder - we will hold the Health Screening on **Wednesday, October 24<sup>th</sup>**. Vision is tested for all grades. Hearing is tested for Pre-K - 3<sup>rd</sup>. A Scoliosis screening is done for girls grade 6<sup>th</sup> – 8<sup>th</sup> and boys in grade 8 only. Please fill out and return the form if you would like your child to be screened. Students without a form will not be tested.

**Saints & Soles** – The 3<sup>rd</sup> Annual Saints and Soles 5K Run/Walk & Kids Run will be held on **Saturday, October 27<sup>th</sup>**. Again this year is a Costume contest for participants! Save the date and join in the fun!

**Halloween Party** – Prairie Catholic will be having their Halloween party on **Wednesday, October 31<sup>st</sup>**. Students will change into their costumes after lunch. The Student Council will have games, haunted house and a dance party for students. We will also have a movie for students to enjoy. Please remember costumes cannot be bloody, gory or in poor taste. The dress code still applies for the costumes.

**Box Tops for Education** – The next submission date is November 1<sup>st</sup>. Please turn in any box tops you may have by **Tuesday, October 30<sup>th</sup>** to the school office. The first 10 students to turn in \$5.00 or more in box top labels will receive a goodie bag!

### Coming Home Today

Below is the information coming home this week. If you have any questions, please contact the school office.

- Newsletter
- Weekly Church Bulletin
- Parent/teacher Conference sheet
- Box Tops Newsletter/form
- Scrip Order Form

### Upcoming Events

**October 22<sup>nd</sup>** - Vesperman Farms Field Trip

**October 24<sup>th</sup>** - Health Screenings

**October 25<sup>th</sup>** - End of Term 1

**October 26<sup>th</sup>** - No School

**October 27<sup>th</sup>** - Saints & Soles 5K Run/Walk and Kids Run

**October 31<sup>st</sup>** - Halloween Party

**November 1<sup>st</sup>** - Report Cards go home

**November 1<sup>st</sup>** - Middle School students - All Saints Program

**November 4<sup>th</sup>** - Fall Fest

**November 6<sup>th</sup> & 8<sup>th</sup>** - Parent Teacher Conferences

**November 9<sup>th</sup>** - No School

**November 14<sup>th</sup>** - Washington DC Trip - Parent Meeting

