



Wildcat News

Our mission is to spread the Gospel of Jesus Christ,
to provide a high-quality education, and to guide children in living the Catholic faith.

Oct 18, 2018

Principal's Corner

Upcoming Events

- | | |
|-------------|----------------------------------|
| 10/20 | Sole for Catholic Education Walk |
| 10/22 | Riveredge 5th-8th grades |
| 10/22-10/26 | Red Ribbon Week |
| 10/26 | Grandparents' Day |
| 10/29 | Trunk or Treat |
| 10/30 | Picture retake day |
| 11/7 | End of 1st Qrt. |
| 11/12-16 | Scholastic Book Fair |
| 11/15 | Packer/NFL Day |

Dear Families,

This week I am sharing a great article written by Victoria Prooday. This article was first published in May 2016. It has been read by over 6 million people, and I think you will find it a great read as well!

Blessings,

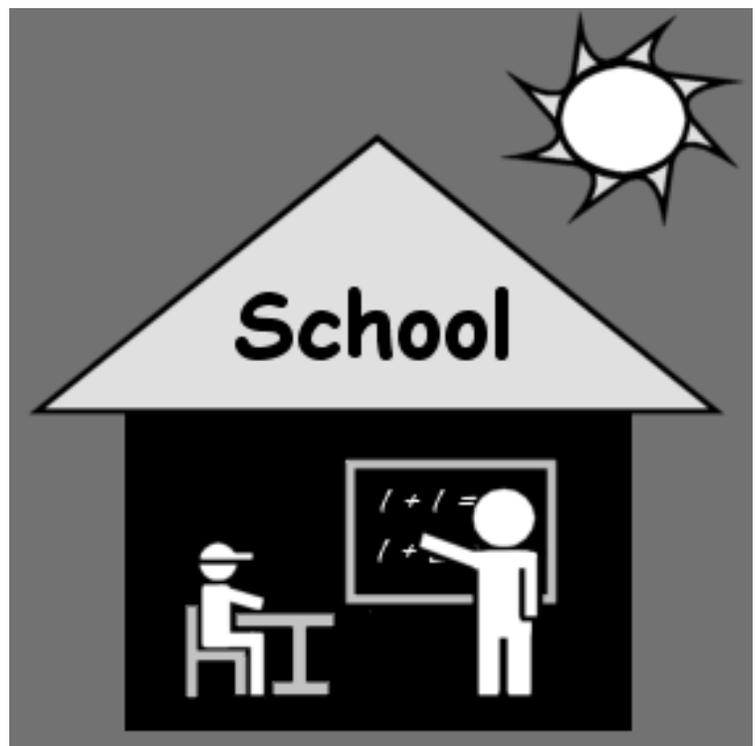
Ms. Crombie

(The article is one the next two pages)

Items In This Week's Folder and Attached

Cousins Sub and Bake Sale Flyer

Home and School Newsletter (Attached)



Why are our children so bored at school, cannot wait, get easily frustrated and have no real friends? -Victoria Prooday

I am an occupational therapist with 10 years of experience working with children, parents, and teachers. In my practice, 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.

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!

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), go biking, go for 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 Of Cash Winners

10/8	No School
10/9	Dawin Derge
10/10	John Graf
10/11	George Wagner
10/12	Mary Jane Gerhartz

Builders of God's Kingdom Winners

3K-2nd	Simone Miofsky 3K, Ernie Gruber 4K, Kaden Krueger 1st, and Landen Herriges 2nd
3rd-5th	Max Herman 3rd and Chloe Schultz 3rd
6th-8th	

Trunk-or-Treat October, 29th

EXTRA, EXTRA!

This event is open to all school families! You are welcome to participate even if you do not have treats in your trunk. Please know, that if you decide to hand out treats, we do need your form back to the office by this Tuesday, October 23rd so that we can make sure to have enough parking spots reserved. You do not have to decorate your car to be part of this cool event, so if you are not crafty and would still like to hand out treats please join in.

Thank You

A note of thanks to the Teacher Appreciation Committee for the wonderful food you provided for the teachers during parent teacher conferences. It was very tasty and really hit the spot!



Living Rosary

5K through 8th grade will be praying the living rosary next Wednesday, October 24th at 7:45 a.m. in the gym. Please have your children bring a rosary to school with them that day. If you do not have a rosary we do have some extra here at school.



Scholastic Book Fair

Can You Help?????

Monday, November 12th through Friday, November 16th

Please contact our book fair coordinator

Ellen Otter at 262-302-0801 or at ellen.otter@titustalent.com

Soles for Catholic Education Walk Fundraiser here at HTS

Congrats, a job well done HTS students! You raised a total of \$545.00, well over your goal of \$500.00. As promised if you raised more than your goal you would receive a Sundae Bar day. This coming Monday, October 22 you will be having your sundaes and buddy time with your student buddies. **We will be using the funds raised for several upcoming School Assemblies.**



Red Ribbon Week October 22nd-26th

Last week, there was a flyer in your family folder about the up coming Red Ribbon Week and all the special dress up days that go with it. During this next week, we as a school pledge to make healthy lifestyle choices and say NO to drugs! Talk to your children, they are never too young to learn about these issues. Please see the following list of dress up days for next week.

Monday, Oct 22nd: Marching into the future Monday. (Wear what you want to be when you grow up).

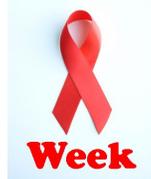
Tuesday, Oct 23rd: Team up against drugs Tuesday. (Wear your favorite jersey or shirt).

Wednesday, Oct 24th: Wake up Wednesday and say good night to drugs. (Wear your pajamas).

Thursday, Oct 25th: Throwback Thursday, it's groovy not to do drugs. (Dress like a blast from the past).

Friday, Oct 26th: Faithful Friday, pray for a drug free world. (Dress for church).

Red Ribbon



Home & School Newsletter

Please make sure to see the attached Home & School Newsletter! This letter is packed full of information about events, new ideas, upcoming topics, and more! You became a member of Home & School when your child joined HTS, so come join in the planning.

Cousin Subs and Bake Sale

You will find a Cousin Sub Meal order form in this week's family folder for Grandparents' Day if you are interested. All the information about cost and what is available can be found on the form. The 8th grade class is hosting this as a fundraiser for their Class Trip in spring. They will also have a bake sale on Grandparents' Day to help with their Class Trip.



Come Learn S'more About Fr. Strand

Saturday, October 20

5:30 - 8:00 p.m.

St. Michael's back parking lot

Bring lawn chairs & outdoor games.

S'mores, campfire, hot chocolate and hot apple cider will be provided.

Upcoming Volleyball Games

10/22: HTS B Team here against St. Matt's at 6:00

HTS Gold A Team here against HTS Blue A Team at 7:00

GO TEAM!



School Photo Retake Day

If you are not pleased with your child's picture, or your child was missing on picture day, we will have a retake day on Tuesday, October 30th. **Please return your packet of unwanted pictures to the school office so we know who is having retakes on that day. Thank you!**