

Please consider

- Mrs. Clark is in need of a volunteer to help with coordinating the bottle cap recycling program between the bench manufacturer and the school. Email her at rclark@stbernadetteamelia.org **Time commitment:** limited and sporadic.
- Mrs. Ingram is in need of a volunteer or two to help with our presence on the web. Email her at Ingram@stbernadetteamelia.org **Time commitment:** negotiable.

Parent to Parent: Just Between You and Me

Words matter. I've been reading so much about the kind of encouragement we give our children. As a faculty, we are practicing several new skills; developing a growth mindset is one. What does that mean? It means that simple changes in our words can have a huge impact on our students' thinking, achievement, and aspirations. Saying, "You worked hard. Great improvement!" is so much better and not at all the same thing as, "You're so smart!" or "See, I told you it was easy." There's a ton of research on this concept.

Today I stumbled on a report from Highlights Magazine sharing the survey results of 2000 children ages six to twelve called, "State of the Kid." One item in particular was interesting: 80% of kids talk about the presidential election at home. Then I had this thought: If a simple shift in praise of a child can have (truly) life-changing outcomes, what about the reverse in our culture? What are the effects of all the negative political rhetoric it seems we cannot escape?

As parents, if our child is shunned or called a name like Fat, Loser, or Stupid, we are hurt and angry on their behalf. We may not know what to do about it, but we are certain the behavior is unacceptable and we want it to stop. So I am curious about how much of this election is making its way to our children. What does your child think about the candidates? Ask, "Why?" Chances are, a friend is championing some candidate. Find out if the negativity is reaching your child's ears and mind. If it is, what are you saying to help re-frame the nastiness being heard so it isn't accepted as common and okay? I'm not asking about your party allegiance or your favorite candidate...I'm genuinely interested in how you are meeting this very difficult sea-change in our culture. (At school, we are trying to eradicate hurtful words among children, not model them or celebrate them.) We know your words, actions, and attitudes matter most and that you value kindness and respect. Please let me know if and how you are processing the election with your child. It is unlike any we had when raising my children! Send me your thoughts and I'll share some results next time.

FROM PTO... Coming Up:

- **Chipotle Night!** Mark your calendars for St. B. night at Chipotle for **October 19th** from 2 p.m. – 6 p. m. That is the first night of parent conferences, so it's easy for families to fit in on their way home in the afternoon, or to conferences in the evening. Proceeds benefit the 8th grade trip to Washington D.C.
- **Wine Social** Don't miss this fun and friendly event – a chance to mingle with friends or meet new ones while enjoying a variety of wines. **November 5th**. Details to follow.
- **Craft Fair** St. B.'s first (annual?) craft fair is slated for **November 19th** 9 a.m. – 4:30. Contact Samantha Storer at mrs.storer1117@gmail.com or call her at (513) 543-8012 if you'd like to reserve/rent a vendor table. Not a crafter? Shoppers are needed, too! Mark your calendars and save the date!



- **Treats n Sweets** are needed for the kids' Halloween Fun Fest on **October 23rd**. See [FLYER!](#)
- **Parent-Teacher conferences** are scheduled via **Sign-Up Genius**. The link will be sent home later today, in a separate email. Conferences are **10/19 and 10/20** from **3:15-7:45**.

For Your Calendar:

- **Friday, Oct. 7: Bengals Day.** Support the home team with orange or black shirts, or wear Bengals Ts or Jerseys with uniform bottoms. Not a Bengals' fan? An all-NFL day is coming up in a few weeks. Hang on!
- **Monday, Oct. 10: No School** - Teacher Professional Development
- **Wednesday, Oct. 12: Mass Day** Grades 4-8, All are welcome! 8:15 a.m.
- **Friday, Oct. 14: Cancer Awareness Day** – Pink tops with uniform bottoms are permitted with a \$1.00 donation. All proceeds benefit the John Paul II Medical Research Institute. (And yes, boys wear pink. ☺ Google "Real Men Wear Pink" to learn about civic leaders and other confident men raising awareness for Breast Cancer.)

Blessings,

PLEASE TURN IN:

OVERDUE:

- [Federal Program Forms](#) (I'm waiting on 19 families.)
- Permission forms and \$ for Children's Theatre (K-3)