

St. Mary Academy Newsletter

December 2008
Volume 3, Issue 3

Principal's News

Mrs. Rosemary Reese, Principal
Mrs. Cynthia Kuder, Vice-Principal



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Upcoming Events

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Dear Parents,

As Advent begins you will see the Madonnas and Angels appearing on the windows of the school. This is a reminder of how fortunate we are to be able to express our faith and share our traditions, especially during this special season of the year. This is not the "holiday season" at St. Mary Academy; it is the **Christmas** season.

A big "thank you" goes out to Dawn Duffy for a very successful craft fair last weekend.

Thanks also to Alicia Manion for chairing the Soup and Bread Supper after the Dover Christmas Parade. The SMA band will be marching in the parade accompanied by members of the Student Council.

Thank you to all for your generosity to the November mission collection. We were able to donate over \$500 to the food pantries as well as the food donations from the Thanksgiving Mass. There will be no December mission collection. Instead, the classes will be doing outreach projects. Grades Pre-K-2 are donating to Toys for Tots. Grades 3 & 4 did Shoeboxes of Loves - 96 boxes in all. The 5th graders are collecting items for Our House for Girls and the 6th graders are sending Christmas boxes to migrant worker children. Seventh graders are supporting the Cocheco Valley Humane Society and 8th graders are donating items for residents of Riverside Rest Home. All of these projects help our students reach out to others and keep Christ in Christmas.

There will be lots of Christmas activities and programs this month. On December 11, Grades 1, 2 & 3 will present their Christmas program,

"Miracle at Midnight," and on December 14 we will have our Band and Chorus Christmas Concert. In addition there will be Pre-K and Kindergarten Christmas programs, Christmas Round the World and a variety of Christmas parties.

During the next couple of weeks you will have an opportunity to purchase a discount card for shopping in Downtown Dover. On December 14, SMA will be sponsoring "It's a Wonderful Downtown Day" and we encourage you to shop downtown (with your card), eat at downtown restaurants and support the many Dover businesses who have so generously supported St. Mary Academy in the past.

Don't forget to buy your "free tuition" raffle ticket. The odds are much better than Megabucks and you just might get lucky.

Our annual Spaghetti Supper will be held on December 10 (thank you, Lisa Puffer and Sue O'Donnell). At that event the 8th graders will be having a picture with Santa opportunity to raise money for their class trip. Our Book Fair will be the week of December 8-12 and you can shop during spaghetti supper. So, I encourage you to come, have a meal out, visit with friends, do a bit of Christmas shopping and take home a keepsake picture with Santa.

School will dismiss at noon on December 23 for the Christmas vacation. As we did last year, we will all gather in the schoolyard about 11:30 to sing Christmas carols - just because we can. I want to wish everyone a blessed Christmas and a healthy and happy 2009.

Office News – Mr. Hall, Mrs. Allyson, Mrs. Reese

Pennies! Pennies! Pennies!

The penny contest was such a success last year (\$1,300) it is being repeated again this year. There will be a pizza party to the classroom that collects the most by the deadline, May 1, 2009. Any student bringing in \$10 or more will be identified in the next newsletter. Currently, 7H is in the lead with \$65 with 1CZ (last year's winner) and 6D tied at \$30. Wyatt Allaire in 1CZ brought in \$14.50. Thank you!

I have begun sending afterschool

statements via email to those who requested it. So far, about half of the parents preferred this method. Please email me at s_hall@saintmaryacademy.org if you would like to be added to the list. This saves us a lot on postage!

I hope you have a wonderful Christmas and New Years!

Mr. Hall



Mission of the Month – Mrs. Kuder

Last month's mission collection for the food pantry collected \$553.20.

There is no mission collection for the month of December. Individual classes may be doing their own collections for such charities as Toys for Tots.

In January, we will be collecting for My Friend's Place. My Friend's Place is a

homeless shelter that provides emergency housing for individuals and families. They also offer longer term assistance in transitional housing units.

My Friend's Place was found in 1987 and opened the doors of the shelter in 1989.

January Mission Collection

My Friend's Place

Thursday,
January 15 and
Friday, Jan. 16

Students of the Month – Senora Dromey-Heeter

The following students were selected by various teachers as those who exemplified the Virtue of the Month.

October's virtue was Kindness.

Thank you, SMA Students, for exemplifying kindness at 222 Central Ave.

Olivia Furino
Brian Austin
Nicholas Genkinger
Thomas Bennett
Wema Lugalla
Ethan Gower
Kevin Baker
Meaghan Flynn
Ben Harvey

Kevin Gould
Jack Casey
Jacob Valley
Maria Heeter
Ally Nicollela
Morgan Jensen
Micaela Rich
Bella Cruz
Brian Austin

Raphael Gaughan
Qiayra Randolph (A DOUBLE WINNER!!)
Sierra Holden
Courtney Couillard



Development News— Mrs. Puglisi

Uno Chicago Grill Dough-raiser A Success for Saint Mary Academy

Thank you to everyone who participated in the Uno Dough-raiser for SMA. Uno's was very pleased as we were the biggest fundraiser at their location bringing in \$1,800 in sales. SMA received 20% so we were able to raise \$360 for our school!

How would you like tuition free for one year for your child?

The auction committee is selling raffle tickets at \$25 each for a chance to win tuition free for a year for one child. Ticket forms will be going out to all families interested in participating. If you would like additional tickets or information, please contact Shelley MacGregor, auction raffle chair at shelleymacgregor@comcast.net. Committee members will be attending upcoming SMA event selling both raffle tickets and offering event tickets and details.



Governor Lynch donates to the Auction

Items are already starting to come in for the 7th annual auction set for **Saturday, March 21 at 6:30 p.m. in SMA Mercy Hall**. Governor Lynch has graciously donated lunch with the Governor and Mayor Myers has also donated breakfast with the Mayor. In addition we have received a speech, language and reading evaluation, admission tickets to the JFK Museum, MFA Boston, new Discovery Center at the McAuliffe Planetarium, Storyland and York's Wild Kingdom, 2 \$50 gift certificates to Harvey Uniform, Mt. Washington Cruise tickets including a new addition this year their evening dinner-dance cruise, Spinelli passes, round of golf for 4 with carts at the Wentworth by-the-Sea Country Club, 2 \$50 gift cards to Dupont's Service Center and a catered Italian dinner for 4 by Chef Toni Bacon. More items are coming in daily and the solicitation committee is busy at work finding new and exciting items never seen at the SMA auction with something for everyone. If you have an item you would like to donate, please contact Monique Couillard, solicitation chair at Monique.Couillard@unh.edu or Meaghan Puglisi at Puglisi@saintmaryacademy.org. Item

donations forms are available online at www.saintmaryacademy.org - community events - auction.

Needed: Help coordinate your child's classroom project openings in PreK Dugmore, Pre K McGurty, 3L, 5M, 7H still available. Please contact Cheryl Saylor, classroom project coordinator, at bcmksay@comcast.net.

Saint Mary Academy presents "It's A Wonderful Downtown Day"

It's no surprise the holiday season is upon us. We at SMA are aware that because of the difficult economy, this Christmas may be a bit less festive for local merchants than Christmas' past. However, we want to do whatever we can to encourage area shoppers to visit downtown Dover, hopefully making the holiday season a bit more successful for the local businesses which have been so generously supportive of SMA. We've created special discount cards to be used December 7-December 14 in the participating Dover businesses. Cards can be purchased for \$5 a piece and all monies raised from the sales of the card go directly to SMA. To purchase a card, please contact Stephanie Bolduc at 343-2184 or Meaghan Puglisi at Puglisi@saintmaryacademy.org or 742-3299. This event has been underwritten by Foster's Daily Democrat. This Christmas, we hope you'll consider shopping locally and supporting the many Dover businesses that generously support our school each year.

Supporters of "It's A Wonderful Downtown Day":

- Nuance - 20% off any regular priced item*
- Nicole's Hallmark - \$5.00 off a purchase of \$25.00 or more*
- Jewelry Creations - 15% off everything (new retail purchases) except HOP and Pandora.*
- Harvey's Bakery - Free dessert with your breakfast or lunch*
- Hair Everywhere - 20% off any service or product purchase*
- Hot Purse-oot - \$5 off any purchase over \$30.00*
- Cartelli's Bar & Grill - \$5.00 off purchase \$25.00 or more*
- Noggin Factory - \$5.00 off purchase of \$50.00 or more*
- Dover Wine Co. - 10% everything in store*
- Kelley's Row - 10% off food*
- And many more!*

Grade 1 News – Mrs. Cruz, Mrs. Cronholm

The first-grade students have become part of the “big” school. They are now very comfortable with the structure of a first-grade day. They are using phonetics, illustrations, content clues, and sight words to read. An important part of this process is instant recognition of sight words. You can help your child develop confidence and become a successful reader by practicing these words nightly.

In science news, in Mrs. Cronholm’s class, the students are learning about weather, sky, and the four seasons. In Mrs. Cruz’s class, the students are learning about the various habitats such as the desert, rainforest, ocean, forest, and more!

A huge “thank you!” goes out to Rooha Alexander’s mom for coming into Mrs. Cruz’s class to talk about traditions from India. She talked about the various festivals such as Diwali (the festival of lights), the kite festival, and the elephant festival. Mrs. Alexander also brought in some pomegranate seeds for us to all try – they were delicious! We were also treated to having our hands decorated with mehndi, the traditional Indian henna. Thank you for sharing your time to help

make a memorable experience for the class!

Although winter hasn’t officially begun, the cold weather has certainly arrived. This means that warm winter coats, hats, mittens, gloves, and boots (when there is snow) need to be worn. Please make sure there is some form of identification on these items. If you are hesitant to use a name label, you could use a symbol that you’ve discussed with your child.

The Christmas program for first through third grades has been scheduled for December 11th at 7pm. The children are already practicing and preparing for their presentation.

Our class Christmas party will be held on Thursday, December 18th with a snow date of Friday, December 19th. More information will follow as the date gets closer.

As in past years, our classes will be collecting new, unwrapped toys for local donation to those that are less fortunate.

We wish you and your family a Christmas season full of love and joy. Thank you for sharing the gift of your child with us.



Grade 2 News – Mrs. Pinsince, Ms. Smith

The second grade did a great job preparing the readings and petitions for our Thanksgiving Mass. Everyone enjoyed the special second-grade song, “His Banner Over ME is Love”.

During the month of December, we will be preparing for the birth of Jesus. We will be using the season of Advent to remind us of the “reason for the season”.

We will be having a classroom Christmas Party on Dec. 18th with a snow

date of Dec. 19th. You will receive a separate letter with the details.

Room 2P will once again be a collection point for the Dover Fire Department’s Toys for Tots Campaign. Please bring unwrapped toys, mittens, hats, and gift card to school by Dec. 12th to help those less fortunate than ourselves.

We wish you and your families a happy and blessed holiday season.



Grade 3 News – Mrs. Bilodeau, Mrs. Leonard

The first Term has ended and the children are eagerly looking forward to their first “big” Report Card. The children have been working very hard on their studies. We have learned many strategies to do this and the children have done a wonderful job. Report Cards will be going out the first week in December.

Deacon Bob has come in to teach the children about the different parts of the Mass. We have learned the *Gloria* and the *Nicene Creed* and we will be learning the *Penitential Rite*. He has also talked about Advent, the meaning of the Advent wreath, and what a special time this is in the Liturgical Year. Grades 3 and 4 will be responsible for the December 8th Mass - the Feast of the Immaculate Conception. We hope that you can join us for that.

Our Christmas Program is December 11th and the children have been working very hard on that as well. The children will also be working on Creative Writing stories during the month of December.

Our “Reading Bulletin Board” continues to grow and the children are looking forward to the Book Fair the second week in December.

I would like to take this opportunity to

wish you all a very Merry and Holy Christmas Season and a Happy and Healthy 2009.

Thanks to everyone who participated in the Operation Christmas Child collection this year. Together the third and fourth graders (with a little help from our friends) were able to pack 96 boxes for this very worthy project. We are grateful to those who packed boxes or contributed an item or two which we combined for making up full boxes. Thanks to Mrs. White who got empty boxes for us and then wrapped them to accommodate our collection of single items. Mrs. White also donated a lot of stuffed animals and toys for the boxes. Mrs. Pilewski donated toothbrushes and toothpaste which were greatly appreciated. Our dress down day raised \$311 which we gave to Dr. and Mrs. Tung who collected the boxes from us on Nov. 7 and delivered them to the collection site from which they will be shipped to NC for distribution. Dr. and Mrs. Tung also paid the remaining balance of the processing charges for us again this year. Thank you.



Grade 5 News – Mrs. McShane, Mrs. George

November was a rather quiet month for the fifth graders.

We have been graced, (no pun intended) by the presence of Fr. Marc, and Fr. Damian at different times in our religion classes. They have been a source of information to the students with their question-and-answer format. We find that the time allotted goes by so fast with interesting lessons.

The stories for the Foster's Daily Democrat Holiday Writing Contest have been submitted. The fifth graders worked very hard going through the entire writing

process. The stories they wrote are very entertaining and well written.

Our Christmas drive is for donations to Our House For Girls, in Dover. This is a home for adolescent girls who are receiving care and treatment, since being removed from their homes by the NH court system.

A letter was sent out to each 5th grader with suggestions for items. The drive ends on Thursday, Dec. 11. Thank you in advance for your generosity.



Grade 6 News – Mrs. Gould, Mr. Duffy

Unbelievably, it is December and the 6th grade continues to be busy!

For science class during November, the 6th graders did research on invertebrates and gave presentations on their animals. They were often found in the computer room during English class typing their "Holiday Writing" to be submitted to Foster's Daily Democrat. Social studies took us to the Fertile Crescent and Ancient China- off to Ancient India for December.

Thanks to Mrs. McKernan, the 6th grade has a wonderful Christmas project. Mrs. McKernan's daughter works with immigrant families in Oregon and she sent out pictures of each of the children she works with. Each

6th grader "adopted" a child and will be buying some small gifts for their friend. The 6th grade will be having a "Parents Night Out" on Friday, December 5 to help with the shipping costs.

The biggest excitement is the coming of Christmas Around the World. The students have chosen their countries and will be working on their projects in class. Please come to Mercy Hall (gym) on Friday, December 19 at 12:30-2pm to see the fruits of their labor and to learn about how countries around the world celebrate Christmas.

MERRY CHRISTMAS!



Grade 7 & 8 News – Mrs. Sweeney, Mrs. Houle

7S Literature

Mrs. Sweeney's class has just completed a unit on the short story. The students have been working on writing from different point of views. We piloted a digital project with good success. After reading *The Secret Life of Walter Mitty*, the students wrote and produced a digital daydream story. We spent 2 days filming in the gym. As a culminating project to the unit, the student wrote their own short stories following a plot line with lots of conflict. This project went from rough draft to storyboarding to a children's book. We will be donating copies to Mrs. Zellem!

7th Grade Science

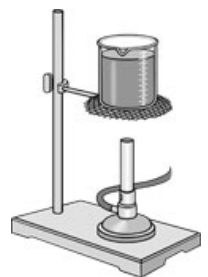
The seventh graders have been busy growing bread mold, looking at cells under the microscope, and trying to identify bacteria growing in mud samples. Most recently, the class has received a shipment of "blobs" that they are trying to identify and classify. This unit on cells/heredity and DNA is a great introduction and primer for our unit on evolution and ecology. The students have been very enthusiastic about using all the lab equipment and learning the basics of the cell theory. On December 1st and December 3rd, the two 7th grade classes will be spending

the day at Biogen in Cambridge, Mass., working in the IDEC lab studying sickle cell anemia and doing genetic testing.

8th Grade Science

The 8th grade science students have just completed a long unit on the geosphere. We have been studying matter and phase change, plate tectonics, volcanoes, earthquakes, the rock cycle and much more. The students have been excited to actually use the alcohol burners this year. Anything that involves matches and fire is a huge draw. Exploring the life and impacts of volcanoes in various regions was a topic of independent exploration this month.

There were two culminating activities to this unit. One, the students have a "pet rock" project that they are working on to explore in detail the rock cycle from the perspective of their "rock type." Secondly, applying their knowledge to of earth's movements and earth's forces to the structural engineering process was explored in a recent co-curricular field trip with Mrs. Roberts history curriculum on industrialization. The students visited the Salmon Falls village and explored many facets of industrialization, hydro-electric power, and structures within a mill community.





Grade 8 News – Miss Gitschier, Mrs. Roberts

A big thanks to the parents who chaperoned the Junior High Halloween Dance: Keri Bosworth, Stephanie Carberry, John Flynn, Rachel Girard, Renee Krieger,

Theresa Mills, and Cathy Smith. Chaperones make the dances possible. The next dance is February 13.

Nursing News – Mrs. Bender



It has been a month since I took over the school nurse's position at St. Mary's Academy and I wanted you all to know what a joy it is to be working with your children. They are really a delight to take care of. You should be proud of them but more important they should be proud of themselves.

Last month I wrote about 5 facts about flu. What I didn't mention that I will mention now is DO NOT GIVE YOUR CHILD ASPIRIN.

It can cause Reye's syndrome which is a serious disorder that causes increased pressure in the brain and build-up of fat in the liver and other organs. It affects all organs of the body, but is most harmful to the brain and liver. Reye's syndrome occurs primarily in children, most often during recovery from a viral infection.

The cause of Reye's syndrome is unknown. However, studies have found a link with the use of aspirin and other salicylates during a viral illness.

A REMINDER: During the cold and flu season children become sick easily. It is the policy at SMA that children should

not be in school if:

- * They have a fever of 100 or greater
- * They have vomiting/diarrhea (They also need to be without vomiting/ diarrhea for 24 hours before returning)
- * They need to be on an antibiotic for 24 hours before returning to school.

I know in the economic climate we are in right now everyone is conscious about limiting their time out of work due to job security but it is unfair to the health of the rest of the population at St. Mary's to be exposed to illness if your child is ill as well as to your child. A sick child cannot do their best work and concentrate in school. Please have a plan in place if your child should be ill. We all greatly appreciate it .

Have a safe and wonderful holiday season. Buckle Up and Keep Warm. May God Bless You and Your Families as we remember the true meaning of Christmas.

Library News – Mrs. Zelle

BOOK FAIR

Come shop for Christmas gifts at the SMA BOOK FAIR.

When: Monday, December 8th - Friday, December 12th

Times: 8:30-2:30

and

Wednesday, December 10 from 5-7pm

We will be having a drawing to win \$20 worth of merchandise from the fair. For every book purchased a raffle ticket will be entered. Please join us and support our library.



Guidance Guide – Mrs. Schworer, Mrs. Butler



Managing the Stress of Parenting

Have no time in the day for yourself? Trying to do too many things? All parenting involves stress, and children feel stress as well, yet, it is important to keep in mind that stress is normal and is healthy when managed properly. Managing stress is a balance between coping with and reducing stressors.

Q #1: Recognizing stress and stress symptoms is important in being able to manage stress, so what should parents look for?

Stress can be healthy. It can motivate us, propel us to stay organized and focused on our priorities and help focus us on the positive, on what is going well. Stress becomes a problem when you feel overwhelmed and are not sure how to handle it. Physical symptoms include: being tired, headaches, stomach, back, or other pain, grinding teeth, recurring colds or flu and problems sleeping. Mental symptoms include: difficulty concentrating, being forgetful and trouble making decisions. Emotional symptoms include: anger, frustration, tension and anxiety.

Q #2: What can parents do to manage their own stress?

Just as stress is different for each of us, there is no stress reduction strategy that will work for everyone. For parents it is important not only to manage their own stress, but to model stress reducing techniques for their children. The key is to learn how to distinguish between stress that is unavoidable and stress that can be prevented. Best Ways to prevent it: getting enough sleep, a proper diet, avoiding excess caffeine and other stimulants, taking time out to relax, setting priorities; decide what is really important and when you can say "no".

Coping strategies for stress that is unavoidable:

Act, Refocus, Recharge, and Revise

Act: express yourself: in words either out loud or in a letter, draw or play music. Relax by taking a shower/bath, rest, read a book, listen to music, watch TV or practice deep breathing. Escape: take a walk or a drive, visit a friend, take a mini vacation, go to the movies or meditate.

Refocus: Focus on the positive/what is going well/right, put things in perspective; what bad things could have happened but didn't, will the problem still be important in an hour, month, year?, take responsibility without feeling like a failure; How have your actions helped or hurt the situation, how could you do things differently the next time?

Recharge: reach out to the community for support from friends and family or other community members or community opportunities. Try a Yoga or Tai Chi class.

Revise: Make changes where necessary, build new skills, change expectations, change your situation (job, school), and change the environment (move?)

Q #3: How can parents help their children cope with stress? Touch and hold the child, Listen to the child, Talk with the child (or sing or play music, especially if the child is very young), Use stories and make-believe (read books to your child, even if the child doesn't understand, use puppets and art), Change the child's environment, or help the child change his/her own environment, Encourage them to be physically active, and even better, engage in physical activities and exercise with your children.

Article by Ellen Rondina, UNH Extension Coordinator

Public Service Announcements

PARENTS NIGHT OUT FRIDAY DECEMBER 5

6:00 p.m. - 9:00 p.m.
\$10 1st child \$15 2 children
\$20 family 3+

We are offering a Parents Night Out to be held in the Pre-K/K building. Activities will include free play, crafts, games, gym time and a movie. We will accept children ages 4 and up.

Proceeds will help defray the cost of shipping for the 6th Grade Christmas Project - (Christmas gifts to needy children in Oregon)

If you would like to register your child/children for Parents Night Out, please email Mary McKernan at memckernan@yahoo.com or mckernan@saintmaryacademy.org.

Thank you for your support!

BABYSITTING
HOUSE SITTING
DOG SITTING

Krissy McKernan

534-9151

I will be home from college from
12/19-1/15

References available

Protecting God's Children Workshops in December

Location: St. Michael Parish Basement, Exeter, NH

Date: Sunday, December 7, 2008
1-3 p.m.

To register, please contact Pat Gates at 772-3916
or at patstmichael@comcast.net



Yoga Cookies

A Holiday Workshop for Children

Yoga Cookies is a two-hour workshop that offers a simple holiday alternative for children ages 7 - 12. For the first hour children will decorate holiday cookies while sipping on Spiced Apple Cider. In the next hour, children will have fun with yoga games, postures and relaxation. Each child will have a gift bag of hand-designed cookies and return home feeling refreshed, happy and relaxed.

WHERE? Saint Mary Academy

WHEN? Friday, 12/12/08 from 2:45-4:45 or
Friday, 12/19/08 from 2:45-4:45

COST? \$12.00/child (10% discount on sibling)



Benefits of yoga and relaxation for children encourages: quiet confidence, improved self-esteem, physical strength, flexibility and improved concentration. Mrs. Schwoerer is a certified NH guidance counselor and educator and has been teaching yoga for over 20 years.

Make checks payable to Mary Schwoerer.

Please submit registration and payment to office.

Name: _____ Please circle date: 12/12 or 12/19

Parent: _____ Phone: _____

email: _____

Please list any food allergies: _____

