



Immaculate Conception School

January 18, 2018 Newsletter



IMPORTANT DATES/UPCOMING EVENTS

January 19 Dress Down Day and Hot Lunch
January 25 Second Trimester Progress Reports
January 28 Catholic Schools Week Opening Mass and Open House

FROM THE DESK OF MR. KAPPERMAN

Dear Parents,

Catholic Schools Week 2018: Catholic Schools Week is just around the corner. There is one change in the event schedule. The Honor Flight event originally scheduled for Saturday, February 3rd at 11 am at the Aurora Theater has been postponed until the Spring. I received a call from the event organizers that the event conflicts with Super Bowl parties. In addition, many of the veterans are in Florida for the winter. The new date will be shared once I am made aware of it.

Spring Play: A letter from our new play director will be sent home to eligible students within a week. This year we will be holding an organizational meeting on Monday, February 12, 2018 at 7 pm in the library to discuss details of this year's play. Thank you for your patience as I worked to secure a director for the play.

Pot of Gold Ticket Reminder: Pot of Gold tickets need to be returned by February 1st to Becky Davidson. Any questions call her at 716-587-2837. Thank you!

Putting Prayer Into Action Family Engagement Activity: Immaculate Conception School kicked off our "Putting Prayer Into Action" Initiative in conjunction with the Parish, Religious Education and the Catholic Youth Organization on Wednesday. The focus for this month will be on respect. Thank you to the eighth grade students for assisting with our skit. Enclosed with this week's newsletter is the family engagement component of the program for you to use with your children. We believe that extending the conversation outside of the school setting is important to reinforcing the traits being introduced at school. Thank you for your cooperation with this.

Accolades: Congratulations to the girls basketball team for an outstanding performance during half-time of the Canisius College girls basketball game last week!



Accolades Continued: Please join me in congratulating Sydney Gunner for achieving the highest score of any girl taking the entrance exam for Mount Mercy Academy. Sydney will receive a scholarship for her ENTIRE four years at Mount Mercy. Congratulations!!

Enrollment: As Catholic Schools Week approaches, it is that time of the year to again think about enrollment. I realize that the best way to advertise all of the wonderful offerings available at ICS is through word of mouth. If you know of anyone interested in our school please invite them to the Open House scheduled for Sunday, January 28, 2018.

Pink Eye Notification: Please be aware that there is a letter from Nurse Baritot regarding the recent increase in pink eye cases throughout the school.

Request for Volunteers: Volunteers are needed to help grades 3-8 prepare a dinner for the Response to Love Center on Tuesday, January 23 from 9 am until 2 pm. Please contact J'Neene Sexton if you can help.

Article: As I occasionally like to do, I have included an article with my newsletter this week for your reference. The article discusses the value of gratitude. I found the information to be useful.

Have a blessed week.

Sincerely,

A handwritten signature in blue ink that reads "Scott C. Kapperman". The signature is written in a cursive style and is positioned above the printed name.

Scott C. Kapperman M.S., Ed.
ICS Principal

Treating Others With Respect (Monthly Family Engagement Activity)

Treating people with respect makes your world a better place to live in, whether it's at home, at school, or out in your community. And it's easy! All you have to do is treat people the way you like to have them treat you. Here are just a few examples:

- Don't insult people or make fun of them
- Listen to others when they speak
- Value other people's opinions
- Be considerate of people's likes and dislikes
- Don't mock or tease people
- Don't talk about people behind their backs
- Be sensitive to other people's feelings
- Don't pressure someone to do something he or she doesn't want to do

We live in a diverse nation made up of many different cultures, languages, races, and backgrounds. That kind of variety can make all of our lives a lot more fun and interesting, but only if we get along with each other. And to do that we have to respect each other. In addition to the list above we can also respect others by trying to learn something from the other person and avoid stereotyping.

As part of the Immaculate Conception School Character Education Program "Putting Prayer Into Action", there is a family engagement component that is meant to serve to reinforce the virtues taught and learned each month at School. This month the virtue we are focusing on is respect. Please take some time with your family to read the Bible passages attached to this sheet and then reflect on the following questions below:

- 1). Do you consider yourself to be a respectful person? Why or why not? How do you show respect to others?
- 2). Describe one person you respect in your life. Why do you respect this person?
- 3). How do you feel when someone judges you without knowing you or giving you a chance?
- 4). How do you think respect affects your school, family, and community?

WHO I AM MAKES A DIFFERENCE!

A reading from Paul's letter to the Colossians 3:12-17

Brothers and sisters: God loves you and has chosen you as his own special people. So be gentle, kind, humble, meek, and patient. Put up with each other, and forgive anyone who does you wrong, just as Christ has forgiven you. Love is more important than anything else. It is what ties everything completely together. Each one of you is part of the body of Christ, and you were chosen to live together in peace. So let the peace that comes from Christ control your thoughts. And be grateful.

Let the message about Christ completely fill your lives, while you use all your wisdom to teach and instruct each other. With thankful hearts, sing psalms, hymns, and spiritual songs to God. Whatever you say or do should be done in the name of the Lord Jesus, as you give thanks to God the Father because of Him.

A reading from the holy gospel according to Matthew: 5: 14-16

Jesus said to his disciples: "You are like light for the world. A city built on top of a hill cannot be hidden, and no one would light a lamp and put it under a bushel basket. A lamp is placed on a lamp stand, where it can give light to everyone in the house. Make your light shine, so that others will see the good that you do and will praise you Father in heaven."

A reading from Paul's letter to the Corinthians 13: 1-13

Brothers and sisters: Love is kind and patient, never jealous, boastful, proud, or rude. Love isn't selfish or quick tempered. It doesn't keep a record of wrongs that others do. Love rejoices in the truth, but not in evil. Love is always supportive, loyal, hopeful, and trusting. Love never fails!

When we were children, we thought and reasoned as children do. But when we grew up, we quit our childish ways.

Now all we can see of God is like a cloudy picture in a mirror. Later we will see him face to face. We don't know everything, but then we will, just as God completely understands us.

For now there are faith, hope, and love. But of these three, the greatest is love.

(Readings taken from the Children's Lectionary)

Gratitude: the cure for entitlement and materialism

10 tips from experts on promoting gratitude in our kids

by: *Hank Pellissier* (<https://www.greatschools.org/gk/author/hankpellissier/>) | August 21, 2017



How do you raise kids that don't just say thank you but mean it too? How do you fight the factors leading to entitled and materialistic children (</gk/articles/we-dont-appreciate-the-value-of-gratitude/>)? GreatSchools queried three scholars who shared their informed opinions on combatting materialism, oxytocin parenting, and deepening gratitude in our children. Armed with these 10 tips, you can upgrade the "attitude of gratitude" in your household.

Tim Kasser, Ph.D, is the author of *The High Price of Materialism* (<https://mitpress.mit.edu/index.php?q=books/high-price-materialism>) and co-editor of *Psychology and Consumer Culture: The Struggle for a Good Life in a Materialistic World*. He's an activist seeking to provide children with lives of "inward richness" instead of shallow consumerism and sits on the steering committee of the Campaign for a Commercial-Free Childhood (<http://www.commercialfreechildhood.org/>). He provided four tips you can't put a price on to combat materialism in children:

- 1. Think about the values that you are modeling as a parent.** Research shows that when parents hold materialist values to be important, their children take on those values. If you spend your time working long hours, shopping a lot, watching television, talking about and making money, etc., you are modeling to your child that materialistic aims in life are important. The child will then imitate those values.
- 2. Reduce the extent to which your child is exposed to other materialistic models.** Consider following the guidelines of the American Academy of Pediatrics: No screen time at all for children younger than 2, and less than 2 hours per day of screen usage for older children.
- 3. When your children do encounter advertisements, critique them.** One study showed that when children see advertisements and adults make factual comments (such as "Those commercials are intended to sell.") or evaluative comments ("That commercial is wrong; it doesn't look like that."), children's desire for the products declines. A game kids are likely to enjoy is to hit mute when a commercial comes on and make up your own funny dialogue for the advertisement message.
- 4. Encourage healthier values in your children.** Research on the human value system show that intrinsic values for personal growth (such as following your own interests and curiosity), affiliation (having good relationships) and community feeling (trying to make the world a better place) stand in conflict with materialistic values. By encouraging intrinsic values, materialistic values will decline.

Susan Kuchinskas (<https://www.amazon.com/Susan-Kuchinskas/e/B001K8JAZ2>) is the author of *Oxytocin Parenting and The Chemistry of Connection: How the Oxytocin Response Can Help You Find Trust, Intimacy, and Love*. She provided the following practical guidance on fostering gratitude in your home.

1. Teach your child to be grateful by modeling it in an emotionally genuine way. You can feel and express gratitude for both big and little things in daily life (“The clerk at the supermarket was so nice. She made me smile.”) If you model gratitude for your child, you are helping create an emotional habit — biochemically and neurologically — that will shape your child’s responses in a positive way.

2. Thankfulness at mealtime and bedtime. When you eat dinner with your child, and when you put them to bed at night, think back on the day together and discuss what you are grateful for. It could be in line with a religious belief, such as saying grace, or it could be secular.

3. Journaling about positive events in your life. Expressing gratefulness can initiate oxytocin release. The oxytocin response is provoked not only in face-to-face interaction but also in phone conversations, Internet communications, or just thinking about things you are grateful for and people you are grateful to.

Dacher Keltner (<http://keltner.socialpsychology.org/>) is an author, psychology professor, and co-director of the Greater Good Science Center at University of California, Berkeley. Greater Good recently launched a three-year, \$5.6 million project, called Expanding the Science and Practice of Gratitude (<http://greatergood.berkeley.edu/expandinggratitude>), with funding from the John Templeton Foundation. (GreatSchools is also contributing to this project.) He recommends:

1. Make sure your children grapple with the suffering that is in the world. Climate change, hungry children, decline of species — understanding suffering and need is the basis for developing appreciation for life.

2. Have your children experience awe and deep beauty on a regular basis. Nature and museums for example help open children’s eyes and minds to the vastness of life. For out of awe comes the reverence at the heart of gratitude.

3. Make sure your children practice gratitude in daily conversation. Saying “thank you,” expressing appreciation, and affirming what others say all matter a lot in helping develop kids appreciation for what they have.

Get the full scoop (</gk/articles/we-dont-appreciate-the-value-of-gratitude/>) on what research is showing to be the culprit behind American children’s lack of gratitude.

Did you, personally, appreciate this article? You can gain a bit of oxytocin yourself, if you leave a grateful comment below or share with your community.

Recommended references

Books:

- *Thanks! How Gratitude Can Make You Happier* (<https://www.amazon.com/exec/obidos/ASIN/0618620192/petewill-20>) by Robert Emmons
- *Living Life as a Thank You: The Transformative Power of Daily Gratitude* (https://www.amazon.com/Living-Life-Thank-You-Transformative/dp/1573443689/ref=tmm_pap_title_0?ie=UTF8&qid=1433568416&sr=1-9) by Nina Lesowitz and Mary Beth Sammons
- *Making Grateful Kids: The Science of Building Character* (http://www.rakuten.com/prod/making-grateful-kids/276182532.html?listingId=-1&scId=pla_google_rakuten.com&adid=29963&gclid=CLbmnrWu-sUCFVCFgod8LcAww) by Jeffrey J. Froh and Giacomo Bono

Research reports:

- *Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life* (<http://www.ncbi.nlm.nih.gov/pubmed/12585811>), by Robert Emmons and Michael McCullough
- Gratitude and well being: the benefits of appreciation (<http://www.ncbi.nlm.nih.gov/pubmed/?term=PMC3010965>)
- Gratitude and well-being: a review and theoretical integration (<http://www.ncbi.nlm.nih.gov/pubmed/?term=20451313>)
- Examining the Pathways between Gratitude and Self-Rated Physical Health across Adulthood (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3489271/>)
- To have and to hold: gratitude promotes relationship maintenance in intimate bonds (<http://www.ncbi.nlm.nih.gov/pubmed/22642482>)

Articles:

- Greatergood.org (<http://greatergood.berkeley.edu/topic/gratitude>) gratitude page
- "The 31 Benefits of Gratitude You Didn't Know About: How Gratitude Can Change Your Life" by Amit Amin at happierhuman.com (<http://happierhuman.com/benefits-of-gratitude>).



Create your own user feedback survey (<https://www.surveymonkey.com/mp/customer-satisfaction-surveys/>)

Gratitude (<https://www.greatschools.org/gk/tag/gratitude/>)



About the author

Hank Pellissier (<https://www.greatschools.org/gk/author/hankpellissier/>)

Hank Pellissier is a freelance writer on education and brain development, the author of *Brighter Brains: 225 Ways to Elevate or Injure Intelligence* (<http://brighterbrains.org/articles/entry/brighter-brains-225-ways-to-elevate-or-injure-iq>), the founder/director of the Brighter Brains Institute (<http://brighterbrains.org/>), and a consultant on scholastic topics like gap years, at <https://www.hankpellissier.com/>

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Empowering parents

GreatSchools is the leading national nonprofit empowering parents to unlock educational opportunities for their children. We provide school information and parenting resources to help millions of American families choose the right school, support learning at home, and guide their children to great futures.

Support GreatSchools in this effort! Donate Now! (<https://www.classy.org/checkout/donation?eid=147615>)

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Immaculate Conception School

To Parents/Guardians:

Your child may have been exposed to conjunctivitis at school. This is commonly known as pink eye.

Please watch your child for the following symptoms. Conjunctivitis can be bacterial, viral or allergic, so it is very important that if your child has the symptoms below, you should call your child's healthcare provider for guidance.

Common Signs and Symptoms:

- Irritated swollen eyes or eyelids
- Itching of the eyes
- Excessive tears
- Blurred vision that clears with blinking
- Green or yellow discharge
- Painful dried or crusted discharge on the eyelids

Pink eye can be contagious, and it is best controlled by diligent hand washing.

It is important to discuss conjunctivitis with your child's healthcare provider as treatment may be different based on the source of the conjunctivitis (bacterial, viral or allergic). Your child may need to be excluded from school, and this decision is made by your child's healthcare provider.

Please call the school's Health Office if you have any questions or concerns.

Krysten Baritot, RN

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Elementary Spanish enrichment continues at Immaculate Conception School!



Capture the opportunity in your child's development!

SPANISH FOR THE ELEMENTARY YEARS is an educationally oriented fun and interactive program designed specifically for the K-5 elementary student. The unique six-week curriculum features foundation vocabulary introduced through games, singing and hands-on activities. Students are able to compound words and begin forming simple sentences. Classes are never a repeat. The program uses a 5 year rotation of lesson plans! New vocabulary and activities are introduced with each session allowing returning students to continue expanding their vocabulary base and new students to begin building their vocabulary base. New and returning students welcome. Research studies have indicated the benefits of introducing foreign language skills at an early age! Join the fun!

Enroll your child for this amazing educational experience!

Classes are held after-school at Immaculate Conception on WEDNESDAYS from 3:05p.m. - 3:45p.m. The class fee is \$60. Classes meet 2/14 - 3/28 (no class 2/21). Register early-class will fill quickly!

REGISTRATION DEADLINE: FRIDAY, JANUARY 26th (Registration will close when class is full).

PLEASE NOTE: All students must be signed out at 3:45p.m. from the library. Students attending the aftercare program will be escorted to their program after Spanish.



Child's Name: _____ Grade: _____ Teacher _____

Phone #(cell & home) _____ E-Mail : _____

PLEASE PRINT CLEARLY

Allergies/Special Needs: _____ Emergency Contact/Phone #: _____

I give permission for _____ to participate in the Spanish For The Elementary Years program. I assume all responsibility to include legal and financial for any and all liability issues, safety issues, accident related issues, etc. I will hold LearnIts, Inc., d.b.a. CultureKids, any and all related instructors and/or Immaculate Conception harmless for any and all liability as a result of this program.

Parent Signature

Date

•My child will be (circle one): getting picked up after Spanish class OR goes to After School Program @Immaculate Conception

•In the unforeseen event that there is a last minute emergency cancellation of Spanish class, please indicate how your child should get home from school at regular dismissal. (We will make every effort to contact you at the above numbers if this should happen).

This is how my child should go home if Spanish is canceled: _____

Register on-line at www.CultureKidsClub.com (under class schedules tab) or mail registration form with enclosed check for full payment (\$60) to CultureKids, 6700 Chesley Ct., East Amherst, N.Y. 14051. Checks are made payable to CultureKids. Please DO NOT send registration form into school as it will delay your registration! Register early - spaces are limited.

REGISTRATION DEADLINE: FRIDAY, JANUARY 26th

Please record the start dates. If you are not contacted, assume your child is in the class! Early registration is encouraged-classes fill! For more information contact CultureKids at 523.9538 or www.CultureKidsClub.com.