



The Cardinal Flyer

SEPTEMBER 22, 2009

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BJ's Corner

I hope you have all noticed and read the articles by one of our school advisory members, Dr. David Atencio. This week I would like to highlight his article in my section.

Dear Parents and Friends,

In 1976, John Goodlad, a well-respected educational researcher and theorist, wrote that *"Education is a never-ending process of developing characteristic ways of thinking and behaving on the part of individuals, nations, and in fact, mankind."* Our children are in the process of developing the values, competencies and virtues that lay the foundation for approaching their futures with the compassion and dignity, competence and determination, and spiritual identity that is an outcome of their Catholic educative experience here St. Charles Borromeo. If you are a newcomer or an old-timer to St. Charles, you probably have noticed that our children's daily experience is governed by many rules and procedures. A school without policies, procedures and structures would be nothing more than chaos and children's safety as well as their potentials would certainly be compromised. We encourage all of us to read the School Handbook from time to time during the year to remind ourselves of the policies and procedures that have been developed here to govern the school and to assure that our children are always safe, cared for and engaged in the highest levels of educative experiences. Structures, policies and procedures are part of what education theorists call the "explicit curriculum" of a school. They are part of what makes a great school great.

So what are some characteristics of great schools? In the next few weeks we will share with you some ideas from some well-respected scholars in the field of education who have shared their ideas of what makes a school great. They have derived these ideas after observing hundreds of schools over a century of collective investigations of our nation's schools. Let us begin today by looking at what John Goodlad has written about the characteristics of good schools.

First, good schools are like a complex ecosystem in which all parts are mostly good. Our parish, our school, our staff and our families form the complex ecosystem responsible for providing our children with the best Christian learning experiences in the contexts of the safest environment.

Second, good schools take care of business—they have orderly ways of handling routines, making decisions and taking actions. When situations arise, rest assured there is a procedure that has been well thought out for addressing the matter at hand. However, part of what makes St. Charles School a great place is that our teachers and staff are never idle; they are always in pursuit of improving quality and efficiency.

Third, good schools have an array of positive connections; students are treated equally, teachers value their peers, and principals value their teachers. Thank goodness Principal BJ's motto around here is "follow the Golden Rule", with that in pocket, how can we go wrong?

Fourth, good schools are self-conscious of their culture, and they figure out how to

Calendar Update

October 2- Balloon Aloft in our Playground

October 9th- Parent/Teacher Conferences

help students succeed. Educating children is the hardest job in world; we are grateful that our teachers are committed to excellence and are experts in their field. We are also fortunate that our children experience a well-rounded curriculum that educates the whole child and readies them with the skills, identities and passions for their future. In addition, our school is a conscientious community, our annual food drive for the Store House is one of many activities we do here to practice our faith.

Lastly, Dr. Goodlad believes that good schools are connected to homes and parents in positive ways, parents support teachers, and parents feel welcome. We are the Body of Christ, as a school and a community; we are all called upon serve one another and to help nurture relationships within our school community that are part of what St. Charles the little school with the big heart.

Respectfully,
David Atencio

Have a great week.
B.J.

Sally Foster Fundraiser

UP TO 50% OF EVERY PURCHASE GOES DIRECTLY TO OUR SCHOOLS!

Our fundraiser featuring Sally Foster® gift wrap and gift was sent home September 14th.

You'll find:

- Premium gift-wrap, value-priced
- Gifts for everyone
- Chocolates so good they've been served at the White House

And, everything is \$20 or less!

**Orders must be turned in by SEPTEMBER 25th.
THANKS FOR YOUR SUPPORT!!!!**

Nurse's Niche

I have the pleasure of morning playground duty this year. I actually like it because I get to see all the kids each morning with their fare. Some of them barely even carry a backpack, while others seem to be taking every book home. It is those that carry this heavy weight that I am most concerned about. If parents could show them the proper way to use this vital tool for school they could stay healthy all year round.

1. **Proper carriage.** A backpack should be worn over both shoulders. The strapping over one shoulder throws the body out of alignment. Wearing the backpack on both shoulders will distribute the weight evenly on your body. If you only have a backpack that has one strap, try to keep the load light. You should never wear it crisscross over your shoulder; this could present a choking hazard.
2. **Proper Technique.** Backpacks were meant to help carry a load, not mangle your body. When adjusting the shoulder straps, make sure that the majority of the load is **not** being carried by the lower back or bottom. Everyone comes in a different size and shape and adjustable straps were meant to help. Adjust the straps so that your shoulders can help carry the weight. The backpack should lay high on the shoulder and barely touch your bottom.

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3. **Proper Weight.** It is not necessary to carry the entire curriculum in your backpack home every day. This is why the teachers at St. Charles assign work in increments. It is essential that we learn time management skills now. Encourage your student to get their class work done in class. This means that they can pick and choose what needs to be studied on any given night. A backpack should weigh only 8-10% of your total body weight.
4. **Proper Placement.** I actually see students placing their backpacks on the ground in the morning. That is a positive behavior as they do this to rest their backs. But where are they putting these packs loaded with books? In front of others, in the middle of the road, in hall with the straps hanging out. It is important to remember that backpacks can cause a tripping hazard.
5. **Proper Etiquette.** Many don't even think twice about the 12 pound monstrosity attached to their backs. But students should be reminded that if they are in close proximity to others that they should be exceptionally mindful of hitting someone. Taking the backpack off especially in mid-school can be tricky as there might be someone behind them.

Please be wise and use backpacks properly.

Nurse Nicole

Kudos:

To our new choir members. We have 26 members this year! They have done a fantastic job at our masses. Their voices are so strong now that they are up on the altar. Good job Cardinals.

Buy Scrip every week!

Please remember to buy Scrip on Tuesdays. Remember – shop for those items you normally do and a percentage goes to St. Charles. It only takes a few minutes of your time. Thanks for supporting our school!

Carpool

If anyone is interested in carpooling from Peralta, Los Lunas or Bosque Farms, please call Mr. Trujillo at 220-3402.

Games Coming Up! Come out and support your Athletic Teams!

Volleyball – Games for C-Team are at 4:00, B-Team at 5:00 and A-Team at 6:00pm

September 23 – St. Charles at Immanuel Lutheran

September 28 – Hope at St. Charles

September 29- St. Charles at St. Therese

September 30- St. Charles at Sandia Prep

October 2 – St. Charles at St. Thomas

October 5 – St. Mary's ABQ. at St. Charles

Football – Games are at Bullhead

September 22 – Annunciation – 4:00 – Field 6

September 24 – Bosque – 4:00 – Field 6

September 29 – Assumption – 4:00 – Field 7

October 1 – St. Therese – 4:00 – Field 7

October 7 – San Felipe – 5:00 – Field 7

October 13 – St. Mary's ABQ – 5:00 – Field 6

October 15 – Holy Ghost – 4:00 – Field 6