



The Cardinal Flyer

NOVEMBER 17, 2009

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BJ's Corner

Dear Families,

The first Sunday of Advent is November 29th and is a time of preparation for the coming of Jesus. Catholics traditionally "countdown" through the use of an Advent Wreath and or Advent Calendar.

As a school our wreath is placed in the front hall. Individual classrooms have their own for morning prayers that are specific to the Advent Season.

With Thanksgiving and Advent upon us it would be wonderful if we could all give of our time to help others in some way.

Have a happy week and think of something you could do as a family to assist someone.

B.J.

Cookie Dough Update:

Wow! I was very pleased to see how many cookies were sold. Can you make a guess?

2,464 Tubs & Boxes sold! The money made from this fundraiser is to be used to fund all of the programs that serve you and your child on a daily basis.

Thank you for your tremendous efforts!

Kudos...

Girl's basketball teams are doing outstanding. All three teams won again last evening.

Mrs. Mordaunt, Mrs. Gallegos and Mrs. Menicucci are working very hard toward making this year's Christmas Musical better than ever. This is all very exciting!

Archdiocese of Santa Fe 2009 Abuse Awareness Training for Adults

In order to volunteer at St. Charles, you are required to take this workshop. Pre-registration is necessary. You may contact Annette in the Coordinator's Office at 831-8144.

Calendar Update

*November 20th - 1st
Trimester Report Card*

*November 25th - Early
Dismissal 12:30*

*November 26th & 27th No
School Thanksgiving
Break*

**St. Charles
Borromeo Catholic
School**

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School News

As a school we are advertising in the Journal, New Mexico Kids, and all the Citadel radio stations. I am encouraging newcomers to visit our school daily in November. If you know anyone who is interested, please encourage a visit.

Koats for Kids

In partnership with KOAT News we are collecting coats until mid-December. Check your closets for gently used coats and sweaters. Please do not send hats/gloves.

Nurse's Niche

Who Said I Was Perfect!

A habit is a model of behavior that a person will do consistently without awareness. Many children exhibit habits that can be harmful to their health. At St. Charles, I have observed nail biting, hair twirling, nose picking, sleeve chewing, and strap chewing to name a few. What is sleeve and strap chewing? Many students insert sleeves or back pack straps into their mouths and begin to chew. (Never mind that these sleeves and straps are dirty with germs and actual dirt!) The health concerns regarding this are copious and should be addressed as many children do not know they are even engaged in this habit. Please do not be misled - middle school students and elementary alike are susceptible to habit forming behavior. Here are some tips to helping out.

1. Know why. Talk to your child about what may be on their minds. Most habits are formed from some anxiety or from simply being bored. Ask them about stressors at school, at home, with friends. Talking and helping them especially through difficult times can really make a difference. It is not simply about asking a question, it is about talking to your child and discovering what worries them.
2. Keep Talking. Tell them what behavior you don't like and why. Be matter of fact about the problem. "Timmy, I don't like it when you chew on your backpack straps because there is a lot of dirt and germs. You could get sick." Never punish a bad habit; it will just increase the likelihood of occurrence.
3. Behavior modification. Involve your child when determining how they could break habits. Suggest some of your own solutions. Be sure that you both are on the same track in finding a resolution.
4. Self control. Self control is the ability of someone to be able to refrain from doing something that may negatively affect others or yourself. The ability to learn this is innate in all humans.
5. Consistency. Commend positive behaviors, never forgetting that each child needs this positive reinforcement to kick their bad habit. If you forget, always remember to say at a later time how proud you are of your child for doing so well.

Nurse Nicole

Yearbooks Available Now

The 2010 yearbook is on sale now for the lowest price of the year. Don't miss the opportunity to get the official story of the entire school year. If you order today you can get this \$40.00 yearbook for the sale price of \$35.00! Reserve your copy online today at www.jostensyearbooks.com. Don't delay. **You only have until January 24, 2010 to get your book at this price. ONLINE ORDERS ONLY!!**

Sports News
Girl's Basketball

Home

Nov. 18 th	St. Charles	Hope	C-Team 4:00 B-Team 5:00 A-Team 6:00
Nov. 19 th	St. Charles	Sandia Prep	C-Team 4:00 B-Team 5:00 A-Team 6:00
Nov. 23 rd	St. Charles	Queen of Heaven	C-Team 4:00 B-Team 5:00 A-Team 6:00

