



In the Know

NEWS & NOTES FROM YOUR PSO

Our PSO President, John Patterson

January 16, 2012
Volume 1, Issue 5
St. Mary Magdalene PSO

Dear StMM Parents,

Happy New Year! I hope you all had a wonderful Christmas holiday and were able to enjoy the company of family and friends. Welcome Back!

The PSO closed out a busy 2011 with Secret Santa's Workshop where students were able to shop for the perfect gift. The Staff Appreciation Committee hosted a festive Christmas Luncheon. Thanks to everyone who assisted with these events.

It's not too late to get involved with your PSO! The Wellness Committee is currently signing up volunteers to help serve lunch in the cafeteria. The Community Relations Committee is organizing an Adopt-A-Highway cleanup day on March 4, and planning for the Spring Festival is ramping up. It can be as easy as

clipping labels or mentioning StMM when you shop at Five Below. Please check today's newsletter and our *Monday Mail* for more information on these initiatives and for other ways to help.

For more information on volunteering, please contact me at jpatterson.pso@gmail.com or Jane Zureich, PSO Volunteer Coordinator, at zureich@live.com. We are happy to hear from you!

2012 promises to be another fun and exciting year. Your involvement allows your PSO to provide memorable and enriching activities for our students, families, and staff. Thank you for your continued support!

Until next time,
John

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Where do the PSO dollars go?

Many of you probably wonder where the money the PSO raises over the year is spent. Unless you read the PSO Meeting Minutes, you may not be aware of what events the PSO supports or what gifts are "granted" to the teachers.

There are many events and expenses that occur each year including birthday gifts and numerous staff luncheons coordinated by the Staff Appreciation Committee. The PSO fully funds the Chess Tournament and party. The Hospitality Committee provides refreshments for the Principal's Coffees, National Junior Honor Society Induction Ceremony, and the three general PSO meetings. The Community Relations Committee supports Adopt-A-Highway, Catholic Schools Week, and community outreach such as participation in the Apex Christmas Parade. The Garden Committee has worked hard to improve the StMM landscape and create an outdoor learning environment for our students.

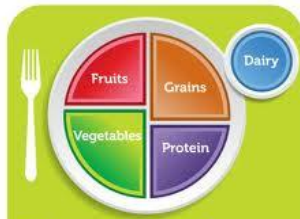
Here are a few of the other miscellaneous expenses the PSO has supported so far this year:

Back to School Picnic	\$242
Apex Christmas Parade	\$175
Bins for Chess Sets	\$28
Walk-A-Thon Thank you Cards	\$21
St. Francis statue for garden	\$120
Donation to MLSM –	
Christmas Needy Families	\$500

Thank you for your continued support of the StMM PSO!

Cafeteria Corner: Why We Need Your Help!

In 2009, we created a survey and sent it out to parents asking them for the changes they would like to see in the StMM cafeteria. Since that time the cafeteria staff, in conjunction with the Wellness Committee, have worked hard to make those changes a reality. We have revamped the offerings from less processed and frozen items to more fresh foods which the kids really seem to enjoy. We are serving less canned fruits and are offering fresh fruit almost every day. We added the fresh salad bar daily and continue to add new fresh toppings. We revamped the snacks by removing high caloric and sugar offerings and adding healthier choices for the students. We'd like to expand our changes even further but we can't do it without the support of the StMM parent volunteers.



The changes that have already been made would not have been possible without the help of the volunteers that come in and support the program. What we are trying to accomplish usually takes a cafeteria staff of 5 to 6 people. We are working hard to make this happen with a full time staff of three people plus the help of two additional volunteers. On the days that we do not have volunteer help it is very difficult to maintain and achieve the goals set from the feedback we received from the parents.

We hope that you will take a minute to look at the slots available for the remainder of the year and sign up where you can. If each family signed up for just one slot...they would fill up quickly!

If you have questions about the program, please don't hesitate to contact us for more information. We are happy to walk each and every volunteer through a short training and short explanation of what we are trying to accomplish. Please email jillshank@mindspring.com or Jodi Kleiber at jkleiber@nc.rr.com for more information.

Many thanks to all of you who support our wonderful dining program!

As a reminder:

-Volunteer hours in the cafeteria go toward Time, Talent, and Treasure required for your StMM application.

- You receive one free lunch for your child on the day you volunteer and volunteers are also invited to enjoy lunch.



<http://www.signupgenius.com/go/cafeteria2>
password: stmm lunch

- Volunteers need to be B level Certified

- Volunteers are required to wear closed toe shoes and a baseball hat or some other head covering.



Catholic Schools Week is January 29 - February 5

“Faith. Academics. Service.”



Staff Appreciation Christmas Luncheon



On Monday, December 12th StMM teachers and staff were honored at the annual Christmas Luncheon hosted by the Staff Appreciation Committee. All staff was able to eat and enjoy time together during the luncheon. Lunch from Dinner Savvy was served and wonderful, homemade desserts were enjoyed by all. Once again, Thank You to all of our wonderful staff for all that you do at StMM!



Also, Thank You, Thank You, Thank You to all of our SA volunteers for setting up, serving, cleaning up, and bringing your favorite desserts - we couldn't have done it without you!

Michelle Yates and Kim DeGeorge



Volunteer of the Month



Laura Aiken

January PSO Volunteer of the Month

The PSO would like to congratulate Laura Aiken as our January Volunteer of the Month! Laura is a co-chair of the Wellness Committee and helped to create and organize the Walk-A-Thon held at StMM this past fall. This event raised over \$20,000 for St. Mary Magdalene and helped to promote healthy living with our students. Laura is also extremely active in helping to pursue and write grant requests to help raise money for StMM. She is also involved in the newly created Women's Guild at the church.

Laura and her husband, Ben, have a 1st grader, Sydney, and a Preschooler, Kelcey, at St Mary Magdalene.

As our January Volunteer of the Month, Laura has been enjoying the use of the reserved parking spot.

Nominations for the March Volunteer of the Month must be submitted by Tuesday, February 7. Nomination forms and a submission box can be found in the school office. Please take the time to volunteer someone you believe is worthy of recognition!



Santa's Secret Workshop

Santa's Secret Workshop was a huge success. The PSO made almost \$4,000! The kids had so much fun shopping and we even attracted some adult shoppers! Of course, we could not have done it without our amazing and dedicated volunteers.

Thank you so much for the many hours dedicated to making this event so much fun!



Regina Gray and April Michaels



The following are the remaining dates Chess Club will meet during the 2011-2012 season:



- | | |
|-------------|--------------------------------------|
| January 20 | March 2 |
| February 3 | March 3 – Tentative Chess Tournament |
| February 24 | March 9 – Tentative Chess Party |

Should you have any questions, please contact Jenny Kosnik at jensk@nc.rr.com or at 363-7143.

Help keep the roadside in front of StMM looking beautiful! Assist in cleaning up our adopted portion of Apex Barbecue Road (part of the NC Adopt-A-Highway Program) at **1 pm on Sunday, March 4th**. We need volunteers to spend one hour to help remove trash from the roadside. Volunteers will meet in the StMM parking lot at 1 pm to get supplies (bags, gloves, and safety vests provided). Please wear good walking shoes! Participants must watch a short safety video before joining the cleanup. The safety video can be found online at: http://www.ncdot.org/doh/operations/dp_chief_eng/roadside/beautification/highway/safety.html.

Participants must be at least 12 years old and be accompanied by an adult to help with this effort. Contact Annette Hollis at dhollis@nc.rr.com to sign up or for more information.





Help earn free stuff for our school!

Just clip and save UPCs from products with the Labels for Education labels on them and drop in the bin located in the school lobby. When the entire school participates, the points really add up. We can redeem the points for great merchandise for our school. Please contact Marybeth DePrato at mdeprato11@yahoo.com with questions. Thank you!

General Mills Box Tops for Education



Please help the Media Center purchase new books and materials by sending your General Mills Box Tops for Education logos and any bonus certificates to the library. Visit boxtops4education.com for a complete list of all products with the 10 cent pink logos and to find other ways to help our school earn cash for our library. The funds will be spent on a new ELMO (document camera) and books for the Media Center. Thank you!

five BELOW®

StMM's PSO is pleased to offer a fun and easy *FUN*draising program to our families. Whenever you shop at Apex's Five Below, ask the cashier to apply your purchase towards StMM's *FUN*draiser. We will receive 10% of all StMM sales from November 21, 2011 through June 3, 2012. Spread the word to family and friends - their purchases will count too! Please contact Teresa Patterson, tdp47530@gmail.com, with questions or for more information. Thank you for your continued support!

School Store Hours

Monday	2:35 - 3:10 pm
Tuesday	2:35 - 3:10 pm
Wednesday	7:35 - 8:10 am
Thursday	2:35 - 3:10 pm



General PSO Meeting



Learning How to Choose Your Battles!

The PSO sponsored guest speakers, Luisana Bethencourt and Shannon Dougherty, at the last General PSO Meeting on January 10th. Luisana and Shannon are with the Families to Families organization. Families to Families helps strengthen the family by training the parents in their roles as the leaders and main educators of their children.

Shannon discussed how our children do most of their learning in the first twelve years of life. She spoke about the role of nature versus nurture. She showed the percentage of how biology and environment affect the development of the physical body which is 78% dictated by nature whereas 22% is by nurture. The intellect is 52% of what they are born with where 48% is influenced by their environment. But lastly, The most influential area we as parents have with our children is in their **will - 71% is impacted by the environment we create!**

We as parents can help "train the will" of our children by focusing our parenting based on sensitive periods each child goes through. The sensitive periods are when an ability naturally manifests itself and the child has the natural instinct to learn it. Some abilities include walking, speech, languages, order, sports, honesty/sincerity, and obedience. For example, the sensitive period for walking is between six to eighteen months and the sensitive period for learning languages is between one to eight years of age. To best promote the growth and development of our children in each ability, we want to focus on responsibilities, activities, or chores that help to grow these abilities for our children during the timeframe.

What happens if we miss the sensitive period for a certain ability? Does this mean that it cannot be learned later in life? The child or adult may learn later but it will be more difficult and not as easily retained. It is easier for the children to learn during the sensitive period as it comes naturally to the child.

Luisana and Shannon spoke to how one of the most important things parents can do is *identify your priorities*. Parents should create a plan for success by looking at the ages of the children and picking a sensitive period each child is going through. Then, they can come up with a plan to help nurture that ability being developed. Routine and order have been found to work best for children because they know what to expect and are not in constant uncertainty of what's coming next.

Therefore, parents can choose how to pick their battles by focusing on educating your child around the sensitive periods. This helps to focus on growing an ability as it is naturally manifesting in the child.

For more information on the Families to Families organization, you may go to www.familiestofamiliesenglish.blogspot.com or email familiestofamilies@gmail.com.

Jessica Greco, StMM PSO President-Elect

A Note from the Editor....

I hope you enjoyed the fifth edition of *In the Know, News and Notes From Your PSO*. This newsletter will be distributed each month during the school year.

If you have any suggestions, please contact me at stmmppo@gmail.com.

Amy Snow, Communications Coordinator