



In the Know

NEWS & NOTES FROM YOUR PSO

Our PSO President, John Patterson

September 19, 2011
Volume 1, Issue 1
St. Mary Magdalene PSO

Dear StMM Parents,

Welcome to the 2011-2012 school year - we are off to a great start! I am thankful for a wonderful team of volunteers that make serving on the PSO a rewarding experience. Our first event, the Back-to-School Picnic, was a success despite the severe weather cutting the festivities short. Thanks to everyone who attended!

The PSO is looking forward to introducing several fun and new fundraisers this year. The first is "Back to School Spirit Nights" at CiCi's Pizza on September 21st and 22nd. A Walk-a-Thon is scheduled for November 18th, a Five Below Shopping Weekend in December, and a wine tasting social in the spring. Please support our school by planning to participate in these enjoyable events.

The PSO is very excited about our new Garden committee. Please visit the interior courtyard to see the transformation that began this summer. Our students, teachers, and

parents have all been involved in creating a wonderful area for everyone to enjoy. Future projects include construction of a pergola to utilize as an outdoor classroom. A gazebo will be installed along with plantings of a wide variety of flowers, trees, shrubs and even vegetables. We ask for your support with this new initiative by participating in our newly launched Adopt-a-Plant program.

I want to take this opportunity to recognize and thank last year's President, April Michaels. I appreciate her time (and patience!) in getting me up to speed. Many thanks for the long hours spent over the summer in the new garden area weeding, mulching, and placing sod.

Thank you and I look forward to serving as your PSO President.

Until next time,
John Patterson

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New Family Welcome

On August 29th, the New Family Welcome Committee and the Hospitality Committee joined together to host orientation for the 75 new students and families joining StMM for this school year. This year's event included breakout sessions for parents and tours for students in grades 4-8. It takes many volunteers to run this event smoothly and we appreciate the great turn out! If you are a returning family, please extend a warm welcome to our new families as they learn their way around. We are blessed to have a vibrant school community and are glad to welcome our new friends and neighbors!

Jill Shank, New Family Welcome Chairperson



35 student volunteers helped show our new students around the school



Principal Bob Cadran welcomes the new families

PSO General Meeting

At this month's general PSO meeting, Nikki Curliss joined us as our first guest speaker. Nikki is our new guidance counselor at StMM. She spoke to our parents about her new role at the school and how she is integrating herself into the classrooms to do presentations. Nikki opened the meeting by having the parents do a game that she gives fifth graders.

The goal was to trace how many numbers you could connect from one to twenty in ten seconds.

Then, the parents were able to repeat the same game and see how much progress they made.

The lesson for our parents and our children from this game is that all skills improve with practice. Time management skills are learned with practice too! These skills improve with continued repetition just as any other skill our children develop.

Nikki spoke of "Generation Z," the "Google" generation. These children were born in 1994-2004 ranging in ages now from 7 years to 17 years of age. This generation is characterized by living in a world of instant gratification. They thrive on acceleration and speed due to many things being so readily available on the internet. These children are growing up "online"



being subjected to social media. With social media, there are concerns with privacy and cyberbullying. Nikki explained how important it is as parents to monitor what your children do online and limit screen time.

Nikki also had our parents reflect on how their families spend their time on the weekends. Each parent was asked to take a moment to write down how their hours are spent on the weekends, for ex. meals, sleep, sports, chores, etc. This task gave each parent an opportunity to view their weekend planner and see if they would like to make any changes to allow for more family activities.

Nikki also spoke about motivation for children for good behavior and completing their obligations

(i.e. homework, chores). Different ideas were discussed on what works best for each family, including reward charts. Nikki also suggested that a timer might work well for some children - 30 minutes of chores/homework then 30 minutes of play.

Nikki emphasized that every child is different and each parent knows their child best!

Therefore, you can incorporate the system that works best for your family. She also presented "Uncle Dan's Report Card." This report card focuses on home values - good manners, acts of kindness, being truthful, and much more. Please reference <http://www.UncleDansReportCard.org/> for more details.

A book reference from Nikki is Lighting Their Fires: Raising Extraordinary Children in a Mixed-up, Muddled-up, Shook-up World by Rafe Esquith.

We want to thank Nikki for contributing her time to speak to our StMM parents!

Jessica Greco, President-Elect



StMM Business Directory

The StMM Business Directory, comprised of businesses owned and operated by StMM families and the top 50 donors to the 2010 Gala, is now available on RenWeb in Resource Documents. Two versions of the directory are available: an alphabetical listing by business name and a listing by business category. Updates to the directory will be made three times during the school year: September, January, and May. Watch for announcements in the PSO Monday Mail and PSO Newsletter. If you would like to submit a new listing or update a listing currently in the directory, please submit a business directory request form to the PSO Community Relations mailbox in the school office by Monday, September 26. The business directory request form is available on RenWeb in Resource Documents. Questions? Contact Lora Wical at wical@unc.edu.

Lost and Found



Are you missing a book, your lunch box, or an article of clothing? Stop by the Lost and Found bin located inside the lobby's main stairwell.



Meet Kathleen Clabby, StMM's New Drama, PE, and Dance Coach

Q. Drama, PE, and Dance sounds like the mixed drink of teaching. How did this combination come about?

A. Well, I have experience dancing and acting and had been a PE teacher in the past. So it just happened that StMM had the need for all three and I was willing and able to pursue it.

Q. Who are your favorite actor, athlete and general performer?

A. Meryl Streep and Tom Hanks are my favorite actors and performers. And since my dad is the girls' golf coach at Cardinal Gibbons I will have to say Jack Nicklaus is my



favorite athlete.

Q. What are some of your favorite things to do when not teaching?

A. Watching the television show "House Hunters" and traveling with my family. My favorite places I've visited are Paris, France and Australia.

Q. What was it like interviewing with Principal Cadran?

A. Easy! Seriously, my approach to teaching and methods for keeping parents informed (via newsletter) aligned well with his style and needs.

Q. Do you have any vices we should be aware of?

A. Sitting in my quiet bedroom and having my husband and three kids (Liam 7th, Aiden 5th, and Molly 3rd) prepare and deliver me a home cooked meal!

Q. What would be the greatest gift you could ever give to someone?

A. Health

Andy Snow

Volunteer of the Month



Barb Fiedler

September PSO Volunteer of the Month

The PSO is excited to announce a new program to acknowledge and honor our hardworking parent volunteers. A Volunteer of the Month will be selected by the PSO Board based upon parent, staff and teacher nominations. The monthly recipient will have use of the newly designated "Volunteer of the Month" parking spot in the first aisle of the parking lot for the month of their selection. Nomination forms and a submission box can be found in the school office.

September's Volunteer of the Month is Barb Fiedler. Barb worked tirelessly on the Monarch Money program for the last two years. This program raised over \$16,000 for St. Mary Magdalene for use by the PSO and school. She has a daughter Ellen in 6th grade at StMM and three older boys - Thomas is a senior at Cardinal Gibbons, Mark is a junior at Appalachian State, and Andrew is working and living in Indiana. In all of her "free" time, she shares her volunteer talents with The Caring Place in Cary along with her longtime service to the Ronald McDonald Family Room at Duke Hospital. Thank you Barb!

Nominations for the November Volunteer of the Month must be submitted by Tuesday, October 11. Remember - the winner gets to park in the reserved Volunteer of the Month parking spot for the whole month!



Garden Committee

Before the Garden Committee.....



And After!!!!



The Garden Committee was hard at work all summer laying sod, spreading mulch, weeding and preparing the area for fall planting. If you haven't had a chance to see the space behind the academic building, please take some time to go check it out. It has been transformed into a beautiful and functional space that our teachers and your children will enjoy for years to come. A very special "Thank You" goes out to our PSO President, John Patterson. He spent countless hours and daily visits to water and maintain the area through the brutal summer heat. Other volunteers that deserve a thank you include Beth Chanelli, Tom Milmoie, Bob Cadran, Anthony Reese, Austin Reese, Joanne Scott, Jeffrey Cadran, Steven Fedorovich, Emerson Rhodes, Noah Michaels, Colin Donovan, and Gus & Christina Aguilar. We couldn't have accomplished what we did without everyone's help!

Adopt-A-Plant Program

Fall is around the corner and the Garden Committee is looking for sponsors to support the beautiful space we are creating for your children. We have created a sign up for anyone interested in promoting their business, honoring a loved one, purchasing a special gift, or any other occasion by adopting a tree or shrub. In return, the PSO will purchase a sign to mark your donation with the name of the species as well as your requested information identifying your business, family, etc. All you need to do is pick out the tree or shrub you would like to adopt and someone will contact you regarding the details of purchasing and planting. There are many varieties and price points to choose from so visit <http://www.signupgenius.com/go/adoptaplant> to get started!! Thank you in advance for your support!



April Michaels, Garden Committee Co-Chairperson

Used Uniforms

Used Uniforms are available to purchase in the school lobby. Feel free to browse at your convenience. Purchases may also be made in the school office during school hours. Used Uniforms has before and after school hours on Monday and Wednesday 7:45-8:15am as well as Thursday 2:45-3:15pm. Donations may be placed in the donation bin.



Fall Used Uniform Sale

Used Uniforms will transition from the summer wear to the fall/winter items in October. The Fall Sale kick off will be in the school lobby:

- Monday, October 17 8-11 am
 2-4 pm
- Tuesday, October 18 8-11 am
 2-4 pm
- Wednesday, October 19 8-11 am

If you would like to volunteer with the Used Uniforms, contact Melissa Caporale at melissatc@nc.rr.com or Sheila Miller at bobandsheilamiller@yahoo.com.

Chess



Club

The StMM Chess Club will be starting again soon!

Grades K-4 meet from 3 - 3:30 pm and Grades 5-8 meet from 3 – 4 pm

The following Fridays are the dates Chess Club will meet this year:

September 30	January 6
October 7	January 20
October 21	February 3
November 11	February 24
November 18	March 2
December 2	March 3 – Tentative Chess Tournament
December 16	March 9 – Tentative Chess Party

I ask that a parent try and volunteer for at least one session during the season. Parents do not need

to know how to play chess. Their presence just helps to keep the noise to a respectable level. Please look at the dates above to see when you might be able to come and help.

At the end of Chess Club, please remember that all parents must come to the classroom to pick up their children. No child may leave the room without an adult. Please be considerate of the parent volunteers and pick up your child promptly.

For a brief refresher on the game of chess, the kids may want to visit www.chesskids.com for a quick tutorial.

Should you have any questions or would like to help with Chess Club, please contact Jenny Kosnik at jensk@nc.rr.com or at 363-7143.

Jenny Kosnik, Chess Club Chairperson

Adopt-A-Highway

The Community Relations Committee would like to express our gratitude to Caroline and Thomas Connor, Laura and Tyler Conrad, Beth and Cameron Loy, Courtney Mickel, Jenny Arnold and Patrick O'Donnell, and Robin and Andrew Stotka, our September Adopt-A-Highway volunteers, for their important contribution of time and energy. Thank you SO MUCH! Our next highway cleanup is scheduled for Sunday, December 11th, at p.m. If you are interested in helping keep the roadside beautiful near our church and school, please contact Annette Hollis at dhollis@nc.rr.com to volunteer.



Annette Hollis, Adopt-A-Highway Chairperson



StMM Wins Advocates for Health in Action Brains and Bodies Award

The StMM Wellness Committee is proud to announce that StMM earned AHA Brains and Bodies Gold Awards for the 2010-2011 school year! There were four gold awards earned in Wake County this year and StMM was the only private school and only middle school to be honored. The AHA team of nutrition and physical education experts that reviewed our school's application was very impressed with a number of the initiatives we have at the school as well as the school's work to create a healthier environment for students and staff. Mr. Cadran, Claudia Klavon, and members of the Wellness Committee attended the award ceremony in June. The school received a banner to display recognizing our award as well as a school-wide celebration to be planned this Fall.

Quick Start Tennis added to StMM PE Curriculum

The StMM Wellness Committee, in conjunction with Coach Milmoe and Mr. Nelson, were able to secure free tennis equipment through a grant with Quick Start Tennis. The equipment will be used as a part of the PE curriculum this school year. Tennis is a lifetime sport which is available to people of all ages. Quick Start Tennis is a modified program which gives kids of all ages the opportunity to be successful. It can be played in the gym with smaller courts. The rackets are smaller and the nets are lower. Lighter and lower-bouncing balls that are larger than regular tennis balls are used. Many skills that are focused on in PE are used in Quick Start Tennis. Above everything else, the kids will love it!

StMM Cafeteria Updates



The cafeteria staff have been hard at work this summer planning new menu offerings for the students. Here are just a few of the changes that have been made:

- Additional offerings to the salad bar including chick peas, black beans, three-bean salad, cheddar cheese cubes, artichoke hearts and fresh meats (turkey and ham). As a reminder the salad bar is currently available for students in 5th through 8th grade every day except Wednesday
- New sunflower butter and jelly sandwiches as part of the daily sandwich option
- Fresh fruit daily including apples, bananas, oranges, grapes and fruit salad
- Starting Monday, September 12 - offering breakfast from 7:15 am - 7:40 am each day including cereal, milk, juice, hard-boiled eggs, string cheese, yogurt and fresh fruit
- Milk and water continue to be the only beverages offered during lunch. Our milk choices are fat-free milk, 1% milk, and fat-free chocolate milk
- Snacks available in aftercare from 3 – 3:30 pm

In addition, we are excited to welcome Mrs. Palermo to the cafeteria staff. Mrs. Palermo had been working as a Teacher Assistant in our PreSchool program. She is a great cook and is a wonderful addition to our staff. Make sure to check out the menu on RenWeb or come visit the lunch room to see all that is happening!



Don't forget we need volunteers in the cafeteria to keep our program growing! Volunteers must be Level B or C certified and all volunteers must follow the health guidelines including wearing closed toe shoes, a head covering, apron and gloves.

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

School Store

The School Store hours for the 2011-2012 school year are as follows:

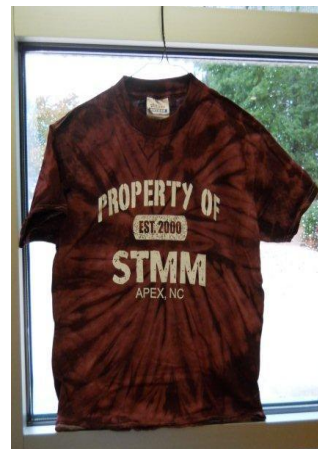
Monday: 7:35 am - 8:10 am
 Tuesday: 2:35 pm - 3:10 pm
 Wednesday: 7:35 am - 8:10 am

If you have any questions or need something and are not able to get to the School Store during these hours, e-mail Heather Dapolite at hcdapolite@aol.com.

Spirit Wear

We have a variety of StMM Spirit Wear shirts and hats available in the School Store! We carry youth, women's and men's shirts in a variety of styles and sizes. Show your school spirit while cheering on our St. Mary Magdalene sports teams!

New StMM bags have arrived! We have new StMM book bags available in the School Store for \$5 each. These bags are great for carrying sports equipment, a change of clothes for afterschool activities or just about anything!



Heather Dapolite, Service Coordinator



We're on the Web!

www.stmmpso.org

A Note from the Editor....

I hope you enjoyed the first 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 communications@stmmpso.org.

Amy Snow, Communications Coordinator