

PTA News & More

Welcome!

On behalf of the entire PTA, welcome to the 2005-2006 academic year. We are off to a wonderful start. I hope you found the Back to School Nights informative and inspirational. Monsignor Nolan's lighthouse metaphor is a most fitting description of the volunteer spirit at St. Paul School. The New Parent Dinner was spectacularly planned and executed by Dianne Lamb and Shellie Lynch in conjunction with our Hospitality Chairs, Irene Goldoni and Nessa Friel. Our fundraising chairs (listed on right), committees and board members have already planted the seeds for several of our fundraisers and student enrichment programs. You continue to give us an abundant harvest. We will be able to report on the outcomes of the Kids Coupon Books, Innisbrook Wrap and 10 Week Club raffle in the November newsletter. I thank you for your early and lasting support of our fundraisers. They are an essential means to ensuring the mission of St. Paul School.

In speaking with the new parents in late September, I stressed that they made an excellent academic and spiritual decision in choosing St. Paul School. I would like to pass on to all of our families a quote I shared with the new parents from *The Travelers Journey*, by Andy Andrews:

"Our Lives are fashioned by choice. First we make choices. Then our choices make us."

- Choose to be POSITIVE;
- Choose to STAY the COURSE;
- Choose to LIVE GOD'S WILL for you via your MINISTRY to your SCHOOL and PARISH

Thank you for your continued prayers for the PTA.

Suzanne C. Eberhard
PTA President

The PTA is happy to welcome you to the 2005-2006 school year!
We invite you to become involved in your child's education by taking part in the PTA.
Here are the many ways you can get involved and the key people to contact.

FUNDRAISERS

INNISBROOK GIFTWRAP	Sept-Oct	Bridget Carnevale Thelma Poblete Patricia Kelly	(609) 279-6882 (732) 355-9853 (908) 904-1472
KIDSTUFF COUPONS	Sept-Oct	Shellie Lynch	(609) 393-4666
10 WEEK CLUB	Oct 11-Dec 12	Vickie Coonan Donna Murray	(908) 281-6554 (609) 921-8546
HIDDEN TREASURES (formerly Rummage Sale)	Oct 16-22, 2005	Michelle De Liberto Jill Cunsolo	(609) 426-8802 (609) 448-7215
BOOK FAIR	Oct 24-26, 2005 March 5-8 2006	Lydia Elliott Dianne Lamb Hetty Waskin	(609) 688-1784 (908) 874-0966 (908) 281-4582
SECRET SANTA WORKSHOP	Early Dec 2005	Jennine DeSilets Bridget Brennan	(732) 422-4643 (609) 688-0225
SHAMROCK AUCTION	Mar 18, 2006	Jennine DeSilets	(732) 422-4643
POCKET CALENDARS	May/June, 2005	Sue Maloney	(732) 438-1260
BOX TOPS FOR EDUCATION	Ongoing	Chris Gallarani	(908) 874-6608
MCCAFFREY'S RECEIPTS	Ongoing	Kelly Clark	(609) 924-5184

FAMILY EVENTS

Pasta Night	Feb 10, 2006	Francine King	(609) 443-8106
Father/Daughter Dinner Dance	Feb 2006	Linda Daly	(609) 371-9359
Mother/Son Outing	Feb/Mar 2006	Linda Daly	(609) 371-9359

Please contact Laura Okupski or Francine King if you would like to volunteer for a fundraiser or if you have questions, comments or new ideas! This document can also be found on St. Paul's website: www.spsprinceton.org

Upcoming/Ongoing PTA Events:

- **Chores for Charity:** Remember to encourage your children to participate in this corporal work of mercy to benefit the victims of the Katrina disaster. The PTA will match the children's donations up to \$1,000.
- **Hidden Treasures Sale** (formerly know as the Rummage Sale): Sale is October 21 and 22 (Drop-off prior to sale.) Remember, no clothes this year please.
- **Fall Book Fair:** October 24-26. Look for a wider selection of religious and spiritual titles and fiction and non-fiction for young adults and adults.
- **Box Tops for Education:** Send your official logos from General Mills products to Chris Gallarani.
- **McCaffrey's Receipts:** Collect your receipts, and those from your family and friends, and send them to Kelly Clark.
- **Shamrock Auction:** St. Paul Family Donations: Think creatively about your donations to the Auction this year as you plan your fall and holiday season shopping. Donation commitments and donations themselves are being collected on an ongoing basis by Irene Goldoni (via Lucas 2B.)

October 2005

St. Paul School 125th Anniversary a Huge Success

Over 200 alumni, friends, faculty and parishioners of St. Paul Parish celebrated the St. Paul School 125th Anniversary Celebration under a beautiful tent and perfect fall sky, raising over \$20,000 to benefit St. Paul School, McCauley Home for Retired Sisters of Mercy and Our Lady of Lourdes in Uganda, Africa, St. Paul Parish's twin parish. A feature of the evening was the honoring of the Sisters of Mercy of St. Paul who came to Princeton in 1880 to provide Catholic education to the children of the parish. Sister Mary Martha, Sister Donald, Sister Terena, and Sister Jane received presentation bouquets and a standing ovation of appreciation from the guests.

According to Monsignor Nolan, "St. Paul Parish opened St. Paul School to provide Catholic education to the children of the parishioners. Today, we celebrate a proud history of Catholic education in Princeton and honor the Sisters of Mercy who have dedicated their lives work to teaching."



Top right: St Paul School Staff

Above: St Paul School Alumni and friends

Left: Sisters of Mercy; Sister Mary Martha, Sister Donald, Sister Jane and Sister Terena

Top left: St Paul School 8th Grade Greeters

CURRICULUM CORNER

PRINCIPAL'S POST

Dear Parents/Guardians

We're back and we've had a wonderful start! The past 2 months have been extremely busy for everyone, and I would like to take this opportunity to thank the entire community of St. Paul including the dedicated teachers, staff, administrators, and volunteers for their unending support.

We are excited to have so many new and wonderful people and programs added this year. Our new teachers have already demonstrated their willingness to share the commitment of our "seasoned" faculty to maintain strong spiritual and academic standards for our students. All the teachers and their programs will help establish the foundation that students need to become spiritual and responsible citizens in the future.

Once again, it will be my pleasure to continue my ministry as Principal and to serve you and your children throughout the year. Your continuous support is what makes St. Paul School a wonderful place in which to minister. I share with all of you a great sense of pride in being a member of the St. Paul community. I thank you for renewing your commitment to Catholic Education.

The Catholic Bishops of the United States issued a statement entitled In Support of Catholic Schools. In it, the Bishops pointed to the great value and the many successes of Catholic schools. Our Bishops have unequivocally committed themselves to a set of goals for Catholic Schools. I believe that the most critical of these goals is "Catholic schools will continue to provide a Gospel-based education of the highest quality." I also strongly believe that St. Paul school shares that goal.

It is my deepest hope that all of you and your children will experience a joy filled year.

Elizabeth A. Barrella
Principal

How much should you help your child with homework?

As the school year gets into full swing, your children will be doing homework probably on a nightly basis. The reason for homework for all grades is to help teachers see where they need to dedicate more class time to go over a certain lesson.

As parents, we all want to help our children do their best and succeed. However, when it comes to homework, there is a right way to help your children, while allowing them to manage and complete their homework on their own:

- Provide your child with a clean, well lit and quiet space for doing homework.
- Help your child get started on tasks and ideas for big projects, but let them organize their own project.
- Tell your child "good job" once a homework assignment is completed. For younger children, give praise upon completion of each subject homework assignment.
- Upon the completion of the daily homework, praise your child for a job well done and ask your child if they would now like to play in the yard, go for a jog or pick a fun thing that you can do together.

Remember, homework is a tool to help your child's teacher see where he/she may need added review, extra help or readiness to move on.



The fifth grade will dedicate themselves to the rosary for the month of October by saying a decade each day. The children are excited to honor the Blessed Mother and are grateful to the PTA for providing each fifth grader with new rosary beads.



Sister Terena was presented with a lovely bouquet at the 2005 St. Paul School Back-to-School Night in honor of her Jubilee – 50 years. Congratulations Sister Terena and thank you for dedicating your life's work to the ministry of Catholic Education.



St. Paul faculty and students held a prayer service to commemorate the anniversary of 9/11 and to pray for the victims of hurricane Katrina. James Eufemia and Bridget Maley in 8B were two of the students who said a special prayer during the service.

AROUND THE PARISH

ST. PAUL PARISH ATHLETICS'05 – '06 SPORTS SEASON OFF TO A BUSY START

The St. Paul's Athletic Program kicked off the year with its annual Coaches Meeting on September 17. This year the program has grown to 23 teams representing 10 different sports with the addition of new sports and activities in direct response to the survey responses received last year.

New this year is 3rd and 4th grade boys/girls indoor soccer. And the basketball program will start a clinic for 2nd grade boys and girls. Also new this year is a competitive cheerleading team.

A special reminder to all parents is that no child can participate without passing a physical exam by a licensed doctor. Only one exam is needed for the entire school year and MUST have been completed no earlier than May 1, 2005. Please keep this in mind when scheduling exams this year. Participation next year will require that the exams are completed no earlier than May 1, 2006.

The Committee also encourages anyone interested in helping out as a coach, team volunteer or as a committee member to contact John Wandishin, Parish Athletic Director, for more information.



ST. PAUL PARISH SPORTS



This is the sixth consecutive year that St. Paul has fielded a cross country team, and this year we have our biggest team ever: 26 runners. The team is open to all parish children in grades 4 through 8. The team meets after school three days during the week for practices and meets. The season starts during the second week of September and ends during the third week of October. Practices are held at Rosedale Park in Princeton. This year the team will be running in seven meets against area schools including Hun, Pennington, and Cranbury. Again this year the girls will be running in the Stuart Invitational.

A typical practice includes 20-25 minutes of distance running, followed by 10-15 minutes of speed work (relay races or "Indian sprints"). Distances for meets range from 1.7 miles to 2 miles. Meets are competitive and very exciting.

The team works hard, especially early in the season when the weather can still be hot, but the sense of accomplishment the kids feel when they cross that finish line makes it all worthwhile.

Joe Milizzo, Bridget Dalrymple



Proudly displaying their position cards after the race. From left: Mariah Meehan, Katie Toomey, Nina Milizzo, and Meg Dalrymple.



St. Paul Parish cross country team on the starting line just before their first meet against Cranbury.

EVEN BIG KIDS NEED SHOTS

by Jane Chmelich

So you thought your days of taking your child to the pediatrician for shots was over after kindergarten. Not really. Adolescents need to boost earlier protection and may need protection against new risks.

Following are the vaccines that you may hear about when you take your tween or teenager to their next healthcare visit (guidelines established by the American Academy of Pediatricians).

Tetanus-diphtheria-acellular pertussis (Tdap) or tetanus-diphtheria (Td)

Should be given to children aged 11-13 if at least 5 years have passed since the last dose. Tdap protects against pertussis (whooping cough), a highly contagious respiratory disease that is being seen with increasing frequency in the previously vaccinated adolescent population. Td is used in children who should not get the pertussis vaccine. Booster doses of Td are recommended every 10 years for adults.

Chickenpox (varicella)

Should be given to teens who have never had the disease or have never received this vaccine. If a teenager is 13 or older, 2 doses given a month apart will be needed.

Meningococcal

Should be given to all children aged 11-12, those entering high school, and students entering college, especially those living in dorms. The one-time dose protects against meningitis, a bacterial disease that is transmitted through respiratory droplets.

Influenza

Should be given to teenagers who have a medical condition (asthma, diabetes, cardiac conditions) that put them at greater risk for problems if they get influenza. It is also recommended for those teenagers who have close contact with anyone who is at high risk for complications of the flu (parents, siblings, grandparents). Should also be given to anyone who wants to lower risk for getting the flu.

Hepatitis A

Should be given to those teenagers who live in a community with a high rate of Hepatitis A or who are planning to travel to or attend school in a country or state with a high rate of Hepatitis A infections.

So next time you take your teenager to the doctor, prepare them for the possibility of some more shots. And be ready to give a few hugs to soothe that sore shoulder.

Because Even Big Kids Need Hugs!!!