



ST. SEBASTIAN SCHOOL

Celebrating Over 100 Years of Catholic Education

March 7, 2018

School Office: 414-453-5830

Email: school@saintsebs.org

Fax: 414-453-9449

Ms. Grams, Principal

Website: school.saintsebastianonline.net



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Dear St. Sebastian School Community,

We pray this third week of Lent is proving fruitful for you and your families. During these 40 days, we collectively and individually take pause to pray, reflect upon, and consider ways we might allow the Lord's inner workings to challenge us to grow in ways we are both aware and perhaps unaware of. Our students and staff are participating in the Sacrament of Reconciliation today, following mass. Regardless if a student is Catholic, or is but has yet to receive the Sacrament, all in our community will have the opportunity to reflect on ways we are called to change for the better, what we might need or want to "clean out" from our souls, and what we might want to add into our lives so we may live true to our school mission of better loving God and serving others.

We encourage you to take time as well as parents and families to either prioritize attending the Sacrament of Reconciliation at opportunities offered throughout the diocese, or reflect as you feel God calls you within your denomination or faith practices. As "scary" as one can feel heading into confession and admit our wrong-doings, it can also grow to become a truly freeing experience as we allow ourselves to grow in God's graces, filling ourselves with more and more of "the good".

May the Lord bless and keep you always!

Have a wonderful week,
Ms. Grams

TECHNOLOGY UPDATES - Below is information on aspects of technology, all applicable to our students and family life outside of the school day. The first section, "Raising Children in the Digital Age," focuses on screen time with kids. St. Sebastian is blessed to partner with Mount Mary as they provide services to our students and supports to our teachers in areas of occupational therapy. We were having a discussion recently about the effects of screen time (both good and bad). Their students and instructor offered to write information to share with our families, which you can read below.

Secondly, Mrs. Kelderman (our school Technology teacher) prepared information for you regarding the importance of keyboarding and how you might support your child at home. Keyboarding is a useful skill for certain, particularly as students grow in grade levels and are typing more on a computer.

Lastly, please see the note regarding ensuring your child has headphones at school for the Forward exam, beginning March 20th.

As always, please be vigilant of monitoring your child's internet usage, whether on phones or home computers, checking their search history, scanning their social media usage, nature of text messages, and any apps you may not be familiar with. As the well-respected *Parenting with Love & Logic* philosophy shares, access to technology for our children should be viewed as a privilege, not a right. Also as St. Sebastian parent and Milwaukee Judge Derek Mosley shared in the beginning of the year, be sure you have all passwords to your children's online accounts. All of these efforts are of course to keep our children safe, their minds and hearts pure, and protect their innocence as developmentally appropriate.

**** Raising Children in the Digital Age—Screen Time**

(From Mount Mary):

It's 2018, and screens are everywhere: smart phones, tablets, computers, and TVs. All are worthwhile in that they can provide children with educational experiences and communication.

However, too much screen time can make school days more challenging for children. Wonder why?

- Screens arouse our nervous system and an aroused nervous system makes it harder to fall asleep, stay asleep, and get quality sleep.
- Because of these potential sleep disturbances, mood, behavior, and attention span during the school day can be impacted.
- Thinking patterns and memory can also be impacted, making it harder to do well on different learning tasks during the school day.

What can be done to minimize the impact of screen time?

- Have device-free zones, such as a child's bedroom or kitchen.
- Turn off screens at mealtimes.
- Have device-free time, especially the critical 1-2 hours before bedtime.
- Establish a consistent bedtime routine.
- Be aware of your own screen time when children are present and how it influences them.

(Resources/For more information on this topic):

<http://occupationaltherapychildren.com.au/screen-time-how-to-make-it-healthy/>

<https://www.acpeds.org/the-college-speaks/position-statements/parenting-issues/the-impact-of-media-use-and-screen-time-on-children-adolescents-and-families>

<https://www.growinghandsonkids.com/screen-time-sleep-affect-childs-behavior.html>

**** The Importance of Keyboarding:**

(from Mrs. Kelderman, St. Sebastian Technology Teacher)

Recently a school parent contacted us asking whether we might offer more keyboarding, considering the digital age with live in and how often students submit papers on line in the upper grades. Following is an update from our Technology Teacher, Mrs. Kelderman on this very topic, along with ways you can help your child grow in this skill area:

Did you know that all Saint Sebastian 3rd graders through 8th graders have keyboarding accounts that can be accessed outside of school with an available internet connection? 3rd grade through 5th grade students have typingclub.com accounts and 6th grade through 8th grade students have typing.com accounts. Practicing often for short amounts of time will help students improve their typing accuracy and speed! Our goal is for 3rd graders to type 10 words per minute, 4th graders to type 15 words per minute and 5th graders to type 20 words per minute. In Middle School, students are aiming to type 20 to 30 words per minute. If you can, please have your student take a little time to practice at home, supporting what they are learning in school!

**** Headphones for Forward exam** - Please confer with your child to know if he / she has a personal set of headphones at school, which are necessary for Forward testing beginning March 20th. We do not like to share headsets for matters of "hair hygiene," shall we say. Thank you.

WISCONSIN FORWARD EXAM STATE TESTING - Students in grades 3-8 will participate in the Wisconsin Forward Exam State Standardized test again this year. The Forward Exam measures student proficiency against academic content area standards set by the State of Wisconsin. The testing window for the Forward Exam is March 19 - May 4. Grades 3-8 will complete tests in the areas of ELA (including Reading, Listening and Writing) and Math. Additionally, grades 4 and 8 will complete tests in the areas of Science and Social Studies. Individual class testing schedules will vary.

All components of the Wisconsin Forward Exam are administered electronically. We will be primarily using the new computers in the computer lab and also Chromebooks for some sections of the test. **All students will need headphones** for the test. Many of the students already have headphones at school. If you have not yet sent headphones for your student in grades 3-8, please do so by March 16th. It will not be easy for siblings to share, so please send a pair for each child. Ear buds are fine as well.

Please be certain, as always, that your children are well rested, present at school on time and for the entirety of the school day, as well as eating a nutritious breakfast. Whether in the classroom or for assessments, we want to ensure students are prepared and ready to engage in their learning!

GOOD NEWS – SAFEGUARDING SESSION TO BE HELD HERE – If you have been wanting to take the Safeguarding All God’s Children class, we have a convenient opportunity coming up. It will be offered here at St. Sebastian in the evening on **Thursday, March 8th**. This one-time session is required by the Archdiocese of Milwaukee. Any adult working or volunteering with children or chaperoning a field trip is required to have participated in this awareness session, as well as completing a background check. You must register online at www.archmil.org/offices/safeguarding.htm.

HALF-DAY ADDED TO OUR CALENDAR - On **FRIDAY, MARCH 9th**, we will be adding a half-day to our school calendar in order for our faculty to attend an Archdiocesan professional development program. Please mark your calendars and **plan to pick up your child at 11:00am** on that day.

FORENSICS FRENZY, MARCH 12TH! – All school families are invited to a special showcase of the Middle School Forensics Team and their pieces, many of which are State-qualifiers! **5th graders** are especially invited to come see what forensics is all about, so that you are informed for next year. Parents, you will be amazed at the life skills that forensics helps to develop in your child. It is coming up quickly on Monday, March 12th, so mark your calendar now. We will begin at 7:00 PM, starting in Room 205 (Mr. Ellestad's room) and also in Ms. Rick's and Mr. Rogaczewski's rooms. Refreshments will be served. Bring the whole family!

DRESS CODE – Please remember that socks should be in school colors – no fluorescent, crazy patterns or non-school colors.

ST. PATRICK'S DAY – You may choose to dress down and wear green on Friday, March 16th in celebration of St. Patty's Day.

DAYLIGHT SAVINGS – Daylight Savings begins Saturday night. Be sure to set your clocks ahead one hour.

PEW OILERS NEEDED (March 1-18) - Our church is such a serene and beautiful environment for all to enjoy. We would appreciate it if you could help give it the loving touch it deserves. We need the help of several adult or student volunteers to assist with lemon oiling the church pews and interior doors. This job needs to be completed before March 18th. Please call Julia Galligan, at 453-1061, to register for a section of the church pews. She will try to work around your schedule and will provide training and supplies: lemon oil and flannel cloth. Scout groups, this would be a great service opportunity. Teachers, perhaps you and your students may want to take this project on for a Lenten group project.

YEARBOOK ORDERS – Order forms for this year's school yearbook were sent home with each student last week. Extra order forms are available in the school office. The cost is \$13.00. Orders are due March 8th. Checks should be made payable to St. Sebastian School.

CONGRATULATIONS TO OUR FORENSICS TEAM – They received another 1st Place team trophy this past weekend at Cudahy Middle School. That makes 3 1st Place trophies in the last 3 tournaments. Let's keep it going clear through state!

Individual trophies were also received in abundance.

1st Place – Lily Beecham, Naana Dampare, Indie Jiardini and Michael Whitney

2nd Place – Rayven Dodd, Miguel Villa and Katie Knapp

3rd Place – Claire Nistler

Our new state qualifiers for the week are Levi Keiser and Anna Larch. We now have 12 out of 18 members qualified for state competition.

FORENSICS PARENT MEETING, MONDAY, MARCH 12TH – State qualified team members and one parent are to meet in Mr. Ellestad's room (Room 205) for information about the weekend tournament, from 6:00 – 6:45 PM. Performances from ALL team members are immediately following.

FISH FRY DATES!! (CARRY OUT ONLY) - Mark your calendars!! You still get to enjoy Milwaukee's BEST fish fry for dinner, but in carry out form.

March 9th - St. Coletta's parents will be there to make sure you get all your fish fry carry out needs!

March 16th - Faith Formation will be there to make sure you get all your fish fry carry out needs!

GRADE A FISH FRY - Thanks to all the First Grade parents and our outstanding regular volunteers, we professionally handled our biggest fish fry EVER! Not only did we bring in more than \$10,000, but all our volunteers did their best to keep the wait time under 15 minutes. Earlier in the day, we passed our annual inspection from the city health department with an A grade, a tribute to the extra effort we make to assure cleanliness and food safety. Our next fish fry is March 9, and we're always looking for volunteers who love working in a fun community. Sign up at the volunteer portal at <http://bit.ly/SebsSignUp> or contact Lisa or Amy (lisamweger@gmail.com or amy4ever72@hotmail.com) if you have questions.

SAVE THE DATE! To all 5th - 8th grade Volleyball and Basketball players, this year's YAC Sports Awards Night will held on Wednesday, April 25th at 7pm in the Church Hall. For those unfamiliar with this event, student athletes will receive a red letter "S" and a pin for each sports they participated in, as well as an honors pin if they made honors this year. Mark your calendar now!

READERS ARE LEADERS UPDATE - Congratulations to the following student this week for earning the following points! Keep reading!!!!

75+ POINTS

Caroline Grams

ROSIE READER - Congratulations to the following students for their progress on the Rosie Reader program:

Completing the letter "R" in reading:

K4 - Trey Howard

Completing the letter "I" in reading:

K5 - Ruby Foster

Great job to all. Keep on reading!!

TRIVIA NIGHT - MARCH 17TH - Do you have the luck of the Irish, or the skill of a trivia wizard? Either way, join us for a night of fellowship, fun, and fundraising. Register your team (up to 10 members-age 16 or older) by filling out the attached form and returning to the school office. Teams must register and pay the entry fee of \$10/team member. Bring your own snacks and beverages, but a little leprechaun says there will be 992 ounces of a well-known green St. Patrick's Day beverage for everyone's (of age) enjoyment. Prize given for the best team spirit such as creative team name, theme, coordinated outfits, or table decorations! If you are looking for a team, please contact Molly Ambrose at mambrose@saintsebs.org and she will help organize a few tables. All proceeds go towards H&S.

GRANDPARENT/SPECIAL GUEST DAY - St. Sebastian's annual Grandparent/VIP day is on May 2nd. Home and School is preparing an invitation to be mailed. An invitation will be sent to all the addresses on the grandparent forms that have been turned in. If you have not returned your grandparent form yet, or if a grandparent is not able to attend, and you would like an invitation sent to a "Special Guest" for your child, please send a name and address to the Home and School Chair, Molly Ambrose at mambrose@saintsebs.org.

MILEAGE CLUB UPDATE - Mileage Club is a fun and healthy option for our students in grades 2nd - 5th to have the opportunity to run during their recess on designated days of the week. As an FYI, Mileage Club will be taking a brief hiatus as we re-evaluate a safer route so our students are no longer running on the busy 55th Street. Between cars speeding by, unfamiliar pets and individuals coming by, a car recently taking down one of our trees after coming up on the curb (during non school hours), etc., a safer plan and path on the 54th Street side of the school will be considered and implemented. Please see any additional notes on Mileage Club regarding the need for on-going volunteers to keep this opportunity running (pun intended!).

MILEAGE CLUB VOLUNTEERS - Mileage club is in need of parent volunteers starting after Spring Break. The program opens up to 1st grade in April and we need parents, especially 1st grade parents, to help encourage the runners and punch their mileage card. Please consider helping out either regularly or as your schedule allows on Tuesdays and/or Thursdays from 11:45-1:00. Please contact Cat Bresser at ccbresser@gmail.com with your availability. This is a really great program for our children and we need more parents to help out to keep it running (no pun intended).