

March 2, 2023

## Principal's Corner

Happy March! What a busy month we have ahead of us! Next week there will be a videographer at school creating a promotional video. This is followed by Saints Night Out on the 18th. Have you purchased your tickets? Before you know it, Spring Break will be here!

Blessings,  
Jacquelyn Chatelaine

## Videographer

On Wednesday, March 8 and Friday, March 10, there will be a videographer at school to create a promotional video. Please make sure that your student is dressed appropriately.



## A "Quick" Note from Art

Please remember our fabulous student artists and the all school art show "Art Attack" at the Arts Guild. The show is up until March 11th.

An email invite was sent to all 4th grade parents for the real clay food gallery the mornings of April 17th and 18th. A more personal invite to come!

## March Lunch Menu



## Dates to Remember

- March 3 - Stations of the Cross 1:45- 5th grade leads
- March 9 - All School Open House 5-7pm
- March 10 - Stations of the Cross 1:45- 6/7th grade leads
- March 18 - Saints' Night Out Event
- March 21 - POM session: Parenting Pitfalls, 7:00pm
- March 27 -31 No School, Spring Break
- April 3 - No bussing
- April 4 - No bussing
- April 7-10 - Easter break

## Saints' Night Out!

A reminder that our pre-sale ticket package is ONLY available until this Friday 3/3! [Buy now!](#)

**SNO WEEKLY  
NEWSLETTER  
2.27.23**

## Donate to the Live or Silent Auction!

**FOR EVERY \$25 GIFT CARD DONATED, YOU WILL RECEIVE 1 HOUR OF VOLUNTEER HOURS.**

We are in need of live or silent auction donations.

- Sporting event or musical tickets
- Themed baskets
- Gift cards
- Stay at your condo or cabin
- Hand-crafted items
- Electronics
- Clothing
- Group events (host a baking or cooking class, special dinner or cookout, or yoga class)
- Wine or brewery tours or tastings

Money can also be donated to purchase auction or raffle items, games or prizes. [Click here or below to donate!](#)

## Night Of Event Info!

Be sure to dress in your best Irish attire - and you could be the big winner!

**5 PM:** Doors open, check-in begins, silent auction, games, food and drinks.

**7 PM:** Live auction & program.

**8:30 PM:** Shenanigan's Live Band

**11 PM:** Doors close

**More details and information to come [here!](#)**



## Peace of Mind and Nurtured Heart

Parent Session in March:

### Parenting Pitfalls

March 21 at 7pm

As parents, we are happiest when our children are happy, performing well at school, and getting along with others. When they struggle or stumble, we often suffer for them, worry about them, and feel compelled to help them through. Sometimes though, well-meaning parents can “help” in a way that actually robs their children of valuable experiences that are necessary to develop courage, conscientiousness, and resilience. In this session, parents will learn how to avoid some common parenting mistakes that can hinder development.

[Registration Required](#)

If you missed the February webinar, you can access the recording below:

[Stress, Anxiety, Perfectionism, and Motivation](#)

### All School Open House Volunteering

We have some volunteer opportunities for our All School Open House! Please use the [link](#) to sign up!



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# ALL SCHOOL OPEN HOUSE!

## Thursday, March 9th ★ 5 - 7 PM



Meet the  
teachers, tour the  
school & register  
for the 2023-2024  
school year!

- ★ Preschool-8th Grade
- ★ The Premier Literacy School
- ★ Right-Sized Classes
- ★ Social Emotional Learning
- ★ Faith and Character Formation
- ★ Specialist Classes Include:  
PhyEd/Health, Art, Music,  
SMART, STEM and Spanish
- ★ Middle School Leadership Development



**St. Dominic**  
SCHOOL

### All School Open House

We are hosting an all school Spring Open House on Thursday, March 9th from 5-7pm. Please invite your family, friends and neighbors who may be interested in our program.

This is an opportunity to meet the teachers, enjoy activities and tour the school for all grades including our Middle School Program.

[Learn more here!](#)

# WIN \$500 OFF TUITION!

Attend the Open House as a new prospective or newly registered student and enter to win \$500 off tuition for the 2023-24 school year!



**St. Dominic**  
SCHOOL

Our Foundation. Their Future.

St. Dominic School inspires children to excel as confident leaders, critical thinkers, and responsible citizens in a Catholic, values-based community.



# COUNSELOR NEWSLETTER



## CONFLICT RESOLUTION AND "I STATEMENTS"

Conflict resolution is an important life skill for children and adults. One strategy to engage in healthy conflict is "I statements". I statements require active listening, tuning into our own emotions, and expressing how we feel verbally and calmly. I statements do not place blame rather they focus on the feelings



### I-Statements

I Feel: _____	When: _____	Because: _____	I'd like: _____
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#### Example:

I Feel Hurt	When You ignore me	Because It seems like I don't matter	I'd like Us to talk like we used to
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## Assertive Communication



# I-STATEMENTS

When I express myself with I-messages, I use a firm and gentle voice and communicate:

1

I FEEL

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My feelings about a behavior / situation

2

WHEN

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A blame-free description of the behavior that is a problem for me

3

BECAUSE

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The effect the behavior has on ME

4

(MY NEEDS)

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What I need the other person to do instead



## EXAMPLE

I feel annoyed when you keep on checking if I've done my homework because it tells me you don't trust me. I need to be able to prove that I can do it on my own.