



The Charger Chronicles

Immaculate Conception School Parent Newsletter

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From the Principal

Many Thanks

Thank you to all of those parents who helped with our Halloween Family Fun Night. Thank you especially to our Chair, Sarah Cuartas and Silvana Collins, PTO moderator! It was my first Halloween Family Fun Night, and I was thoroughly impressed by how organized the evening was, by the various activities for the children, and by the spirit of community that permeated the evening. ICS is truly a special place!

Thanksgiving Food Drive

During this month of November, we will be collecting non-perishable food items for our Thanksgiving Drive. This drive will go to benefit the St. Vincent de Paul Society, who will help provide Thanksgiving meals for those in our community who are in need. Each homeroom class will decorate a Thanksgiving box which they will fill with donations, and we will offer these gifts up at our Thanksgiving Mass on Wednesday, November 15th. Parents and grandparents are invited to join us for this special Mass of Thanksgiving.

The Power of Gratitude

With Thanksgiving fast approaching, gratitude will once again take its place at the center of our tables, nestled somewhere between the mashed potatoes and turkey. Although gratitude may be an element of our family traditions and spiritual practices, emerging research points to gratitude as a potential bridge between a student's academic and social well-being. Gratitude is defined as "affirming that there are good things in the world-gifts and benefits that we've

received-and recognized that these sources of goodness come from outside ourselves."

Studies show that grateful youth have higher GPA's; experience more positive emotions, and ultimately, go on to live more meaningful lives. In addition, gratitude among middle school students can foster an increased sense of hope and trust in others and fuel a desire to give back to their community. Recent findings by the American Psychological Association suggests that practicing gratitude at a young age promotes later development of self-control and self regulation, which are essential for lifelong success.

Gratitude can manifest in kids as young as 6 or 7 by linking positive events to the people who help foster them. Usually, though, gratitude doesn't fully materialize until ages 10-14, when students become less egocentric and develop the ability to empathize. To incorporate gratitude early, encourage children to say why they are grateful or thankful. Generally, by 1st or 2nd grade, children can get that; however, parents and teachers have to model that again and again for children in terms of why they're grateful for something or someone.

Gratitude can be taught, learned and transform a person's life by seeing it modeled, practicing it regularly, and by using gratitude journals. If you'd like to practice gratitude with your family, have each of you keep a gratitude journal and/or share with one another each day, what and who has made you grateful.

Some years ago when my daughter was in middle school, I noticed that each afternoon she would get in the car to ride home and would begin going on about all that went wrong that day—about who she was not getting along with, how teachers/classmates were unfair, too much homework etc. it began to really get me down, was ruining our ride home and putting us both in a bad mood. One day I said enough! I explained to her that we would be instituting a new positive tradition. Each day on our way home, both of us would share three things we were grateful for that day. I said that after we shared the three things we were grateful for, then and only then, would I listen to her problems from the day. I also said that things like “I’m thankful for my family or my health etc.” could only be used as one of the three. I explained that what we share should be specific and more thoughtful. For example: “I am thankful that Elizabeth came over and talked to me when she saw how upset I was at lunch.”

We began doing this each day, and even for me, it was hard on some days to come up with three. But over time this simple practice transformed our ride home, strengthened our relationship, and improved our overall well-being and happiness. In fact, after we would each share what we were grateful for, rarely did she share her complaints or unhappiness. The joy that came from being grateful overshadowed most issues that she once thought were important.

With all that being said, I want to say that I am grateful to be part of the ICS family. I am grateful to work with such dedicated teachers. I am grateful to partner with such generous parents, and I’m grateful for the loving students who brighten each day. May you and your families have a very Happy Thanksgiving!

Blessings,
Kim DiMarco

Crescent City Fall Classic

ICS will be participating in the Crescent City Fall Classic this Saturday, November 4th. The race begins at 8:30am. Please meet us by the ICS flag. The race bibs and t-shirts will be given to students Friday, November 3rd. We can’t wait to see all of our ICS families and friends! Thank you for supporting Immaculate Conception School. Please remember the students who participated may wear their CCFC shirts to school Tuesday, November 7th.

Academic Update

Immaculate Conception students completed the first marking period on October 13th. 150 students finished the first nine weeks with honors. Way to go, Chargers!



Walk for Juvenile Diabetes

Alex Gaitan was diagnosed at the age of nine months with juvenile diabetes – type 1, which means he will be insulin dependent for the rest of his life. We are hoping a cure will be found soon, but research cannot be done without funding. The goal is to raise \$2,000 for diabetes research. Every dollar will help and every dollar will bring us one step closer to a cure. Thank you in advance for your support. Immaculate Conception School will host a walk for juvenile diabetes Thursday, November 16th.

PTO

PTO Meeting

Extracurricular Showcase

Thursday, November 15th

6:00pm in the Middle School Gym

November 8th – Chick-Fil-A Night 5:00pm – 8:00pm

November 12th – Family Mass 10:00am & Kindergarten Thanksgiving Play

IC Pops

IC Pops Meeting
Thursday, November 16th
7:00pm in the Cafeteria



Bayou Bash Tickets on Sale Now!!

Buy your tickets NOW for the 2017 Bayou Bash to be held at the beautiful Bayou Barn on the banks of Bayou des Familles. The event will feature live music, food including a Cochon de Lait, wine and beer.

NEW to this year's silent auction will be **Class Creations!** Each grade level will create a one-of-a-kind personalized work of art. There will also be special **"Kids Rule the School"** items such as *Principal for the Day, Lunch with your Teacher, Reserved Seating for Graduation* and more.

WE NEED YOUR HELP! We are currently seeking sponsors for this year's event and accepting donations for our Silent Auction. *Invite your business associates, family, and friends to join us for our special night.*

Please see the attached Bayou Bash Sponsorship and Ticket Information form to buy your tickets and for sponsorship information. For more information contact Silvana Collins in the Advancement Office by email at s.collins@icschargers.org or at 504-347-4409 ext. 21

Thanksgiving Break

School will be closed November 20th – 24th.
School resumes Monday, November 27th. Have a safe and happy holiday!

Smoothie King Day

Our next Smoothie King Day is Thursday, November 16th. This month's flavor is Lemon Twist Strawberry. The ingredients are strawberry, lemon, papaya, water,



and ice. \$3.00 **CASH** money is due Tuesday, November 14th.