

VOL. 1 ISSUE 3 • SEPTEMBER 28, 2022

THE ICRS MINUTE

A BI-MONTHLY NEWSLETTER BROUGHT TO YOU BY PRINCIPAL RUTHERFORD

PRINCIPAL'S MESSAGE

Dear Parents:

I am dedicating this newsletter to mental health. One of our core beliefs at ICRS is that children must feel safe and loved before they can learn. Students who are experiencing anxiety, depression, or other mental health issues may have trouble adjusting and learning. Also, due to the disruptions of COVID, we are seeing more children who are behind in developing their social skills.

Please know that ICRS teachers and staff work every day to help children develop their social and emotional skills. This is tied into our Catholic identity of loving one another, and seeing the face of God in every person we meet. We teach social and emotional skills with "buddy" classes and "family groups". And we teach skills specifically with our social and emotional curriculum, *Top 20*, which supports students in developing effective habits of thinking, learning, and communicating.

Here are some messages that we teach from *Top 20*:

- School should be a place everyone enjoys coming to – a place where people feel safe, work together, and trust one another.
- Remember that our #1 job is to help others succeed – that includes our friends, our teachers, and anyone who is in our school.
- You matter
- Honor the absent
- It's easier to change our attitude – our inside world – than it is to change our outside world – parents, teachers, and school. But if we change how we think about our outside world, we'll change our experience in life.
- *Top 20s* believe most of their happiness or success is tied to their thoughts. It has very little to do with what happens to them.



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PRINCIPAL'S MESSAGE (CONT.)

- There are two types of thinking: Above the Line and Below the Line. When we are Above the Line, our attitudes, beliefs, and moods are very different than when we are Below the Line. When we are Above the Line, our thinking is working in our best interest. Above the Line thinking brings out the best in us.

Ask your child about *Top 20*. Teachers will be teaching at least two lessons this month. I will be sharing more about this program in future newsletters.

Please look for upcoming parent meetings this October to learn strategies to support our children's mental health. There will be one for PreK-5th grade and one for middle school. More information to come – earn a volunteer hour by attending.

-Sarah Rutherford

EXTENDED CARE

All students are welcome in extended care, but we need to ensure there is ample space and proper supervision each day. A registration sheet is included in the quick links section of this newsletter. Please complete, and return to Miss Sue so she can properly plan. Questions please email smoanorton@icrsweb.org. While admittance to Homework Help is based on teacher recommendations, other 4th-8th graders who want a quiet place to work after school may attend Homework Help. The same fees for Extended Care will apply; \$3.25 for half an hour and \$6.50 for an hour.

IMPORTANT DATES

September 28: Middle and High School Youth Group begins

September 29-30: 7th grade Baker Lake trip

October 7: School Mass 9:30am and Family Fun Night 6:30-8:30pm at St. Joseph Center

October 11: Middle School Retreat

October 13: Noon dismissal (teacher in-service)

October 14: No school (teacher retreat)

October 15: Call to Protect class 9am-12pm in ICRS Library

Date TBD: Elementary and Middle School Mental Health Night



THE BEST RELAXATION APPS FOR KIDS WITH ANXIETY

A lot of kids struggle with anxiety every day. Thankfully there are easily accessible ways to help your child learn coping skills.

by: Parenting Chaos



BREATHE, THINK, DO SESAME

Breathe, Think, Do with Sesame is intended for parents and caregivers to use with their young children (ages 2-5) to help teach skills such as problem-solving, self-control, planning, and task persistence.



KIDS YOGA DECK

Children will love to move their bodies as they flip through their very own yoga deck. With clear pictures and step-by-step instructions, these yoga poses are fun, child-friendly, and great for every body!



SMILING MIND

Smiling Mind is designed to help people pressure, stress, and challenges of daily life. This app has a fantastic section on Mindfulness in the Classroom and is suited for kids ages 7-18.



SUPER STRETCH YOGA

Super Stretch is an educational yoga tool to use and teach the fun of physical activity and breathing to children. They will use the skills of self-awareness, self-esteem and self-regulation that they learn from this app as a foundation for the rest of their lives.



BREATHING BUBBLES

Breathing Bubbles is an app that helps kids practice releasing worries and focusing on good feelings by allowing kids to select the emotion they are feeling and how strongly they are feeling it. Kids can choose to handle their emotion by releasing a worry or receiving a joy as Manny the Manatee walks them through deep breathing and visualization.



DREAMY KID

The DreamyKid meditation app offers meditation, guided visualization and affirmations curated just for children & teens. It uses proven techniques that teach your kids methods to guide them towards a happier life through mindfulness.



CALM

Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced users.

Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule.



CALM COUNTER

Calm Counter is a visual and audio tool to help people calm down when they are angry or anxious. The app includes a social story about anger, and audio/visual tools for calming down.



TAKE A CHILL

This app is full of tools to help manage that stress and bring mindful practices into a daily routine. Using quick mindful exercises and thoughtful activities, begin to overcome those moments whether it's studying for a test or preventing negative thoughts and patterns. Calm Counter is a visual and audio tool to help people calm down when they are angry or anxious. The app includes a social story about anger, and audio/visual tools for calming down.

SEE 6 MORE APPS AND READ MORE >>

[PARENTINGCHAOS.COM](https://parentingchaos.com)





VOLUNTEERING

Volunteering keeps tuition down, builds community, and gives parents an inside look at our school environment. Thank you to all our volunteers; you make our school a special place! We are especially grateful to our wood chip crew who moved over 60 yards of wood chips in less than two hours! Volunteers included John DiPardo, Jeremy Gilman, Jose Ramirez, Anthony and Will Reese, Jennifer Kuzman, Brody and Tony Sanger, Russ Bumgarner, Kristi Leksen, Trisha, Bradley, and Hunter Mendenhall, Peter and Mike Janicki, Kyle and KJ Rutherford, Kali Ortiz, Caitlin Dominguez and Rachel and Dean Youngquist.

We have several volunteer opportunities available including yearbook coordinator, volunteer coordinator, facilities and maintenance committee, recess duty and auction committee. If you are interested, please contact the office.

Please complete and return the School Volunteer Agreement from the Archdiocese included in last week's Brown Envelope and in the quick links section of this newsletter.



SAFETY REMINDER

During morning drop off, please arrive just before 8:15am to avoid a line of cars forming on 15th Street. Please do not block the road for other motorists or block the entrance to the front parking lot for staff or other visitors. Thank you!

12 Ways to Help Kids CALM DOWN

In-the-moment techniques to calm a child who is overstimulated are SO important. Here are 12 ways to help a child get into a calmer space.

SENSORY INPUT



Carry something heavy to engage the large muscle groups



Hang upside down on the jungle gym or on a couch



Get a really tight, long bear hug from a friend or family member

CROSSING THE MIDLINE



Do cross-crawls: Touch one hand to opposite knee. Repeat with other side.



Do 20 jumping jacks then touch hand to opposite toe 20 times



Draw wide figure 8's in the air in front of you. Do it with each hand

GROUNDING



Focus on what you hear, see, smell and feel to bring attention back to your body



Wash your hands for 2-3 minutes and really feel the water.



Ball your hands into fists, then relax. Tense entire body, then relax.

MINDFULNESS



Do square breathing: Do each for 4 seconds: breath in, hold, breath out, hold. Repeat.



Grab a textured object. Close your eyes and describe what it feels like.



Jump up and down for 1 minute. Then close your eyes, put your hand on your chest and count your heartbeats.

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