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THE ICRS MINUTE

A BI-MONTHLY NEWSLETTER BROUGHT TO YOU BY PRINCIPAL RUTHERFORD

PRINCIPAL'S MESSAGE

Dear Parents:

As we head into August, this can be an exciting time for children as they begin thinking about returning to school, but it can also cause anxiety.

I know that many parents know more about anxiety than me, but I am sharing what I have learned over the many years of being a teacher, parent, aunt, and human.

First, anxiety manifests in many ways: stomachaches, headaches, crankiness, obstinance, picking fights with siblings, or even yelling at the dog. A child may seem perfectly fine, and then turn into a puddle of feelings the next minute. As a parent, it is very helpful if you can recognize the behavior as a manifestation of anxiety – this will help you stay calm.

Second, do not try to solve anxiety issues when your child is “hot”. The anxiety will take over and your efforts will backfire. There is no reasoning with a highly anxious child.

Third, be proactive about anxiety. Visit the school and meet the teacher before school starts. Schedule play dates so that your child has one safe person to focus on. Start adjusting sleep schedules so that your child is well rested and physically ready for each day. Put your child in the art or basketball camp for fun exposure to the school setting before school starts.

Fourth, make the anxiety the “other”. I found it helpful to call anxiety *the dragon*. I spoke with my child in terms of learning skills (or weapons) to slay the dragon. This included taking deep breaths, having conversations about future events, celebrating successes, and learning the dragon’s weaknesses. (Dragons do not like it when you make small wins, such as going to the party or talking to someone who seems scary. This takes away their power.) The small wins over anxiety can snowball into big wins, and this approach gives a child agency over their own feelings.



THIS ISSUE:

PRINCIPAL'S MESSAGE
PAGE 01

PRINCIPAL'S MESSAGE (CONT.)
PAGE 02

UPCOMING EVENTS
PAGE 03

QUICK LINKS

[SUMMER CAMPS](#)
[FAMILY FUN NIGHT](#)
[MIDDLE SCHOOL ELECTIVES](#)
[SPIRIT WEAR ORDER FORM](#)
[UNIFORM POLICY](#)
[SCHOOL CALENDAR](#)
[SCRIP ORDER FORM](#)
[SEPTEMBER VOLUNTEER](#)
[FREE AND REDUCED LUNCH](#)





PRINCIPAL'S MESSAGE (CONT.)

I have found this helpful because the child learns that they are not their anxiety; they just feel the anxiety.

Fifth, know that you won't solve the anxiety problem. My adult children still talk to me about their anxiety. I remind them of all the skills that they have as they go into the unknown future. And sometimes, I ask them to tell me the worst that could happen. Once they go down the worst-that-can-happen road, they realize that everything will be okay in the end.

A great way to get your kids into the school routine and reduce some of their back-to-school anxiety is to enroll them in **ICRS art and basketball camps**. Non-ICRS friends are welcome to attend too! Miss Morgan will be hosting an art camp and Liam Johnston, ICRS alumni and PLU basketball player, will lead our basketball camp. Please see the flyer in the quick links to register.

Forms in *QUICKLINKS*: Ask your middle school student to start thinking about what **elective** they would like to take this year. Also, remember that **Tuesdays are spirit day**. All students can wear spirit t-shirts or sweatshirts instead of their normal white-collared shirts. As you shop for **uniforms**, please keep our policy in mind. We will be following our policy this year! Lastly, if you think that your family may qualify, **please apply for free and reduced lunch**, even if you do not think your child will order hot lunch. The federal and state governments use this data to allocate funds and provide grants to our school.

Enjoy these last few weeks of summer!

-Sarah Rutherford

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*Welcome
New
Families!*



NEW FAMILY MENTORS NEEDED

If you are interested in mentoring a new family, please contact our volunteer coordinator, Addelle Diedesch at Addelle@gmail.com or me. Mentors welcome new families, answer questions, and help them navigate everything from getting volunteer hours to using the ferry line.

SUMMER WORK PARTIES

The week of August 22-24, we will have class work parties from 4-7 PM. You are welcome to join parents of your child's class to get work done around campus.

WE NEED A PARENT VOLUNTEER TO LEAD EACH CLASS. PLEASE EMAIL ME IF YOU ARE WILLING TO BE THE LEAD. DOUBLE VOLUNTEER HOURS FOR THE LEAD PARENT!

Tuesday, Aug 22: K-2nd grades

Wednesday, Aug 23: 3rd-5th grades

Thursday, Aug 24: 6th-8th grades

IMPORTANT DATES

August: Office open M-Th from 9am-3pm

August 21-24: Art and Basketball Camps REGISTER

August 25: Family Fun Night: 5-7pm ICRS blacktop

August 30: 2-3pm, students are welcome to stop by classrooms, meet teachers, and drop off supplies

Back to School Night: 6pm - parents only, please

September 5: 1st day of school - Join us for prayer in the grotto at 8:40 followed by parent coffee social in St. Joe's

Noon Dismissal (11:30am dismissal for PreK)



Thank you, Mr. Hansen and Mrs. Oropeza, for working all summer to get the school ready for September

"We're all like localized vibrations of the infinite goodness of God's presence."

Thomas Keating