

# Learning at School & at Home



October 2023



From Mrs. Albert's Desk

KINGSTON CATHOLIC SCHOOL

September was a busy and happy month here at KCS! We welcomed familiar faces back and met new classmates, teachers, and staff members. We also established routines and procedures here at school that will carry us through the year.

Here are some tips to help you do the same at home to keep learning focused and homework productive:

## Create a Homework Space-

Create a special, personalized corner of a room dedicated to learning, creating, and reading.

## Establish a Routine-

Children need structure, so make sure to let them know what you expect. You can create a visual schedule for younger

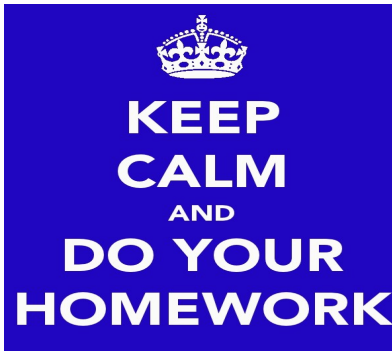
students to follow. Older students can use a calendar or planner to keep track of what's due each day.

## Keep Them Close-

When it's hard for your child to focus, try to keep them close. Consider setting up nonverbal or one-word cues to help get them back on track.

## Give Detailed Praise-

Instead of saying "good job," try



giving specific details about your student's work. If they tried hard, let them know you noticed. Have they made progress? Used a new technique? In what ways are their efforts kind, clever, beautiful, or insightful?

## Use Movement-

Sometimes we just need to move our bodies. Physical activity can lift our spirits and get our minds refreshed for learning. Try a 5-minute walk or dance party to breakup homework time and help your student refocus.

## Let Us Know When You Need Our Help-

The team at KCS is dedicated to our students' success. Please don't hesitate to reach out to the school team. We are all here to help!

## Trunk-or-Treat is Coming

Our favorite fall event returns on October 27th! Keep an eye on the family folder to join the fun!

**...and, Middle Schoolers save the date:  
The Harvest Dance is coming ~ November 17th.**



## October~ the month of the Rosary

By tradition, the Catholic Church dedicates each month of the year to a certain devotion. The month of October is dedicated to the holy Rosary, one of the best known of all Catholic devotions. October includes the Feast of Our Lady of the Rosary (October 7). The best way to celebrate the month is, of course, to pray the Rosary.

The Rosary draws its mysteries from the New Testament and is centered on the great events of the Incarnation and Redemption with each decade referring to an event in the life of Jesus and Mary. The Mysteries of the Rosary give us "thumbnails" of the life of Christ and his Mother.

- The Joyful Mysteries are taken mostly from Saint Luke's Gospel in the New Testament. They involve the joyful events of Jesus' childhood.
- The Luminous Mysteries bring a deeper understanding to the public life of Jesus. They fill in the blanks between the childhood of Jesus and His suffering and death on the cross.
- The Sorrowful Mysteries remind us of how much Jesus loves us. They recall how He suffered and died just for us.
- The Glorious Mysteries tell us what happened after Jesus died-His Resurrection, the descent of the Holy Spirit and the love Jesus had for his Mother.



# The Kids are Alright...Social-Emotional Learning

Looking for ways to help your child with social-emotional learning? Like many schools, Kingston Catholic teaches our students how to cope with feelings, set goals, and get along with others. You can help your child work on these skills at home, too.

**Starfish and Tornadoes- The goal:** To help kids notice how much energy they're feeling inside. When they know they have too much energy, they can either use their own calming skills or ask for help from a trusted adult.

**How to play:** Make a picture of a thermometer. Draw a starfish at the bottom

and a tornado at the top. Ask if your child feels calm and peaceful like a starfish or revved up like a tornado. When your child is feeling over-energized, brainstorm together about ways to feel more like a starfish. For example, bouncing a ball to help release some of that energy.

Try playing this game at different times of the day and help your child describe the energy levels. For example, if you play first thing in the morning, you can say, "You like to snuggle and watch cartoons." Or, "I bet you could run up and down the stairs five times before I finish making breakfast!"

**Keep in mind:** Self-awareness can help kids build a skill called self-regulation. Self-regulation is about managing your internal energy. It helps kids manage their emotions and their body movements during tough situations. It also helps them pay attention and learn. -Go to Understood.org for more information.



## Getting the Band Back Together

On Friday, September 15th the team from Paul Effman Music returned to Kingston Catholic after a long hiatus. They treated our students to a demonstration presentation of the various instruments that are available to them should they choose to join the band. Lessons will take place each Friday during the school day. Currently 32 students have joined the band!

Did you know that learning to play an instrument stimulates the brain cells, improving functions like memory and abstract reasoning skills, which are essential for math and science? Music, in general, helps bring balance and harmony in one's life. Children who learn to play an instrument have an outlet for creativity and their emotions.



## ART TO REMEMBER

Your family's ART TO REMEMBER packet came home on September 27, 2023 along with the directions for creating beautiful keepsake art that can be transformed into gifts for your loved ones. If your family wishes to participate in this school fundraiser, it is important that you read and follow the directions carefully for best results. As mugs, magnets, and more will make lovely gifts for your friends and family and support Kingston Catholic School why not start your holiday shopping?

## Prayer for Autumn Days

I praise you, Lord, for autumn:  
for falling temperatures and morning chill,  
trees turned gold and red, brown and orange,  
falling leaves and blowing leaves,  
the smell of burning leaves,  
the joy of leaf-pile jumping.

I praise you, Lord, for autumn:  
the interplay of outside temperatures and inside warmth,  
the promise of cider and pumpkin

bread,  
the blessing of blankets and sweaters.

I praise you, Lord, for autumn:  
the beauty and hope in the change of season,  
the promise that the coming of autumn heralds another ending,  
a new beginning,  
and the wonder of another winter,  
another spring,  
another summer,  
yet to come.





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
			5 Guys Fundraiser	Field Trip Gr 5-8	First Friday 12:00 Dismissal KCSFO Lunch in the Park; Band Begins	
8	9	10	11	12	13	14
	Columbus Day NO SCHOOL	Fire Safety Assembly Gr PK-4		Storyteller Jason Kruk Assembly Gr PK-8	Grs. K-4 Field Trip	
15	16	17	18	19	20	21
			KCS Family Organization Mtg 6:00pm		Teacher In-Service Day NO SCHOOL	
22	23	24	25	26	27	28
					Trunk-or-Treat 6-7pm	Fr. Bill Anniversary Mass 4pm
29	30					
	Trunk-or-Treat Rain Date					

# OCTOBER

## 2023

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
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SEPTEMBER 2023

NOVEMBER 2023

## COMING UP:

11/1 All Saints Day Mass 9:00

11/3 KCSFO Skating

1/8 Gr 5-8 Field Trip

11/10 Veteran's Day No School

11/16 & 11/17 Half Days- Report Card Conferences

11/21 Thanksgiving Pie Pick Up Day

11/23 & 11/24 Thanksgiving Recess



**BURGERS and FRIES**

# Kingston Catholic School

Needs your support! Please join us on

**October 4, 2023**

11:00 AM - 10:00 PM

at the following location

**1202 Ulster Ave, Kingston, NY 12401**

FIVE GUYS WILL DONATE **20%** OF FUNDRAISER SALES  
+ ADDITIONAL **\$1** FOR EVERY MILKSHAKE

Please present this flyer or identify yourself as part of the fundraiser at time of purchase in order for your transaction to count. Thank you for supporting our cause.



VISIT [BETTERBURGERFUNDRAISER.COM](https://www.betterburgerfundraiser.com) FOR MORE INFORMATION OR TO SETUP A FUNDRAISER WITH FIVE GUYS



# KCSFO MEETING

Please join us for the October KCSFO meeting  
Wednesday October 18<sup>th</sup>  
6-7pm



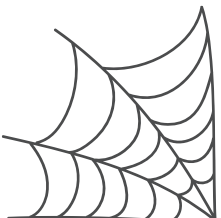
The KCSFO meets on the third Wednesday of each month and everyone is welcome! This month we will be discussing Trunk or Treat, the Thanksgiving pie sale, the Super Raffle and more.



## MANY HANDS MAKE LIGHT WORK

For more information or if you have any questions please reach out to  
Melissa: [mazimmer@hotmail.com](mailto:mazimmer@hotmail.com)

We hope to see you there!



# ***Picnic Updates***

*# 1 Ross Park is a carry in/carry out facility. Please be responsible for your waste by bringing it back home with you. (Thank you in advance for helping us with this).*

*# 2 There is a large covered pavilion. If there is precipitation, please bring playing cards, board games, crafts, etc to be played with at the tables. This is a rain or shine event.*

## ***Bring your lunch to the park***

*Ross Park – 208 Bowne St*

*Port Ewen, NY*

*Friday, October 6<sup>th</sup> 12:30 – 2:30 pm*

*1 chaperone per family requested.*

*Pavilion, playground, basketball/tennis, gaga pit*







# PAUL EFFMAN MUSIC

PO Box 19 • Syosset, NY 11791  
P: 516.921.4543 • F: 516.433.0007

pemusic.com • info@pemusic.com

PO Box 332 • Lagrangeville, NY 12540  
P: 845.452.8528 • F: 845.337.3874

Fall 2023

## Kingston Catholic Band/Violin Schedule

Director: L. Bellino  
Manager: L. Varuzzo  
Phone: 914 489-3291

**XR** or **XP** Next to your name indicates that you have paid and an instrument will be delivered at the 1<sup>st</sup> lesson.

**S** Next to your name indicates that you continued your rental and fees were remitted this past spring.

### ***The symbols below indicate that fees are due.***

Fees must be mailed to the Syosset address above or given to your director.

Do not leave fees with the classroom teacher or school office.

If payment is given to your director, your instrument will be delivered at the next lesson.

**R** Next to your name indicates that you are renting and that a rental agreement is enclosed.

**P** Next to your name indicates that your instrument is a purchase. Purchase fee is due in order to receive instrument.

**\*** Next to your name indicates that the 1<sup>st</sup> tuition payment (\$82, \$140, \$192) & \$45 registration fee have not been paid.

**B** Next to your name indicates that the \$45 registration fee has not been paid and should be brought to the 1<sup>st</sup> lesson.

*Please note your lesson group and time each week. Notify your director in the event of a class conflict & you will be rescheduled.*

All instruction is on **Fridays**.

First lesson is on **October 6<sup>th</sup>**.

<b><u>A) Beg. Violins (gr. 1-3)</u></b> 1 Dylan Roth <b>XR</b> 1 Cody Roth <b>XR</b> 2 Cavan Juras <b>XR</b> 3 Jaron Forlani Prout <b>XR</b>	<b><u>B) Beg. (gr. 4-8)</u></b> 4 Bayleigh Goodnow 4 Nola Juras <b>XR</b> 5 Fiona Kerrigan <b>XR</b> 5 Rosemary Castle <b>XR</b> 6 Roman Benca <b>XR</b> 7 Danica DiPaola <b>XR</b>	<b><u>C) Exp. Violins</u></b> 2 Luna Milici 5 Harper Quigley 5 Cameron Finch <b>XR</b> 7 Sam Vasquez <b>XR</b>	<b><u>D) Beg. Trumpet/Sax</u></b> 5 Hunter Bradley, sx <b>XR</b> 5 Vincent Bradley, trp <b>XR</b> 5 Joseph Amato, trp <b>XR</b> 6 Sophia Quarantino, sx 6 George Gathen, sx <b>XR</b> 6 Nimiyah Mahabir, trp <b>XP</b>
<b><u>E) Beg. Flute/Clarinet</u></b> 3 Raegan Banks, fl <b>XR</b> 7 Edmund Benca, cl	<b><u>F) Beg Drums</u></b> 3 Seon Clarke <b>XR</b> 3 Gustavo Vasquez <b>XR</b> 4 Sawyer Benson <b>XR</b> 7 Severin Fisher <b>XR</b> 8 Noah Gardner <b>XR</b>	<b><u>G) Adv. Ensemble</u></b> 6 Madelyn Fox, dr 6 Briana Myers, cl 7 Sophia Tofte, sx 8 Jasper Fox Jr., trp	

Date	8:30	9:00	9:30	10:00	10:30	11:00	11:30
10/06/23				AB	C	DEF	G
10/13/23	D	E	F	G	A	B	C
10/20/23			NO	SCHOOL			
10/27/23	B	C	D	E	F	G	A
11/03/23				G	AB	C	DEF
11/10/23			NO	SCHOOL			
11/17/23				AB	C	DEF	G
11/24/23			NO	SCHOOL			
12/01/23				C	DEF	G	

# KINGSTON CATHOLIC SCHOOL WEEKLY SCHEDULE FOR EXTENDED DAY PROGRAM

**FAMILY NAME** \_\_\_\_\_

**WEEK OF:    October 9, 2023**

**Parent/Guardian - kindly indicate in the appropriate box name, grade and pick-up time.**

**Please X the days you need aftercare.**

Child's Name & Grade	Mon. Oct/09	Tues. Oct/10	Wed. Oct/11	Thur. Oct/12	Fri. Oct/13
	  No School				
<b>Pick Up Time</b>					

**\*\*\* Daily Rate \$25.00/child-\$15.00 each add'l child**

**Weekly Rate \$100.00/child; \$150.00/2 children; \$175.00/3 children**

**RETURN TO SCHOOL BY Friday ALONG WITH PAYMENT.**

**PARENT SIGNATURE** \_\_\_\_\_

**For those parents who need a receipt other than your check, fill in the form below and tear it off for your records. This will serve as your receipt for the aftercare program:**

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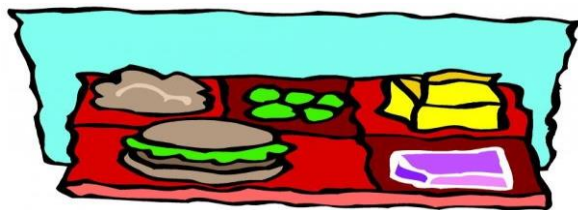
**Kingston Catholic School Aftercare Receipt**

Family Name: \_\_\_\_\_ Child's Name: \_\_\_\_\_

Week Of: \_\_\_\_\_ # of Days Used: \_\_\_\_\_

Amount Paid: \_\_\_\_\_ Check (Check #): \_\_\_\_\_





## KINGSTON CATHOLIC WEEKLY HOT LUNCH MENU

### Week of 10.10.23

NAME(S) & GRADE(S) \_\_\_\_\_

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#### MONDAY

COLUMBUS DAY~ NO SCHOOL

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#### TUESDAY

Grades PK-4: Hotdog, Applesauce, Chips

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Grades 5-8: 2 Hotdogs, Chips

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#### WEDNESDAY

Pizza w/  
Applesauce

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#### THURSDAY

Penne and Meatballs  
w/ carrot sticks

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#### FRIDAY

Pizza w/  
Applesauce

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Each lunch is **\$6.00**

Please remember to put your child's name and grade on this menu.  
Please remember to include your check payable to Kingston Catholic School.

A second slice of pizza may be ordered along with the \$6.00 lunch for an extra \$2.00 (Unfortunately the "seconds for two dollars" option is not available with any other lunch).

LUNCH MENUS MUST BE IN BY **HOMEROOM on FRIDAY** MORNING

ALONG WITH PAYMENT FOR THE COMING WEEK–  
THANK YOU FOR YOUR COOPERATION

