

THE SOULARD SCHOOL NEWS

March, 2009
www.soulardschool.org

see page 7
for more
Soiree info!

5th ANNUAL SOULARD SCHOOL SOIREE

Saturday, April 18th 7:00-10:30p.m.

Hosted by John D. McGurk's and held in their beautiful garden pavilion

This year our theme for the annual soiree is **ENERGY**. We are playing off the words **renewable**, **sustainable** and **alternative** and The Soulard School's energy which encompasses all these and more. Heath Harris designed the event image/logo which radiates energy and was constructed using wavelengths and measurements of light. This year Sarah Christman is the Soiree Chair and Diane Keaggy is the Soiree Co-Chair (Sorena, Pre-K, and Liam, K).

SPONSORS

We need sponsors!

Sponsors are a place that we are looking at as a major growth area for this fundraiser. We are generating a list with a goal of 30 businesses of potential sponsors.

Levels range **between \$500 and \$5000** and include tickets to the Soiree along with, advertisement on the Soiree invitation and poster. Please let Sarah know what businesses may fit the bill.

TICKETS

Each family is expected to **sell 4 tickets**. Pre-sale ticket price is \$40, after April 10th the ticket price goes up to \$50. Last year 250 people attended this event. Our goal is to have **350 attendees**. Not only do ticket sales raise a significant portion of Soiree funds, but attendance directly impacts the success of the actual evening's event. We need people there, not just money for tickets so **SELL, SELL, SELL!** Tickets will go home with your child Friday, March 6th.



5TH ANNUAL SPRING AUCTION AND FUNDRAISER TO BENEFIT

THE SOULARD  SCHOOL

Be a part of the energy April 18 2009.
MCGURK'S, 1200 RUSSEL IN SOULARD

MAILED INVITATIONS

If you would like us to send a mailed invitation to a friend or family member, please give addresses to Sarah.

DONATIONS

Our auction packages and experiences will reflect the green/energy feel.

For **example**, last year Left Bank Books donated a gift certificate. This year they created a Book Club Starter Kit. This fits into our theme as an alternative and sustainable energy. Instead of spending money on an expensive night out to be with friends, Left Bank has created a new opportunity to be with friends at minimal cost that will continue.

When approaching businesses for donations, **have suggestions/ideas ready**. If you need any specific ideas, ask Sarah.

FOR EXAMPLE:

Alternative Energy: Items from Soulard Market vendors, backstage tours

Sustainable Energy: Memberships, Classes for individuals or groups, adults and children

Renewable Energy: Massages, Yoga classes or get-aways

Ways to make life more **environmentally friendly**: Bicycles, lightbulbs, Metrolink passes or recycling services

If you solicited donations last year, **you will be contact by Anne Nea** about doing so for this year's auction. Monday, March 2nd you may pick up Auction Donation letters and forms from Sarah.

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SOIREE COMMITTEES ... This event takes the effort of our entire community. Do you remember what Soiree Committees you signed up for? Was it **Logistics**, **Beancounters**, **Tracking**, **Set-up/Clean-up**, **Bundlers**, **Rainmakers**, **Host & Hostesses** and **Designing the Soiree Program**. Some committees have met to begin planning, others will be gathering in the next month. Just refer to your Volunteer Rally Commitment Form, or check with Sarah.

UPDATES

parent/teacher conferences

2nd trimester Parent/Teacher Conferences are scheduled for the **week of March 9**. Your child's teacher/s will be sending home information in their Friday newsletter about times and dates. Remember! **The #1 factor in how well children do in school is parental involvement.** Please remember to arrive 15 minutes early to read your child's report, and come prepared with any specific questions you may have. This is a great time to learn more about your child and how you can help make the most of their educational experiences. This is also the final conference of the year, as we do not have conferences with the 3rd Trimester Report. As always, though, you are welcome to schedule a conference with your child's teacher at any time.



Visiting print artist, **Carrie Keasler**, during week 2 with the Mums. Here she is helping **Ja'nia L.** in the final stage of the printing process, transferring the image onto paper.

head of school notes

What is Respect? Part II

We are busy and overscheduled. Multi-tasking is the norm. Few people get enough sleep each night and it is easy to slide into the habit of operating on auto-pilot. Today's **children get one hour less sleep** than they did 30 years ago. In the New York Times article, *Snooze or Lose*, Po Bronson tells the story of a 10-year-old whose ability to sleep began to suffer during a year in the classroom with a very demanding teacher. Her emotional wellness during the day highly correlated with her night's sleep, or lack thereof. Concerned for her well-being, the girl's father sought help from the family pediatrician. The pediatrician dismissed the father's concerns commenting, "She'll grow out of it." Bronson says, "The pediatrician's opinion is *typical*." Research has shown that the effect of sleep deprivation on the brain is significant and complex. The pre-frontal cortex, responsible for "executive functioning", is denied adequate glucose (energy); the **hippocampus**, responsible for **processing neutral or positive memories**, is **more affected than the amygdala**, which **process negative memories**; and genes responsible for strengthening neural connections can't be activated in the absence of R.E.M. sleep. According to Bronson's research, this translates into measurable and exponentially devastating results on the developing brain of a child thus **impacting his or her academic performance and emotional stability.**

According to research by Dr. Avi Sadeh, "A loss of one hour of sleep is equivalent to the loss of two years of cognitive maturation and development." MRI scans show that the neurons in a tired child's brain lose their plasticity, "becoming incapable of forming the synaptic connections necessary to encode a memory. Dr. Matthew Walker had sleep-deprived college students try to memorize a list of words. They could recall 81% of negative words (ie. cancer) but only 41% of positive words. Dr Paul Suratt discovered a strong **correlation between sleep problems and test scores** of elementary students. He concluded that, "Sleep disorders can impair children's I.Q. as much as lead exposure."

Bronson writes, "...tired people have difficulty with impulse control, and their abstract goals like studying take a back seat to more interesting diversions. A tired brain perseverates - it gets stuck on a wrong answer and can't come up with a more creative solution, repeatedly returning to the same answer it already knows is erroneous." We see this in tired students all the time. However, we see it in adults all the time, too. The family pediatrician sentiment is *typical* and that is unfortunate. Have you ever found yourself saying those things you heard as a child that you swore you would never say to your children? It's **common, typical, understandable, human, forgivable**, and a **real injustice to our children** if we don't learn from it and grow from it. The father in Bronson's story, and schools across the country, are presented with (what the scientists call) irrefutable, mountains of evidence and yet, remain hesitant to alter behavior instead choosing the "I survived, they can, too" mentality. It's a sentiment I hear often in many forms: it's the "real world"; "that's life"; that's "reality." What exactly are we saying when we say those things?

Webster's defines reality as the state or quality of being real; and real as "being practical and/or useful." (Those are the first, or primarily used, definitions.) The definition of abstract includes "apart from practical or actual conditions." If respect is

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UPDATES

studio update

All of the studio classes are currently **studying printmaking** through a project exploring the process of **callograph printing**. This technique traditionally uses cardboard as a base plate onto which other pieces of cardboard are glued on top. The plate is then inked up and printed on a sheet of paper. This process is inexpensive, low-maintenance and the plate is capable of being printed again and again.



Delving further into the history printmaking, the Mosaic and Mums classes are **visiting Firecracker Press**, an independent Print Studio located on Cherokee St. specializing in fine art and graphic design, on February 25 and 26 respectively. The classes will have the opportunity to observe antique printing technology through a **letterpress demonstration and ink color application**. Firecracker Press opened shop seven years ago in February 2002 and is St. Louis' only graphic design studio and letterpress workshop.

Did you know ...

Our students took a city bus on their first trip to the **St. Louis Symphony** earlier this year. The following day, a **symphony director phoned the school**. It seems she and others at the symphony were very **impressed that we utilized the city buses** and they offered to pick up the tab (bus fare) in the future to support our school's dedicated effort. Last week, The St. Louis Symphony did, in fact, provide bus fair for our students. During the Friday performance, the **conductor asked** the audience of students (from schools all over St. Louis) for a show of hands of those **who had string instruction at their school**. All The Soulard School students proudly raised their hands - and sat up even taller when they realized that they were the **only ones with raised hands**.

camp soulard

Summer Fun!

Camp Soulard will be back by popular demand this summer! Camp is for **students entering grades 1-7** and will be held from 9-3 each day. **Aftercare is available** until 6 p.m. each day for an additional charge. **Before care is available** from 8:00 each morning free of charge. Each week will have a different theme. At this point, the schedule is set, but the themes are not yet certain. We will be sending home a brochure in the next few weeks with fees and more information. The following is the **probable list of themes**.

- June 1-5 **Mad Scientists** (science experiments)
- June 8-12 **Life's a Beach** (summer fun with water, sand, etc.)
- June 15-19 **Back to the Future** (fossils, pyramids, life in the past, etc.)

No elementary camps during the end of June through July

- Aug. 3-7 **The Art of Storytelling** (photography, art, etc.)
- Aug. 10-14 **On Stage** (two week drama camp)
- Aug. 17-21 **On Stage** (continued)

The **cost for summer camp** is \$145/week (the drama camp is \$280 for the two-week session). Aftercare is \$55/week.

The week of Aug. 24 and the two days of Aug. 31 and Sept. 1 will be **Vacation Care only** for those elementary students who need it. This is due to limited staff availability, as we will be doing professional development and beginning of the year meetings for teachers. You will receive more information about this with the camp brochure. The next school year begins September 2.



David Leib (Matthew L.'s father) walks the Thrive & Mosaic classes through the **dissection of a (REAL!) cow's eye** in Science class.

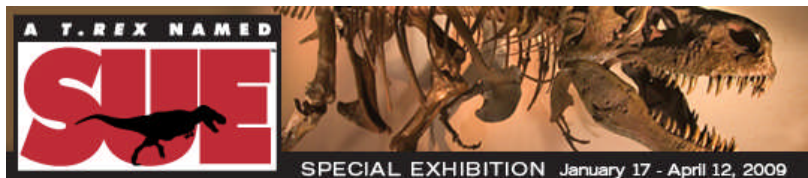
EVENTS & HAPPENINGS



J.J. S. and mom, Jackie Stinson, take a break from the ice during the Soulard School Skating Party @ Steinberg.

social events committee

RECAP ... We couldn't have asked for a better day to skate! White snow and blue skies framed **Steinberg Rink** in Forest Park on Jan. 30, when a group of 45 Soulard School friends, parents and grandparents took to the ice.



UPCOMING ... The Parent Association Social Events Committee's next outing will be a visit to the Saint Louis Science Center's exhibit "A T.Rex Named Sue" on **Friday, February 27** at 2:00 PM. (that's **TOMORROW!**)

trivia night ... recap

Thanks to ...

Diane Keaggy
Erin Quick
David Leib
Heather Johnson
Katie Mack
Danielle Reamey
Kristine Mothershead
Lenny Jones
Rebecca Schmitz
Shannon Leslie



For helping make the night a success. We raised **\$4,500** for the school!!!

cabrini trivia night ... recap

Last month a group of Soulard School parents got together to test their wits at the Cabrini Trivia Night and brought home the big prize! **John & Rhonda Holt, Angela Cooper, Beth & Rob Hyser, Rebecca Schmitz, and Patsy King & Steve Sherman** came in 1st out of 33 tables.

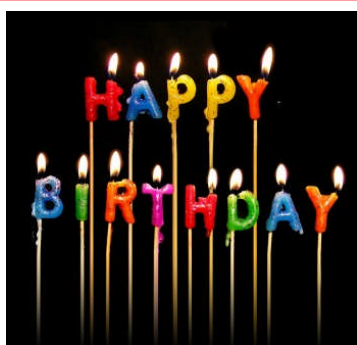
More than \$4000 was raised (including the prize money that the group donated back). Proceeds from the evening support the Cabrini Sports Program (which many Soulard School student athletes enjoy).

first tuesday coffee



Join us **Tuesday, March 3rd at 8:30 AM** (after dropping off your child(ren)) for some good company & great treats. This month's Coffee is sponsored by the **Pre-K parents**.

soulard school birthday party!



The Soulard School Birthday Party is **Thursday, March 26, 6 to 8:30 p.m.**, featuring **games, dancing, a cake walk** and a **celebration** of the school's history. Families are asked to **bring a potluck** dish to share. If they choose, they may also purchase a **gift from the school's wish list**, which will be available in early March. Anyone with a photo from the school's early days is encouraged to bring it; we'll post them for everyone to see during the party. If you'd like to get involved in the planning, please contact Amy de la Hunt (Martin, K, and Shey, Nursery) at amy@delahunt.net.

BUILDING & GROWING

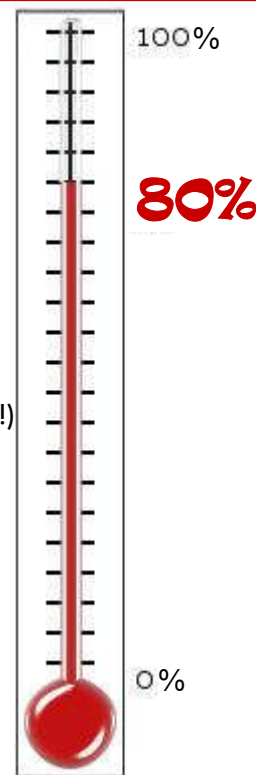


The Subjunctive (Kindergarten) students have been studying coral reefs this trimester and created an amazing representation of one. Check it out in the front hall.

annual giving

We're **making progress!** When we started last month, we had donations and pledges from 32.8% of all school families. The **deadline for returning Pledge cards is this Thursday, February 26th**. Your donation can come later. Please help us reach 100%!

Thank You! **Mosaics** for (once again!) being the first class to get to 100%



How quickly will YOUR class get to 100%?

mardi gras ... recap

With the help of Carla & Jay Gibbs, Kelly & Charles Bock, Colin McGrath, Lenny Jones, John Holt, Beth Hyser, Ben Diamond, Angela Cooper, Jay Binder, Tim Bliss, Marcus Moomey, Amy Corey and several other friends and family, our booth made **\$1,500** in tips!!!

about the parent association

In the St. Louis area, we have **many school-options** when it comes to educating our children: public, home, private, and parochial. The **option we all chose was the Soulard School**. Why? **Great teachers, small class sizes, unique teaching** methodology, among **many other reasons**.

Check with your teacher or with Kelly, Sarah, and Theresa, and I bet they will say that **parent involvement is a critical ingredient** to the Souldard School's success. We **volunteer in the classroom, address concerns with teachers and administrators, help the school raise scarce resources, pull weeds in the yard**.

The Parent Association Officers help to coordinate this interaction, and improve it when necessary. Since we are a young and growing school, **new families also bring new experiences and viewpoints that can help shape our school**. To take advantage of this "new blood," the PA purposefully has a one year term limit on Board President to encourage people (like me) from staying too long in one position (and getting stuck in my ways).

On **April 2, elections will be held for the 2009/10 PA Officers**. These are **President, Vice President, Treasurer, Secretary, Homeroom Support Co-Chair (Elementary), Homeroom Support Co-Chair (Early Childhood), FUNraising Liaison, Community Outreach Coordinator**.

The **next Officers meeting will be open to all parents**. If you want to see us in action or have questions, please **join us Thursday, February 26 at 6:30 PM** at the Souldard School.



– Lenny Jones, PA President

EVENTS & HAPPENINGS

blogging the school

The Social Events committee is working with Heath Harris on the school's website's new blog. We'll be publicizing

five free family events each weekend

Parents can check it out at <http://soulardschool.org/familyfound-blog/>. They can post their own events in the comments section.

Heath is also **looking for families** who'd like to become **regular contributors** to the blog or who have **ideas** about what kind of **content they'd like to see** on there. This topic is on the Thursday, 2/26, PA Officer's meeting agenda if you'd like to join the discussion. The **meeting is open to all**.

recipes from the culinary arts program

Kung Pao Chicken

Marinade:

- 1 lb chicken breasts, cut into thin strips
- 2 tbsp rice vinegar
- 2 tbsp peanut or vegetable oil
- 2 tbsp soy sauce
- 2 tbsp hoisin sauce
- 2 tbsp cornstarch
- 1/4 tsp salt

Sauce:

- 5 tbsp chicken broth
- 2 tbsp soy sauce
- 2 tbsp rice vinegar
- 2 tsp sugar
- 1 tbsp hoisin sauce
- 1 tbsp cornstarch
- 2 tbsp peanut or vegetable oil
- 1 (1/2 inch) piece fresh ginger, peeled and smashed
- 1 1/2 tbsp minced garlic
- 3 green onions, sliced diagonally
- 1 (8oz) can bamboo shoots
- 1 red bell pepper, seeded and cut into thin strips

Directions:

1. In a medium bowl, combine the chicken strips and the ingredients for the marinade. Refrigerate for 20-30 minutes.
2. In another bowl, combine the ingredients for the sauce.
3. Heat the oil in a large skillet over high heat. Carefully add the ginger and garlic, stirring constantly, for 30 seconds.
4. Add the chicken, discarding the extra marinade. Cook, stirring about 3 minutes.
5. Add the green onions, bamboo shoots and red pepper. cook an additional minute, stirring constantly.
6. Stir in the sauce and bring to a boil.
7. Remove from heat and serve with hot steamed rice.

*Adapted from *There's a Chef in My World* by Emeril Lagasse



Karan W. rolling the ink onto the plate he designed (with a little help from Sarah Christman during week 1 of working with visiting print artist Carrie Keasler in studio.

The Parent Association, on behalf of The Soulard School Families, used \$2250 in PA funds to install an **electric gate opener** on the east gate as a gift to the staff on these cold winter days.



SOULARD SOIREE

Welcome **Shuron Jones**

Aftercare Specialist and new member to SS staff



Kate S. (literally) marks the occasion on the 100th day of school while her Subjunctive friends look on.

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DONATIONS

You can also **match a donation**. For example last year **LeAnne DeRigne** got a donation from a yoga studio for 5 free classes. LeAnne then purchased 5 more and a yoga mat to make it a bigger donation. (Thanks, LeAnne!)

SIGN UP PARTIES

What is a Sign-up Party and how does it work?

It's a Party and a FUNraiser for The Soulard School all-in-one. Parents and supporters of The Soulard School put on events that are open to anyone who signs up for them. The people who sign up pay a set fee to participate. The party presenters fund the event, and the fee each party-goer pays is a donation to the school. If you have an idea for a party, let us know. If you want to help sponsor a party but don't have an idea, let us know. We will help coordinate parties and their presenters. If you know of a business, venue or group that would be willing to donate anything for a party (a space, tickets for an event, beverages, etc.) let us know that too!

What kind of parties do we want?

We are looking for events that take place this year that appeal to a group of people within our community. Think of what would be fun for pre-schoolers and their families, 10-year-olds, Dads, Couples, Grandparents, or anyone in between.

Ideas can come from anywhere. Do you have access to a back-stage tour? Know how to make jewelry and want to host a beading party? Handy with a cocktail shaker? Has your neighbor talked about teaching kids to juggle?

The most successful parties have been experiential in nature (learning *and* doing). The party size can be anywhere from 4 people to 40, or more, depending on the venue and nature of the event.

Examples of previous parties:

Ladies Tea – a Tea Party for Little Ladies and their adult Guest.

“GNO” Girls Night Out – for the Over 21 Crowd. Cars loaded with female partygoers departed from The Soulard School to SkyZone in Chesterfield where they jumped and bounced in a room made entirely of trampolines. The thirsty crew then went to McGurks' Public House in St. Peters for an evening of fine dining experience with free reign of the food & drink menu.

In The Vineyard – a group met at a local Missouri Winery and toured the vineyard and cellar, led by the owner-winemaker. Then they enjoyed a full wine tasting complete with foods to accompany each wine, and experimented with food-wine pairings after learning about how the wines were made.

Science Center Experiment – A group of educators took a gang of young Soulard School boys through the Science Center, Planetarium and other nearby points of interest in Forest Park. We're pretty sure everyone napped afterwards!

The Path Less Taken – A group of adventurers met at The Soulard School and were transported to the clear skies of Shaw Nature Reserve where a well-skilled hiker led the group through the reserve with an educational eye on the natural ecosystems that exist there. A picnic on the prairie capped off the event.

Who can I talk to for more information?

Beth Hyser – bahyser@att.net, (314) 608-8299 or **Sarah Christman** at The Soulard School, 865-2799.

watch for more Sign Up Party details in next month's newsletter

NOTICE OF NONDISCRIMINATORY POLICY AS TO STUDENTS

The Soulard School admits students of any race, color, national and ethnic origin to all rights, privileges, programs, and activities generally accorded or made available to students at the school. The Soulard School does not discriminate on the basis of race, color, national and ethnic origin in the administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school administered programs.

School Closing Reminders

2/27 – Prof. Development
 3/16-20 – Spring Break!
 3/27 – Prof. Development

THE SOULARD SCHOOL

Thank You to Mona Parsley & RE/MAX Gold/St. Louis Premier for providing color copying of the newsletter

2008/09 SCHOOL CALENDAR EARLY CHILDHOOD & ELEMENTARY EDUCATION

FEBRUARY

26	TH	6:00 PM	+	Annual Giving Pledge Card Deadline
26*	TH	6:30 PM	❖	PA Officer's Meeting – Open to all
27	F	tba	❖	TReX @ Science Center (sponsored by Social Events Cmte)
27	F	all day	⊙	School Closed – Professional Development

MARCH

3	TU	8:30 – 9:00 AM	❖	First Tuesday Coffee – hosted by Pre-K parents
6	F		□	2 nd Trimester Ends
7	SA	5:30 – 10:30 PM	□	Parents Night Out
9-13	M-F	tba	□	Parent/Teacher Conferences
13	F	2:30 – 3:30 PM	□	Student Assembly – Families invited
16-20	M-F	all day	⊙	School Closed – Spring Break
16-18	M-W	all day	△	Vacation Care Only
27	F	all day	⊙	School Closed – Professional Development

APRIL

2	TH	tba	❖	Parent Association General Meeting + Elections
3	F	2:30 – 3:30 PM	□	Student Assembly
3*	F	6:00 PM	+	Deadline for Auction donations
4	SA	5:30 – 10:30 PM	□	Parents Night Out
7	TU	8:30 – 9:00 AM	❖	First Tuesday Coffee – hosted by the Parent Assoc.
17	F		+	Sliding Scale Application due
17	F	2:30 – 3:30 PM	□	Student Assembly – Families invited
18	SA	tba	□/❖	Soulard Soirée Auction & "Fun"raiser
22	W	10:00 AM	□	Teaching Peace Parade
24	F	all day	⊙	School Closed – Professional Development
29	W	6:00 PM	□	Student Art Show @ Boots Opening (for Families)

MAY

2	SA	10:00 AM – 2:00 PM	□	Student Art Show – open to all
2	SA	5:30 – 10:30 PM	□/❖	Parents Night Out + Parent Social
5	TU	8:30 – 9:00 AM	❖	First Tuesday Coffee – hosted by the Parent Assoc.
20	W	tba	❖	Work Night for Art & Garden Festival
22	F	2:30 – 3:30 PM	□	Strings Assembly – Families invited
25	M	all day	⊙	School Closed – Memorial Day
29	F		–	Last Day of School
30	SA	tba	□	Art & Garden Festival

* New (or revised) events added to the calendar each month are noted with an asterisk. Last updated 2/26/09.

Key:

- ⊙ School Closed
- School Events
- △ Vacation Care Only
- ❖ Parent Association Events
- + Mandatory Attendance/Deadlines

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What is Respect? Part II

... abstract by nature (see *What is Respect, Part I*), then how is it manifested in reality? The definition of abstract is “to consider the essential qualities of a larger thing or several things.” Essential is that from which everything else is built upon; indispensable; fundamental; intrinsic. Certainly these must be considered in reality. Fortunately, the last, (and therefore, least used) definition of real is “intrinsic and of the essence.” In any situation where respect is absent and reality is the excuse, a cognizable shift must occur. **“That’s just how it is,” triggers alarm bells at The Soulard School.**

A foundation of respect requires the ability to think, hear, and see abstractly.

Bronson concludes his article contemplating, “We’ve coped on too-little sleep for years and managed to get by. But **when it comes to a child’s brain, is just getting by enough?**” Our **homework policy**, in line with our philosophy, was **created to protect and respect a child’s need for sleep, unburdened family time, and healthy bedtime rituals.** The Soulard School is not a utopia where students are only temporarily protected from the “real world.” It is a **vision and model for a difference.** It is unfair to tell children that they are the future and then also to say “That’s just the way it is.” The most common question a child asks is, “**Why?**” I have observed an **inverse relationship between age and the number of times per day that question is asked.**

Why is that?

- Kelly Bock