



PANTHER PATTERN

A weekly newsletter of St. Paul's Lutheran School (March 12, 2020)

PREPARING FOR CONFLICT

"We have already had this talk!" Do you notice that certain situations of conflict repeat themselves? Likely you are able to predict some situations where conflict is likely to arise in your home. Perhaps it will be over chores. "It's not my turn!" "But (*insert name here*) didn't do it last time!"

The amazing brain God designed for us to use has different parts that perform different functions. In situations of high stress, our amygdala kicks in. Our responses tend to fall into three categories: fight, flight, or freeze. We don't think; we just do. This amygdala response can save our lives in some situations.

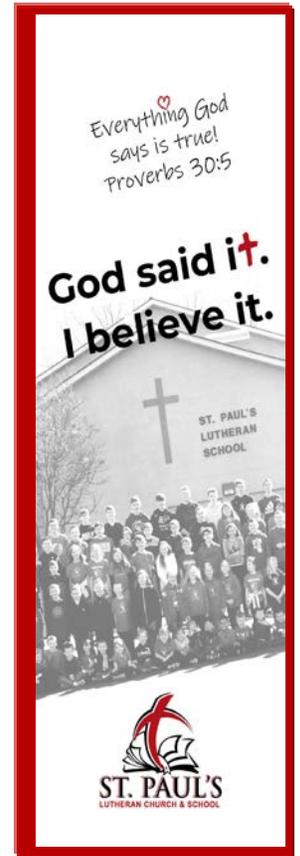
Generally, an amygdala response is very unhelpful in responding to conflict, however. Our responses are emotionally charged, and we can say and do things we later regret. We are not able to think through the situation, see other perspectives, and respond with reason when our amygdala is in charge.

Perhaps you have been in a conflict where a solution or response popped into your mind sometime later. This is because the time away from the stress of the situation allowed you to process the details in your prefrontal cortex. Once the instinctual response of the amygdala is able to be shut down, you can use the decision-making part of your brain to respond in a more calm and reasonable fashion.

What to do? Consider the list of conflict situations you may face. While you are calm, think about how you would like to respond to them. If it is a particularly stressful situation, write down what you plan to do and what you want to say. Rehearse it, much like we rehearse fire drills at school. Firefighters and first responders have similar protocols to follow to help them work through stressful situations in meaningful ways.

Check out episode [077 – "How to Resolve Conflict Using the Thinking Part of Our Brain"](#) from *5 to Thrive* podcasts. They have some other ideas you may find useful in preparing your children for emotional situations. (One is about dating.) May God bless your efforts to prepare to respond lovingly to conflict.

Principal Benjamin Bain



MID-WEEK LENTEN SERVICES

Midweek Lenten services are held on Wednesdays at 2:00 and 6:30 pm. **Children in grades 1-8 will attend the 2:00 pm service** with their classmates and teachers. If you wish to attend this service with your child(ren), please pick them up at their classroom door ten minutes before the service begins. If you plan to attend the 6:30 pm service as a family, please notify your child's teacher. Your child will be sent to a supervised study hall instead of attending the Lenten service. Since the children will be worshipping with the congregation, please have them dress appropriately for church.

WISCONSIN PARENTAL CHOICE PROGRAM



The application period for parents to apply to the Wisconsin Parental Choice Program (WPCP) has begun. Student application information for the 2020-21 school year is available at dpi.wi.gov/choice. Returning Choice students must complete the online application and submit residency documentation. All supporting documentation (residency for new and returning and income for new students) must be brought to the school office before the deadline on April 16, 2020.



CALENDAR: (2 WEEKS)

Friday, March 13

- End of 3rd Quarter
- 9:00 am Gr. 7 & 8 Field Trip to Luther to watch the Spring drama performance "Hello Dolly"
- Band Rehearsal at Luther High School (Lancer 3:00 pm/Sabre 4:00 pm)
- 7:00 pm Luther High Presents "Hello Dolly"

Saturday, March 14

- **Science and Fine Arts Fair at Luther**
- 7:00 pm Luther High Presents "Hello Dolly"

Sunday, March 15

- 10:30 am Gr. 5 & 6 sing in Church
- 2:00 pm Luther High Presents "Hello Dolly"

Monday, March 16

- **No School for Students**
Staff development day

Tuesday, March 17

- 9:00 am Kid's Praise

Wednesday, March 18

- 8:00 am – 1:00 pm WSMA Solo & Ensemble Festival at Luther
- Midweek Lenten Services at 2:00 & 6:30 pm
- Gr. 5 & 6 sings in the 2:00 pm service
- 5:15-6:15 pm Lenten Fellowship Supper

Friday, March 20

- Band Rehearsal at Luther High School (Lancer 3:00 pm/Sabre 4:00 pm)

Sunday, March 22

- 10:30 am Gr. 1 & 2 sing at Good Shepherd in Holmen

Monday, March 23

- 5:30 pm Boy Pioneers Meeting

Tuesday, March 24

- 9:00 am Kid's Praise

Wednesday, March 25

- Midweek Lenten Services at 2:00 & 6:30 pm
- Gr. 1 & 2 sings in the 2:00 pm service
- 3:15-5:45 pm Parent Teacher Conferences
- 5:15-6:15 pm Lenten Fellowship Supper

SCIENCE AND FINE ARTS FAIR

The Science and Fine Arts Fair schedule for this Saturday March 14 can be found at <http://www.lalschools.org/>

SHORT SHOTS

St. Paul's is looking for an individual to help serve as our leader for our Short Shots basketball program. If you are interested, or would like more information, please contact Joe Fetcenko.

PARENT/TEACHER CONSULTATIONS (4K - Grade 8)

Conference forms are due to the office by **Friday, March 13**. Consultation times will be attached to the March 19 Panther Patter.

ST. PAUL'S CUSTODIAN

Mr. Ron Gjertsen has retired from being the custodian at St. Paul's. We would like to thank him for his years of service. Please help us welcome Brenda Mendell who will be our new full-time custodian.

St. Paul's Teacher Honored

Kindergarten teacher Heide Mueller was one of only 100 teachers across the State of Wisconsin to win the Herb Kohl Teacher Fellowship Award. The program aims to recognize teaching excellence and innovation in the State of Wisconsin. . We are indeed blessed to have such a wonderful teacher like Mrs. Mueller on our staff at St. Paul's.

SURROUND CARE

We are happy to provide Surround Care for our St. Paul's Families. There have been a lot of new families join Surround Care recently. What a blessing! Please take note of few of our important policies below. A complete Surround Care Handbook is available at the [school website](#). Please contact Leslie Pfennig (lpfennig@stpaulsonalaska.org) for more information or questions.

- **Payment and Schedule:** Payment is required on the previous Thursday for the following week, along with the schedule of times needed for each child. A late fee of \$5.00 per child per week will be charged if payment and schedules are not submitted on time.
- **Enrollment:** An emergency contact must be designated on your registration form and kept up to date. A weekly schedule of planned enrollment must be turned in *each Thursday* for the following week *along with the payment*.
- **Drop-in Policy:** In case of emergency drop-in care, *please call to see if there is availability*. No child will be admitted without prior authorization.
- *The Surround Care program reserves the right to discontinue services to any child for the following reasons: 1. Non-payment or repeated late payment. 2. Not observing the policies and procedures in this handbook. 3. Special needs which the program cannot meet. 4. Physical or verbal abuse of staff or children by parent or child. 5. Continued unacceptable, disruptive, incorrigible behavior by the child.*