

**SOAR WITH THE SPIRIT!**  
**Our Lady of Victory Catholic School - Weekly Update –April 20, 2010**

**Last Day of School – Tuesday, June 8 – Noon Dismissal**

**Diocesan Vocation Contest** – We are pleased to announce that four of our students have won awards in the annual Diocesan Vocation Contest. In the Essay category, congratulations to Ethan Fisher (6A) who won first place. In the Poetry category the following won second place in their grades. Congratulations to Maria Sicree (6B), Larissa Burka (7A) and Michael Cawley (8A). These students received their awards at the Annual Bishop's Night for Vocations Dinner in Loretto, PA on Wednesday evening, April 21.

**Counselor's Corner** – See Parenting a Teen at bottom of Update

**SPARK Training** – SPARK (Sports, Play, and Active Recreation for Kids) training took place this week at Our Lady of Victory Catholic School. Through a grant from Highmark Healthy High 5, OLVCS received new gym equipment and training for our gym teacher, Mrs. Paffie, Mrs. Rogan, Mrs. Weakland, Mrs. Butler and Mrs. Marshall, as well as representatives from St. John's School, Bellefonte. Some of our children participated in the training. This program is designed to help teachers engage and inspire students of all ages and abilities to learn fitness habits for life.

**Arbor Day at OLVCS** – State College Borough has selected our school as the site of this year's Arbor Day celebration. It will take place on Friday, April 23rd, beginning at 10:15 am in our front lawn (weather permitting). A tree will be planted to commemorate State College being selected as Tree City, USA by the National Arbor Day Foundation for the twenty sixth consecutive year. Tim Cole, from the Bureau of Forestry will present Mayor Elizabeth Goreham with the Tree City USA flag. Our younger students (grades Kindergarten through 2<sup>nd</sup>) will participate in the ceremony. All are welcome to attend.

**The Susan Crowe Scholarship** was established in May 2006 in her memory. A \$500 tuition scholarship for the Our Lady of Victory Catholic Middle School will be presented to the student for the next academic year. Anyone can nominate a student. Nomination forms can be obtained from the school office and must be submitted no later than May 14, 2010. An eligible student must be currently enrolled in 5<sup>th</sup>, 6<sup>th</sup>, or 7<sup>th</sup> grade at OLVCS, plans to attend OLVCS Middle School, participated in a school sponsored athletic team, and consistently exhibited a high level of sportsmanship while performing as a student athlete. Presentation of the scholarship will made at the End of the Year Awards Assembly at Our Lady of Victory Catholic School.

**OLVCS Summer Camp 2010 -** Information packets for Summer Camp 2010 are available from the school office. Call 2338-1592 or email [engleharta@olvcs.org](mailto:engleharta@olvcs.org) to request a packet. Downloadable forms will be on the website ([www.olvcatholicsschool.org](http://www.olvcatholicsschool.org)) by end of the week.

**Upcoming events:**

Friday, April 23 @ 9 am – School Mass sponsored by 7/8 B

Friday, April 23 – Middle School Dance

Thursday, April 29 – Middle School Science Fair in the gym!

**Last Day of School – Tuesday, June 8 – Noon Dismissal**

**PARENTING A TEEN**  
**Submitted by Mrs. Plosky**

**Parenting a teen can be challenging, but it should also be a wonderful and rewarding experience.** Help your teen develop and maintain a positive self-image. It starts with listening. Begin by listening to what your teen has to say about his/her feelings.

- \* Teach your teen to change their “demands” to “preferences.” Encourage them to work against frustration by setting a good example and reward them when they express their needs and desires appropriately.
- \* Encourage your teens to ask for what they want assertively; pointing out that there is no guarantee that they will get it.
- \* Encourage your teens to develop hobbies and interests which give them pleasure and which they can pursue independently.
- \* Let teens settle their own disputes between siblings and friends alike.
- \* Help teens learn to focus on their strengths by pointing out to them all the things they can do.
- \* Encourage your teens to value themselves the way they’d like their friends to value them.
- \* Help your teens think in terms of alternative options and possibilities rather than depending upon one option for satisfaction.
- \* If you appreciate your talents, and value yourself, you will be a wonderful example for your teens.
- \* Finally, enjoy your teen. It’s far too easy to get caught up in the negative and forget to just enjoy the time you spend together.