

# The Royal Herald

September 29, 2017

**THIS WEEK'S EDITION OF THE ROYAL HERALD IS LONG SO PLEASE READ THROUGH TO THE END. THANK YOU!**

## **A Generation Untethered From the Wall, But Tied to their Cells (From the Principal)**

We joke about it, to a certain extent, but there are certain things about our middle schoolers that I encounter that I couldn't make up, even if I tried. Each year, as our new students enter, there are certain things that shock or amaze us regarding the next generation of kids. Some years it has been the ability of students to ignore their school emails. Other years, it's the number of times kids forget things and mom or dad bring their items to save the day. Each year brings something new. This year has made me realize that our kids really do not understand that we, their parents, were physically tethered to a wall when we spoke on the phone as kids!

Even when I'm "in the zone" in my office, I can often times overhear a lot from the outer main office. The number one thing that I overhear from Mrs. Chute this school year? Directions on how to use the phone. Very specific directions. Directions like, you have to pick up the receiver ("what's the receiver") and put it to your ear. Questions like "is this a home number or a cell phone number," in trying to help them understand that they don't always have to dial "3-1-9." Or simple things like, "Okay, if you are done, you have to put the phone back down in order to hang up." I've actually seen students holding the receiver in their hands, dial the number, but never put the phone to their ear and they can't understand why they can't hear anything (because it's not on speaker!).

For people like Mrs. Chute or myself, it's a good thing we have a sense of humor about the whole thing, as well as patience. It is rather amusing to us to realize that our next generation of students do not know how to use anything other than a cell phone to place a call. An office phone just about puts them over the edge! "What do you mean by 'a line'?" "Why would I dial '9' if their phone number begins with a '2'?" (Insert a heavy sigh here...) Please know that we are doing our best to help teach them, but feel free to do some training, maybe at Grandma or Grandpa's house? Most importantly, we want to emphasize to all of our parents that we have phones readily available for student use at Regis. They may need to be taught how to use them, but we want to insure that our students have an opportunity to use a phone and we never make the assumption that a student has their own cell phone to call from.

The other thing we notice about our middle schoolers is their impatience and their continued dependence upon mom and/or dad. This is something that we are pretty used to, but please know that this is something we hear pretty regularly:

Student A walks in the office at 4:01 pm: "May I use the phone?"

Mrs. Globokar: "Absolutely! What do you need to call about?"

Student A: "My mom is late and I have to call her!"

Mrs. Globokar: "Oh my! I'm sorry to hear that! What time was she supposed to be here?"

Student A: "4 o'clock"

Mrs. Globokar: Sigh.....

Along with this inability to use a "tethered" phone comes the inability to separate from parents on occasion. We live in a world in which everything seems to be immediate. And they expect an immediate response. And, for heaven's sake, they expect us as parents to be at their beck and call. As your child's principal, please know that I am giving you permission to make them wait on occasion, and I am asking you to have a conversation with your child about what the acceptable amount of wait time in your household is.

In my household, my children know each of their parent's habits (I won't reveal which one of us tends to run late!), and they now know that if they have to wait, they should make the best of it by doing homework, talking with friends, or amusing themselves. If we are running five minutes late, it should be no big deal. Now, if we're running twenty minutes late, then that's another thing. Patience truly IS a virtue, and at some point we need to make sure that our children know that we are not always going to be there. If we didn't respond to the text, maybe we were driving and we shouldn't be on our phones. If we didn't answer the phone, maybe it's because we were in an important work meeting or on a call and that took priority. If we are running a bit late, maybe that was God's grace at work trying to teach them patience. Either way, please know that there is value in some separation as we are trying to help them become independent.

And lastly, here are a few "easy" ways to help them gain their independence:

- Have THEM pack their lunch
- Don't always "save" them when they have forgotten something (utilize the "one mulligan" rule during the school year!)
- Make them responsible for packing their bag(s), especially when it comes to sports bags and equipment
- Send them to school without electronic devices. Help them to "untether" from that dependence.

### **No School Monday, Oct. 2**

Just a reminder that there is NO SCHOOL on Monday, October 2nd so that our teachers can participate in professional development. Monday's in-service day will be spent in ongoing training for our online learning platform, PS Learning. In addition, essentials teachers will be working with other teachers from our elementary schools in the afternoon.

### **No Shorts/Capris beginning Oct. 3**

This is just a reminder that starting next week students are no longer allowed to wear shorts or capris.

### **Team Gus/Wear Red Casual Day -- Thursday, Oct. 5**

We all want to be a part of #TeamGus! For those of you who don't know the Fuhrman family, Gus Fuhrman is a junior at Xavier High School who is in need of a kidney transplant. His younger sister, Sofie, is an 8th grader at Regis, and we want to show our love and support for Gus! Many of our students purchased the Everyone for Gus shirts which could be picked up at Xavier this week. Next week is Homecoming week at Xavier, and in the spirit of Homecoming, we are making next Thursday, October 5th a "Go Red for Gus" Day! Students and staff can wear their Team Gus or any red shirt on a "casual dress" day!

### **First Friday Liturgy**

Next Friday, October 6th is our "First Friday Liturgy" held in the Regis Chapel at 7 am. Please come join us for Liturgy!

### **Student Council Hosts "Dodgeball" Tournament - Friday, Oct. 6th**

**When:** Oct, 6th from 3-5ish in the Gym

**Cost:** \$2 per player on a team of 6. Admission to watch: \$1

Winning team will have BRAGGING RIGHTS FOR THE YEAR!

Bake Sale items and water are available for \$1.

### **Catholic Heart Work Camp Informational Meeting - Tuesday, Oct. 10th**

Regis Middle School has reserved 40+ spots for a trip to Denver, Colorado! Students would leave on Saturday, June 16th in the evening and take an overnight bus trip to Denver, CO. Students will stay in Denver and attend Catholic Heart Work Camp from Sunday, June 17th through Saturday, June 23rd, returning home sometime Saturday evening. Service activities throughout the week would be within the Denver metropolitan area, and students would get to have a "free day" activity on Friday, June 22nd. Want more information on Catholic Heart Work Camp? Here is a general overview:

**What:** Catholic Heart Work Camp (A service trip!)

**When:** Summer of 2018 (June 16th - 23rd)

**Who:** Students who have COMPLETED 7th and 8th Grade

**Where:** Denver, CO

**Estimated Costs:** \$650 - \$725 (depending on number of attendees, free day activities, and more!)

Is your child interested in attending? There will be an informational meeting for students and parents on Tuesday, Oct. 10th at 6 pm in the Upstairs RLC Room (next to the Library).

Registration for CHWC will open up at 6 pm that evening and registration is on a first come, first serve basis.

### **Grandparents Day October 13th!**

Save the date for our annual Grandparents Day on Friday, Oct. 13th! We will begin the afternoon with tours at 12:30 pm, gather together at 1 pm and participate in a prayer service at 1:30 pm. If you know of a Grandparent or Special Friend who will be attending our prayer service on Friday, October 13th, [please RSVP here with their information.](#)

MANY THANKS to the wonderful volunteers who have committed to helping with our Grandparents Day! We are so blessed to be able to say we have enough helpers. We can't do it without you and appreciate your support!

### **School Picture Retake Day October 12**

Inter-State Studios will be here Thursday, Oct. 12 at 8 am to take pictures of any students who were absent on the Aug. 24th picture day and to retake pictures of any student who would like theirs redone. If your student is having their pictures retaken they must return their original portrait package that day. You may also purchase extra photos -- order forms are available in the main office. Please contact Dianne Clarke at [dclarke@regisroyals.org](mailto:dclarke@regisroyals.org) if you have any questions.

### **From the Health Center**

We have had a couple of cases of head lice reported at Regis Middle School. Signs and symptoms to watch for include: itching of the scalp/neck/ears, lice on scalp, and lice eggs (nits) on hair shafts. If lice or nits are detected, the Iowa Department of Public Health advocates a two-week treatment plan that includes the use of an over-the-counter medicated shampoo containing permethrin or pyrethrin. This plan of treatment can be found at <https://goo.gl/QG8fAo>. If uncertain of the presence of lice or nits, please schedule an appointment with your healthcare provider for confirmation before treating your child. Further information can also be found at <https://www.cdc.gov/parasites/lice/head/index.html>.

Some ways to avoid exposure to head lice:

- Avoid sharing hats, scarves or other items for the heads
- Avoid sharing hair tools like brushes or combs
- Avoid sharing earbuds, headphones, etc (all students at Regis are required to have their own set so there's no need to share!)

The Iowa Department of Public Health has established a policy that no child will be excluded from school due to head lice. Head lice is considered to be a nuisance ***but not a public health threat***. The Iowa Department of Education also supports this policy. If a student is found to have head lice while at school, that child's parent will be notified, but the child may stay in school for the remainder of the day. The child **must** start treatment before returning to school the following day.

Even further, please note that students in middle school are often times particularly sensitive to the social stigma that comes with a reported case of lice. In order to avoid the social stigma that comes with it, we strongly urge parents to be sensitive to student or parent conversations about such matters and we beg you to not spread rumors, engage in gossip or making judgmental statements regarding other students and lice.

### **Casts, crutches, scooters.....Oh my!!!!!!!**

If your student has been injured and fitted with a cast, boot, crutches, scooter, etc., please allow time to meet with the school nurse, Mrs. Wessels, and school counselor, Mrs. Jacoby, when returning your student to school following the injury. There are temporary mobility

accommodations that can be put into place to help your student navigate classwork and the hallways with their newly acquired orthopedic devices. Also, a physician's note is required if PE restrictions apply.

### **Xavier Math Club**

Regis students taking Algebra & Geometry are invited to participate in Xavier's Math Club that competes in the Great Plains Math League (GPML). The Great Plains Mathleague competes in contests that are fun and that give students the opportunity to learn math from each other and from older students. They apply concepts they know to solve unique problems as well as new concepts not typically taught in the classroom. The contests are very challenging, as math students in Geometry that haven't been exposed to these types of questions will solve about 15% of the problems. You can find a contest example at the League Web Site, <http://www.mathleague.org>, password **foruseofmemberschoolonly**.

Your Algebra & Geometry student is invited to participate in the GPML Math Event at Cedar Rapids Jefferson on Saturday, October 14. This contest is the only contest in Cedar Rapids. The day begins with registration at 8 am and finishes with awards around 2 pm. The cost is \$8 with additional costs for lunch (optional). Xavier teams and Regis student participants have succeeded at previous contests, finishing as the Small School GPML State Champion last year and winning individual awards in the 9th grade and below small school category. Students need to be registered by Oct. 6 so if interested or for more information contact Xavier parent Doug Korbelt at [dougekorbelt@yahoo.com](mailto:dougekorbelt@yahoo.com) or 319-743-0447 or Xavier Math Teacher and Math Club Sponsor Anna Scholl at [anna.scholl@xaviersaints.org](mailto:anna.scholl@xaviersaints.org).

### **Girls Swimming Coach Needed**

Regis is currently seeking a coach for our girls swim team. Practices may begin the week of October 9th and will be held at Washington High School, Monday-Thursday from 3:10-4:15pm. The first meet is on October 23rd and the last meet will be held on November 20th. If you are a certified coach or know of someone that would be interested, please contact Dan Halter at [dhalter@regisroyals.org](mailto:dhalter@regisroyals.org) or call 363-1968.

### **Fall Concert - Concert Dress Clothing Reminders**

The Regis Fall Concert will take place on Thursday, October 12th in the Regis Gymnasium. On that night, our 6th Grade Band, 6th Grade Choir, 7th/8th Grade Band and 7th/8th Grade Choir will perform pieces that they have been preparing throughout the first month of school. We invite all to attend the concert, and remind all band and choir families that performances are a requirement for participation in these curricular programs.

One of the important items to note for our Regis concerts is our expectation of "Concert Black and White" apparel. Generally speaking, all students performing in the concert should wear "white on top and black on the bottom." We do not have band uniforms nor choir robes for our students to wear, so we have them dress in these items as a way to look professional for their performances.

Please note the follow expectations in regards to Concert Dress:

- White polo shirts, dress shirts, or blouses are acceptable (but nothing see through nor low cut, no visible undergarments please)
- Boys may wear a BLACK tie, but no other colorful ties (keep it simple!)
- No colorful scarves for girls (white scarves or sweaters... again, white on top!)
- Shoulders must be covered; nothing sleeveless, low cut, or midriff baring shirts (students in violation of this will NOT be allowed to perform)
- Skirts/dresses must be to the knee OR the student must wear BLACK OPAQUE LEGGINGS/TIGHTS underneath
- Pants must be appropriately fitted - No "hot pants," leggings as pants, skin tight nor extremely loose-fitting pants.
- Black shoes must be worn at all times,, if socks are worn, then only wear black socks
- Students are NOT to wear heels more than two inches high. This is a SAFETY hazard and students will not be allowed to take the stage if heels are too high.
- As with all things, Christian modesty in accordance to the school dress code (skirt/dress length, tightness of clothing, and modest necklines)

The goal is to dress and perform professionally. PARENTS - PLEASE examine your child's attire with each of the above in mind. Please do not put our teachers nor administration in a position in which they have to deny the child the chance to perform.

Lastly, please note that each of the items above CAN be purchased for dual use in both concerts as well as in the Regis dress code. For example, a pair of black pants and a white polo can get many uses throughout the school year (if kept clean!) for more than just concerts. This is intentional. Our goal is to keep is simple instead of causing stress. Concerts are about the GROUP performance, not about an individual standing out.

### **Hy-Vee Receipts Volunteers Needed**

Regis participates in Hy-Vee's Cash 4 Students program, which gives Regis \$1 for every \$200 in Hy-Vee grocery, gas, pharmacy, drug store, Starbucks, etc receipts we collect. We could use the help of volunteers willing to add up the receipts from the comfort of their home! Please contact Dianne Clarke at [dclarke@regisroyals.org](mailto:dclarke@regisroyals.org) if you can help with this effort. Thanks!

### **Upcoming Basketball Camp at Xavier High School**

\*\*Thrive 3 Basketball Clinic (Formerly Mike Lee Basketball) – Grades 6-12

Top skills trainer Mike Lee of Thrive 3 – formerly "Mike Lee Basketball" -- will be at Xavier High School to cover the finer points of offensive play and the mental game. His clients include many top D1 college and professional players. Take advantage of this great opportunity to learn from one of the best trainers in the country. Camp dates are Oct. 21 (9-11:30 am) and Oct. 21 (12:30-3 pm). **Deadline for sign up is October 15.** Register at [www.XavierSaints.org/Camps](http://www.XavierSaints.org/Camps).

### **Saints Baseball Sign-up**

The Saints Baseball organization was formed seventeen years ago as a feeder program for Xavier High School. Saints Baseball serves the Catholic Community by providing competitive and recreational baseball for boys ages 6-14. Saints Baseball is in need of a couple of boys at the 13U(7<sup>th</sup> grade) and 14U(8<sup>th</sup> grade) level to complete a couple of teams. This past summer we had over two hundred and fifty boys participate in Saints Baseball on twenty-four different teams. Registration for the 2018 Season is now open for all age groups until October 31<sup>st</sup>. If you want to register your son please go online to: [www.eteamz.com/saintssports](http://www.eteamz.com/saintssports).

### **National Life Chain**

National Life Chain is a devout prayer vigil and witness that God can use to change hearts and to save lives and families in our local area. It will be on Sunday, October 1, from 2 – 3:30 pm on the sidewalk in front of Planned Parenthood at 3425 First Avenue SE in Cedar Rapids. Did you know, over 60 million deaths have occurred from surgical and chemical abortions in the United States since its legalization?

- Stand with thousands of pro-lifers throughout the USA and Canada! You'll be a light in a darkened world as you help put an end to abortion through prayer!
- Bring your whole family!
- Water, lawn chairs, umbrellas and strollers are welcome and encouraged!
- Rain or shine!

### **Athletic Results**

**Scores and results are provided by the coaches/moderators of the activities:**

#### **Girls Soccer**

Regis - 3 vs. Oak Ridge - 5

### **On the Radar**

#### **Monday, Oct. 2**

- NO SCHOOL -- Teacher In-Service

#### **Tuesday, Oct. 3 (Day 2)**

- Pizzazz Practice - **7 am**
- Play Practice - Act II - pages 45-50 - **3:15-4:30pm**
- Girls Soccer vs. Prairie (West Field by Hills Elementary) - **3:30 pm**
- 8th Grade Football @ Oak Ridge - **3:30 pm**
- Boys Tennis Team 1 vs. Excelsior; Team 2 @ Taft - **3:30 pm**
- 7th Grade Volleyball @ Regis vs. Excelsior; 8th Grade Volleyball @ Excelsior - **3:30 pm**
- Cross Country Meet - @ West Delaware - **3:30-5:30 pm**

#### **Wednesday, Oct. 4 (Day 3)**

- Liturgy - 9:50 am
- Soccer Pictures - **3:15pm**
- Play Practice - Act II, pages 51-55 - **3:15-4:30pm**

#### **Thursday, Oct. 5 (Day 4)**

- Team Gus T-Shirt/Wear Red Casual Day
- Play Practice - Act I, scenes 1 & 2 - **3:15-4:30pm**
- 7th Grade Football vs. Prairie @ LaSalle - **3:30 pm**
- 7th Grade Volleyball vs. SE, 8th @ South East Junior High - **3:30 pm**
- Boys Tennis Team 1 vs Prairie @ Prairie; Team 2 @ Prairie -- **3:30 pm**
- Girls Soccer@ Regis vs. Roosevelt - **3:30 pm**
- FTC Parent Meeting - **6-6:30 pm**

**Friday, Oct. 6 (Day 5)**

- Spirit Day
- Dodgeball Tournament, sponsored by Student Council - **3-5:00pm**
- Art Palette - **3 - 4 pm**