

SSSPA OFFICERS

President:
Michelle Diamant

Vice President:
Jamie Tsandes

Secretary:
Laura Lewon

Treasurer:
Cerah Nordhoff

Principal and 2nd V.P.
Dr. Susan Brady

Historian
Andrea Giamalakis

School Apparel and Hot Lunch:
Cerah Nordhoff

Newsletter
Jamie Tsandes

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Message from the Officers

Welcome back parents and students!! We are excited to start off the 2009-2010 school year with a newsletter informing parents of upcoming events, past events, and articles that we hope interest you. This newsletter will be sent home to SSSPA members (included as part of your dues) every other month with your student and emailed to you. This first newsletter is a complimentary issue to all parents. If you would like to receive this newsletter you can join the SSSPA by emailing us at ssspaofficers@gmail.com, filling out a form in the main office, or attending our next SSSPA meeting.

Our next SSSPA meeting will be held on October 21st @ 2:30 p.m. Please do your best to be in attendance. This will be an important meeting for numerous reasons. First, this is the deadline to turn in and pay membership contribution for the current school year. **SSSPA fees are \$20.00 for the year.** Second, we will also be looking for your input to decide future meeting times; we would like to accommodate as many parents as possible and will be scheduling the times according to the majority. Finally, we will be voting on changing the current bylaws to reflect SSSPA Membership meetings to be held at least once quarterly, with additional meetings added as needed. We feel by doing so we will be able to make the meetings more efficient and meaningful, while hopefully increasing attendance and support. Mark your calendars for the SSSPA meeting dates scheduled for the year:

October 21st • December 2nd • February 3rd • April 21st

Our volunteer program has been a hit! Thank you to all who have returned your forms. We plan on contacting each committee 4 weeks prior to the event to assist in coordination and to offer any needed assistance. To submit your monthly volunteer hours, please email the volunteer tracking chair Elenie Sefandonakis at: sssvolunteerchair@gmail.com or drop by the main office and fill out the tracking form for each month. (Although this is a school requirement, SSSPA is assisting in providing volunteers to help track hours monthly.)

For any questions, concerns or to be added to our email list you can contact any of us directly or email us at: ssspaofficers@gmail.com

Thank you for your continued support and involvement in the SSSPA!

Saint Sophia's Nameday

On Sunday, September 20th at Holy Trinity and Sunday, September 27th at Prophet Elias several students from our school read before our congregation in honor of Saint Sophia and her three daughters, Pistis (Faith), Elpitha (Hope), and Agapi (Love). After the readings the students stood at the back of the church and passed out flower seed packets to each parishioner. The seed packets were attached to an envelope for donations that can be made in honor of Saint Sophia and her daughters. Donations will be applied towards the SSSPA fund to support student activities. We would like to thank all the students and parents that participated. A special thank you to Orië Kambouris for developing the idea and making it happen, as well as all of her hard work in coordinating the effort. The SSSPA would also like to thank Roula Sargetakis for assisting Orië at Holy Trinity, Andrea Giamalakis and Elenie Sefandonakis for coordinating and assisting at Prophet Elias.



Safety Program

On Thursday, October 8th from 6-8 Sheriff Jim Winder will be at St. Sophia to present:



**School Violence &
Critical Thinking Skills
for St. Sophia Parents & Teachers**

This class has been taught to teachers and administrators in over 300 schools in the state of Utah. Sheriff Jim Winder is a dynamic instructor who will provide you with the critical thinking skills necessary should you encounter a violent or potential violent situation. You will learn skills to diffuse and/or avoid the event all together. Please join us for this informative class. This class is offered by the St. Sophia Safety Committee and SSSPA. We would like thank Shawn Winder for all her coordination and effort that she has put into this event!

*Childcare, pizza and a movie will be offered by the SSSPA. This will be of no charge for SSSPA members and a \$5.00 charge for non-members.

**Children under 18 are NOT allowed to participate in this class due to the nature of the discussion.

Classroom Coordinators

We would like to thank the classroom coordinators that have volunteered for the 2009-2010 school year. For each newsletter, the coordinators will provide an update of past activities and scheduled activities to help keep the parents up to speed on your child's class.

Pre-K, Morning
Ms. Shelly

Ms. Shelly's class will have a field trip on October 23rd to the pumpkin patch. Volunteer drivers are needed. If you would like to volunteer please let Ms. Shelly know. The students need to be on-time, departure will be at 9:15 a.m. and returning by 11:00 a.m.

Pre-K, Full Day
Ms. Hallie

This is the first year that the Saint Sophia School has provided a full day Pre-K class. It has been a great success! We have 11 students - the schedule for this class follows the standard Pre-K program for the morning, and the afternoon is filled with lunch, activities, nap time and a recess. Students are picked up at curb side in the afternoon with the older grades.

Ms. Hallie's class will also have a field trip on October 23rd to the pumpkin patch. Volunteer drivers are needed. If you would like to volunteer please let Ms. Hallie know. The students need to be on-time, departure will be at 9:15 a.m. and returning by 11:00 a.m.

Pre-K, Morning
Ms. Morgan

We would like to welcome Ms. Morgan Kessimakis to the school as a new Preschool teacher! Ms. Morgan's class will also have a field trip on October 23rd to the pumpkin patch. Volunteer drivers are needed. If you would like to volunteer please let Ms. Morgan know. The students need to be on-time, departure will be at 9:15 a.m. and returning by 11:00 a.m.

Kindergarten
Ms. Romriell

Each student in the Kindergarten class just completed a written a book about themselves, what they like, fears, what they want to be when they become older and what they are good at. It is 12 pages and they wrote and colored it on their own!

The kindergarten class will also have a field trip on October 23rd with the Pre-K class to the pumpkin patch. Volunteer drivers are needed. If you would like to volunteer please let Ms. Romriell know. The students need to be on-time, departure will be at 9:15 a.m. and returning by 11:00 a.m.

CLASSROOMS

1st Grade- Ms. Rixner

Ms. Rixner's class is looking forward to a field trip to Wheeler Farm on October 9th. The class will also be joined by the 2nd grade class. They are excited to see all the farm animals and take a wagon ride! Parent volunteers please coordinate with Ms. Rixner.

2nd Grade - Ms. Mulligan

In the 2nd grade the students are learning how to write paragraphs and are even doing some editing. They have made ice cream cones using ordinals, made a wish for a special substitute teacher, and used our five senses to write about an Oreo cookie. Food and writing equals fun! In the morning you can find them reading and in the afternoon they are busy doing math. Friday is math game day! The students have been so excited about our lifecycle unit. The tadpole is starting to grow arms, however, the butterflies are a different story; they took a turn for the worst. The 2nd graders have worked hard making their own diorama. When they have the research finished they will invite us all to come check them out!

3rd & 4th Grade - Ms. Rosenberg & Ms. Holt

The 3rd and 4th graders have had a busy first month of school! In math they have learned all about graphing. They have had fun collecting data and making graphs displaying all the birthdays in grades K-6. In writing students started a journal, have written short stories, and a few students even wrote/performed skits using their weekly vocabulary words.

Fourth graders had a lot to say about their wonderful experience at the Great Salt Lake with their science teacher Mrs. Allen. And this week, as part of a unit on 'community', Mrs. Holt is taking the third graders on a walking field trip to a local business. This is going to be an exciting and productive year for the third/fourth graders!

5th Grade - Ms. Nichols

The 5th grade class is off to a busy start this school year! The students have been learning new reading comprehensive strategies and have implemented the National Spelling Bee Latin Root words with their weekly vocabulary assignments as bonus words. They are also busy working on graphing skills. Social Studies began with learning about early explorers. Science has included experiments regarding physical and chemical changes. During the experiments they have learned how to predict what will happen by creating hypothesis and recording data collected throughout the experiment. The class was able to take a field trip to the Great Salt Lake to study chemical and physical changes that have occurred in the environment.

6th Grade - Ms. Kapos

This year there are seven students in the 6th grade and they are excited about all the new and fun things they will be learning about. The 6th grade class along with 4th and 5th grades spent a day at Antelope Island, learning about the island and its interesting ecosystem. The class has also started learning about Ancient Egypt and how the Nile River brought an amazing civilization to the desert.



Principal's Message

Welcome Back---This newsletter is the brainchild of our new SSSPA Presidency and is a great idea. I hope that all of you enjoyed the summer break and are ready for another exciting year at Saint Sophia.

We would like to welcome two new staff members: Elly Paulos (computer, PE, and kindergarten TA) and Morgan Kessimakis (preschool and kindergarten TA).

Look for upcoming information about the DISCOVERY CLUB which has been very popular in the past. It is held one afternoon a week and is always fun.

Our BEFORE AND AFTER SCHOOL PROGRAM will be run by Jennifer Romriell and is offered daily and has the added advantage of tutoring and homework help.

OXI NIGHT will be on October 28th at 6:00pm. Be sure to invite your family and friends for a wonderful program, delicious food, and a chance to network with others.

Thanks to our volunteers who helped to make our Nameday at Holy Trinity and Prophet Elias memorable. We couldn't do it without you.

Please never hesitate to call with any suggestions, comments, concerns, frustrations and/or compliments. I am always happy to hear from you.

All Best,
Dr. Brady

Volunteer and Committee News

Safety Program will be on
October 8th in the small gym!!!
The committee includes:

Winder Family (Committee Coordinator)
Hunter Family
Thomas Family

Oxi night is fast approaching
October 28th @ 6:00 p.m.!!!
The committee includes:

Chavez Family (Committee Coordinator)
Bithas Family
Elledge Family (M.C.)
Gianoulis Family
Makris Family (Food)
Moutsos Family
Munoz-Neofitos Family
Oliveira Family
Stone Family
Tassainer Family
Yannias Family



Discovery Club News

The First session of After School Discovery Club is about to begin, October 28th – December 9th!

Wild Things, Science & Animal Explorations, LLP will be here to showcase some exciting animals each week. The instructor will bring five different types of animals (which could include reptiles, amphibians, insects, mammals and birds) from around the world that fit the theme for each class. These are the six different themes for each class:

Oct. 28th: Animal Adaptations: “Tongues, Tails, Toes & Teeth!”

Nov. 4th: Animals & Environments “Creature Comforts”

Nov. 11th: Animal Lifecycles & Lifestyles “Lifestyles of the Furry, Feathery, Slimy & Scaly!”

Nov. 25th: Animal Senses “Sensational Animals!”

Dec. 2nd: Animal Defenses “Survivor: Animal Kingdom”

Dec. 9th: Animal Mimicry & Camouflage “Copycat Critters”

The Discovery Club is an optional after school activity on Wednesday’s from 3:30 – 4:30. More details and sign up sheets coming soon!

Parent volunteers or questions please contact Orië Kambouris at:
nikorie@abridebeautiful.com



Treasurer’s Report

The following is the SSSPA financial report as of September 29, 2009

Beginning Balance as of 9/1/2009: \$1,171.84

Ending Balance as of 9/29/2009: \$1, 178.77

Incoming deposits equaled **\$2,490.41** and included:

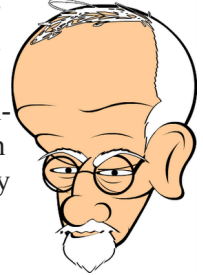
- Sept Lunch, SSSPA Fees, Recycling

Expenses for the month of September equaled **\$2,489.46** and included:

- Hot lunch, Back to School Night Snacks, Reading Gifts, Coffee Hour the First Week of School and the Saint Sophia Nameday Seed Packets.

Ask Nick!

Several parents have had questions regarding their child's development, behavior or parenting. This is your chance to ask a question, anonymously, and have it answered by a professional counselor. Nick Tsandes, LCSW is a clinical social worker and owner of Compass Child & Family Counseling who provides therapy for children and families. If you have a question and would like the opportunity to have it answered, please email nicktsandes@yahoo.com. All submissions will be strictly confidential.



My eight year old is the best kid at school. He/she gets good grades, is well liked, considerate of others. Once he/she comes home he/she is unbearable and complains about anything, whines and doesn't listen to me. What is going on with him/her and how do I best control the situation so I don't get upset with him/her?

Dear Parent,

I have run across this mysterious case of childhood Jekyll and Hyde syndrome, and have to admit that it doesn't lend itself to an easy, straightforward answer. As with any child behavior or emotional issue, specific characteristics of each child and family need to be taken into account. That being said, I will offer some general ideas and possibilities that I hope may "ring true" to your situation.

First off, I think it is important to get a grasp on eight year old child development. I personally believe that the eight and nine year old is a time of development that is fraught with unique challenges. Eight year olds are particularly sensitive because they are in the processing of solidifying the moral concepts of right and wrong. They are also especially interested in their peer group, and have heightened sensitivity to issues like embarrassment and fitting in. These new developmental challenges require a great deal of energy, and pose unique challenges for discipline.

Second, it is important to assess just how emotionally and socially drained your child is after school. In addition, if you are a full time working parent, you also may be emotionally exhausted at the end of the day and the combination of exhausted parent and child can make for some real drama! It may go without saying that the school setting and structure is altogether different from family life. That being said, your child may do quite well with the strict structure, routine, and rules of school. Eight year olds are much more able to adjust to school expectations and rules, and most want to fit in with their classmates and avoid the embarrassment of being singled out in class. I often tell parents in my office that school provides a "very tight container," while family life, just by its nature, may not. Your child also may work quite hard at "holding it together" all day long, only to let loose once he or she is in the comfort of home. School also has the benefit of being new

and novel, especially at the beginning of the year. So, children may not yet know what they can or can't get away with in the school setting. At home, most children know quite well what they can and cannot get away with, which leads me to my next point.

Finally, and perhaps the most difficult for a parent to admit, is whether your child's home behavior is actually effective. In other words, your child may find that whining, complaining, and melting down really works! And, if you are emotionally exhausted yourself, you may be giving in more than you like to admit. At school, your child may not be able to get away with such behavior, it won't work on the teacher, but it may be working on Mom and Dad!

So, now the golden question: What do I do about it?! Here are some tips I hope are helpful:

- If you aren't doing so already, implement more structure and a predictable routine at home, and make sure you include a break right after school for a snack and some rest and relaxation time.
- Remember that discipline comes from the word disciple, which means to lead. Too often we confuse discipline with control and compliance, which leads to more battles, especially with eight year olds who now feel they are more capable than ever of making their own decisions. Discipline with eight is about teaching, not control. Consequences that involve making amends and discussions of why certain actions are wrong make a meaningful impression. But, don't expect perfect behavior; instead plan to use the many opportunities you will give this year to reinforce and practice the lessons of right and wrong behavior.
- Use natural consequences. Eight year olds are able to learn that their behavior has specific consequences, be they positive or negative. And natural consequences tend to be the most powerful learning tool. For more information on natural consequences go to <http://childparenting.about.com/library/weekly/aa102703a.htm>

There is also a great article entitled: "He Never Acts This Way in School." You can find it at:


<http://www.kidsgrowth.com/resources/articledetail.cfm?id=2167>

As with any child behavior or emotional issue, if the problem persists or becomes more concerning, a consultation with a professional counselor may be helpful. Oftentimes just a few office visits can be enough to turn things around. Thanks for your question and happy parenting!

Calendar of Events


Please mark your calendars for the following events through the end of December. These events are subject to change.

October



October 1st & October 2nd	Fall Recess
October 5th	Fire Truck Visit to the School (for all classes)
October 8th	School Violence & Critical Thinking Skills for St. Sophia Parents & Teachers (6-8 p.m.)
October 9th	1st Grade Field Trip Wheeler Farm
October 21st	SSSPA Meeting (2:30 p.m.) School Board Room
October 23rd	Pre-School & Pre-K Field Trip Pumpkin Patch
October 28th	OXI Night Celebration! 6:00 p.m. (extended families invited)

November



November 15th	1st Grade Field Trip Petco
November 18th	Parent Teacher Conferences (for all classes)
November 26th and 27th	Thanksgiving Recess

December



December 2nd	SSSPA Meeting (Time TBD)
TBA	Christmas Program
December 21-January 1st	Christmas Break