

October 2011

Cologne Academy Director's News

Calendar Dates

- October 25 at 8:00 p.m. Finance Meeting
- October 25 at 4:00 Knowledge Bowl Meet - Westwood Middle School, Blaine
- October 27 at 7:00 p.m. Board Meeting
- October 28 at 2:50 p.m. OSA/Fish Assembly
- November 1 at 7:00 a.m. Personnel Committee Meeting
- November 3 at 6:00 p.m. Fall Concert Grades K-4
- November 7 at 6:30 p.m. PAVE Meeting
- November 11 at 6:30 p.m. Family Fun Night
- November 11 Life-touch Photo Retakes

Cologne Academy's Knowledge Bowl Team

There are many first-time events in Cologne Academy's history and today will mark another "first" as several 6th-8th graders will trek to Blaine for their first Knowledge Bowl (KB) competition. Knowledge Bowl is a sport for the mind. It provides a format for student growth centered on academics.

Cologne Academy's KB team is lead by veteran KB coach and current Cologne Academy 8th grade science teacher, Mr. Nathaniel Nordberg and Curriculum, Learning, Teaching Support Specialist, Mrs. Lori Magstadt.

Middle Grades Knowledge Bowl competitions are interdisciplinary academic contests for students in grades 6-8. During each contest, teams of students compete in written and oral rounds by answering questions related to all areas of learning. Questions are taken from the standard

curriculum for the grades. Questions test students' recall, problem solving, and critical thinking skills.

Success Beyond the Classroom (SBC) coordinates the metro area Minnesota Service Cooperatives' Knowledge Bowl program for middle grades. Students in grades 6-8 are invited to participate and join 75+ teams from across the metro in this exciting academic challenge program. <http://www.successbeyond.org/KBmiddle.htm>

This Saturday is Cologne Academy's final girls volleyball match held at GSL's fieldhouse in Glencoe. Game starts at 9:45.

For boys and girls in 5th and 6th grade, sign up for basketball is happening now. Please contact Sue Buetow rbuetow455@aol.com for more information.

Lynn Gluck Peterson
Executive Director
October, Issue 5



Knowledge Bowl Meet schedule:

October 25 4:00 -
Westwood Middle
School, Blaine

November 22 - Pioneer
Ridge, Chaska

December 13 -Shakopee
Jr. High

January 24 - Skyview
Middle School, Oakdale

Willing to share your CA experience with others?

We're looking for a few families to host small get togethers in your home for other families in your community/neighborhood. This could be an informal "coffee and cookies" setting with a CA staff member present to help spread the word about our school. If you are interested in helping, please contact Kelly or Jana in the office at 952-466-2276.

Thank You!!!



OPEN GYM!!

Cologne Community Center

Looking for a great way to keep active during the fall-winter months? Come to the Cologne Community Center for some activities. The gym is available for walking, basketball and volleyball. All ages welcome and encouraged!

When: Beginning October 23rd, 2011

Ending March 31, 2012

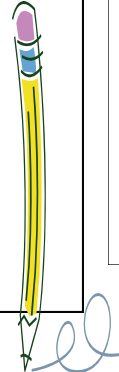
Fee: \$1.00 per person

Wednesdays 7:00 PM-9:00 PM

Sundays 3:00 PM- 7:00 PM

Time subject to change due to inclement weather or lack of attendance.

Clean tennis shoes are required. No street shoes.



During recess hours (11:23-1:03), please do not park your vehicle in front of the school doors. There are cones in the parking lot so that students may play on the west end of the blacktop during recess. Visitors and volunteers may park in the row nearest the cones.

Thank You!

College T-shirt Days:

- October 28
- November 14
- November 22
- December 12
- December 21
- January 27
- February 13
- February 24
- March 5
- March 30
- April 16
- April 27
- May 25

Uniform pants/skirts required.

Lunch Servers Needed

Can you help serve lunch on Mondays? If so, please contact Jami Reinitz at jreinitz@cologneacademy.org

Thank you for Volunteering!



"Save the Date!" Attend Waconia's first Community Town Hall Forum on bullying, diversity and substance Abuse on SATURDAY, October 29, 9:00 - 12:00 p.m. at Waconia High School. HEROs Coalition (Helping Empower & Respect Others) is an organization aimed at orchestrating community-wide efforts that empower our youth to feel safe, respected, connected and equipped to engage in respectful interactions.

Veteran's Day Program

Cologne Academy is hosting our first Veteran's Day Program on Friday, November 11th. Students are encouraged to invite a veteran guest to join them for the assembly and treats afterward. The assembly will begin at 2:35 in the Cologne Community Center.

Our buses use the SAFE ROUTE to school.

Do you?

If you're not aware of the safe route, please ask.

You do NOT need to cross Hwy 212 to get to Cologne Academy.

PAVE Reminders

Giving Trees

Do you know that each classroom has a Giving Tree? In the hallways, the teachers have placed Post-It notes on the tree with items needed in the classroom. The next time you are in the school, please check these out. Some are very basic needs and others may be things you have around the house. Any items you can purchase from the trees is less dollars the classroom teachers will have to pay out of pocket. A few of our classrooms also have their giving trees listed on the CA website.

Scrapbooking

Come join the Scrappy Campers for a fun filled weekend of scrapbooking and card making. Friday, October 28th from 6:00 p.m. to midnight and/or Saturday, October 29th from 9:00 a.m. to 9:00 p.m. Food, beverages, prizes, demonstrations and good company all provided. We always welcome some new faces!! For more info contact tammy-schelitzche@embarqmail.com

Uniform Exchange

We will be hosting a uniform exchange during the upcoming Book Fair at the end of November. Please save your gently used uniforms. Further information on when to bring them to school will follow. This is simply a reminder to start saving those that can be passed to others and to let you know you may be able to find some items for your ever growing kids!!

Spring Fling Coordinators Needed

The first Spring Fling planning meeting was held on Monday, 10-17. We still need coordinators in the following areas:

Silent Auction Team (need 3)

Marketing Team (need 2)

Food Concessions Team (need 1)

Games Team (need 2)

Free Contests Team (need 2)

Master Scheduler (need 1)

All of these coordinator roles need to be filled in order for the Spring Fling to happen. Please consider stepping forward. You will not be working alone (notice the word **Team** above). There is plenty of great information saved from previous years that you are welcome to use, edit, build on, change, etc. The Spring Fling only can grow and improve each year through the talents of our volunteers. Also, the goal of starting the planning process early is to allow each team the maximum amount of time to make their area great. Again, please consider volunteering in the areas above to help us create the best Spring Fling yet. Contact PAVE@cologneacademy.org to volunteer.

Cookie Dough Fundraiser - All School

Information will be coming home with all students about the Otis Spunkmeyer Cookie Dough fundraiser that will be taking place from November 8th to the 22nd. Samples of the cookies were available at conferences and there were many positive comments. Please support this fundraiser and help PAVE support Cologne Academy to purchase additional laptops and a laptop cart.

November PAVE Meeting

Our next PAVE meeting will be held Monday, November 7th at 6:30 p.m. in the conference room. If you have any items to add to the agenda, please do so by contacting PAVE@cologneacademy.org by Thursday, November 3rd. If you come to the PAVE meeting with items to discuss that are not on the agenda, we will respectfully ask that you follow our process.

If there is a parent anywhere in the world who would keep their child in diapers after they are successfully toilet trained, that parent has not crossed my path. But I have met with parents of “children” in their 20s who contact their “children’s” college professors and even their supervisors in the workplace! And, unfortunately, I have met many, many parents who do the equivalently inappropriate strategies with children no longer in diapers and not yet in college.

Challenge yourself while you read the following examples. Even if your children are still quite young, try to predict where you might draw the line between helping and holding back to permit the problem to be faced independently by your child. If your children are now older, think back to what you did and perhaps how you might handle it if you had it to do over.

- It takes a 5-year-old boy quite a few minutes to tie his shoelaces. In the morning, as they are watching the clock and racing out the door, his mother will often do it for him.
- A 7-year-old girl comes home from school with a long face and talks about not having anyone to play with at recess earlier that day. Her father calls her teacher and asks if there is someone who can be paired up with his daughter for the next few weeks so this does not happen again.
- A 10-year-old boy does not think school is very important, leaves needed materials at school and rushes through his homework and is very comfortable handing in incomplete and low quality work. His mother devotes several hours every evening for the next few months to straighten things out.
- Now it is Middle School and

the 12-year-old girls are forming cliques and taking turns betraying each other. The father of one girl sends an angry email to the school principal demanding that something be done.

- A freshman in high school gets cut from his school’s sports team and his mother is convinced that the coach is picking his favorites and files a complaint with the local sports organization.
- A high school junior decides not to take AP (Advanced Placement) classes in subjects that she is not planning on majoring in once she gets to college and her father overrules her and meets with the school counselor to pick the courses he thinks she should take.

What if uncomfortable times are needed during childhood and what if they provide the richest learning opportunities? And what if too much help robs children of the needed opportunities? In a recent N.Y. Times article, the question is raised: What if failure is a necessary ingredient for success? And I would add: What if grappling with stressful situations is necessary for inner strength, self-esteem and resilience to develop?

There comes a time, almost always before the parent is ready, to take a few steps back and change the format of our help. Where before we put on our “fix-it” hats, roared in and solved their problems for them, now we rely on our psychological presence to support them as they search for their own ways to solve their problems. We listen with both of our ears and all of our might and we listen twice as much as we speak (one mouth, two ears). We brainstorm options with them. We tell them we know they will get through it and they will be stronger for having come through

the experience. And we tell them they are not experiencing anything that millions of children before them have not already experienced and figured out how to get to the other side.

This is more important than it probably seems at the time. Even though we want to help our children feel better, have friends, get good grades, right now, today, this minute, the more important task for us as parents is to prepare our children for when they are on their own. They need to struggle sometimes in order to become the strong and capable adults we know they can be. And we do not want to look over our shoulder when they are in college and wish we had helped them less when they were younger.

If you enjoy these articles, please feel free to share them with other parents. They can be downloaded to your computer, printed or forwarded as an attachment, at no charge. And, there are four years of archived articles about children and parenting at www.drstevekahn.com, all available for downloading or forwarding to other parents. Dr. Kahn is the author of *Insightful Parenting: Making Moments Count*, now available for e-readers and as an audio book.