



# Norfolk Catholic School

## Monthly Cal News

November 2018

[www.sacredheartnorfolk.com](http://www.sacredheartnorfolk.com)

Published monthly except June and July by:  
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### Principal's Notes

#### Motivating Your Child LONG RANGE PLANS CAN HELP PREVENT PROCRASTINATION

**Your child:** "There's no way that I can finish those projects by tomorrow!"

**You:** "When was it assigned?"

**Your child:** "Two weeks ago, but I just started yesterday." Sound familiar? Some kids put off assignments until the last minute, then find themselves overwhelmed. the reason: they may not know how to plan ahead. The start of the school year is a perfect time to teach your child this skill with these steps:

**\*Set expectations-** Tell your child that you expect large projects to be done over time- not just before they are due. Tell him/her you will help him/her plan.

**\*Make a planner-** Use the Norfolk Catholic Assignment Book for long term assignments. It should have spaces for the assignment's title and the final due date.

**\*Discuss goals-** When your child is assigned a project, talk about the steps required to complete it. Record them on the planner and choose a due date for each.

**\*Monitor progress-** Check to make sure your child is meeting his/her deadlines. With practice, he/she will need less supervision.

### Special Note from the Activities Office

If your son or daughter is planning to go out for a winter sport (boys/girls basketball / wrestling) and they were not out for a fall sport, a physical, parent consent and athletic service agreement forms for that student must be registered in the high school office. Please let Kelli know if you need any of the forms.

Ticket takers will be needed for the upcoming winter sports season. Please consider helping out. A google doc is located on the webpage. As a **BONUS**, a drawing for a \$50.00 HOPE card of the winners choice will be drawn after each winter season.

Remind your child to bring home locker signs (for scrapbooking or keepsake) or they will be disposed.

### HOPE

With the holidays around the corner don't forget to get your HOPE!!! It is a great gift for all occasions. Stop @ either schools or the parish office or you can also go on line:  
[www.greatlakesscriptcenter.com](http://www.greatlakesscriptcenter.com)

### REMINDER

The weather is changing and we have seen some dress code issues... NO hooded sweatshirts or blankets are allowed to be worn in the building during the school day. Crewneck sweatshirts with artwork on them must be Norfolk Catholic only. Other schools, colleges, LOVE PINK, are not allowed!

See the all school calendar at  
[www.midstatenebraska.org](http://www.midstatenebraska.org)  
for all your calendar needs

### NETFLIX USAGE

The school has noticed a large amount of Netflix usage after midnight on school nights. Parents please consider using a docking station outside of the bedroom for the chromebooks on school nights.

### NCHS Activities & Notes

Mid State Conference One Act Festival will be held Tuesday, Nov. 13th @ Johnny Carson starting @ 8:00 a.m.

**November 5th:** No School  
School of Faith / Staff Development

**November 14th:** 1:30 dismissal / Staff Development

**November 16th:** Mid-Term 2nd Quarter

**November 21st, 23rd & 24th:** No school / Thanksgiving Break

*Happy Thanksgiving  
From the faculty and staff  
@ Norfolk Catholic!!!*

