



“Youth sports isn’t just about sports. It’s about keeping the fun in the game and teaching athletes lessons they can take with them in life”-Coach John Burns

December 13, 2016

Dear St. Rita Parents,

Our basketball season has just begun and everyone is excited to support our teams. Below please find a very enlightening article from the PLAY LIKE A CHAMPION program regarding youth sports and what parents can do to assist the development of their student athlete.

WHAT CHILDREN REALLY WANT FROM YOUTH SPORTS - AND A BETTER WAY TO GET THERE

**by Bob Bigelow, Youth Sports Author and Change Advocate; excerpted from his new eBook
"Youth Sports: Still Failing Our Kids - How to Really Fix It"**

Over the past two decades, qualitative research has shown what adults and kids want from their youth sports programs. This research has clearly shown that adult needs in youth sports are very different than kids. For example, many adults put winning and competition high on their list of priorities; but kids rank winning low on what's important to them, rather they value fun, learning, and socialization the most. For many kids, even getting exercise is more important than winning.

The ISYS - Institute for the Study of Youth Sports (now part of Michigan State University) was founded nearly forty years ago. Its mission includes to "facilitate a paradigmatic shift in the way America judges success in youth sports (and) places child development before winning".

One of ISYS' most important contributions, from a renowned survey of over 8,000 teenage athletes across a wide variety of scholastic sports, was a ranking of the top ten reasons why kids play sports. Among teenage boys, the top 10 reasons were:

1. To have fun
2. To improve my skills
3. For the excitement of competition
4. To do something I am good at
5. To stay in shape
6. For the challenge of competition

7. To play as part of a team
- 8. To win**
9. My parents or close friends want me to play
10. To go to a higher level of competition

Among teenage girls, the top 10 reasons were:

1. To have fun
2. To stay in shape
3. To improve my skills
4. To get exercise
5. To do something I am good at
6. To play as part of a team
7. To learn new skills
8. For the excitement of competition
9. I like the coaches or teachers
10. For the team spirit

Notice that winning was 8th on the boys' list and did not even make the girls' top-ten list (it actually came in at 12th). Having fun is the top priority for both genders, and improving skills and enjoying competition were all more important than winning or losing. Even staying in shape (getting exercise) was more important than the score. Imagine kids saying that!

ISYS recognized the need for a paradigm shift well before the publication of the many popular youth sports books over the past ten to fifteen years. I wrote my first book in 2001, Just Let the Kids Play; How to Stop Other Adults from Ruining Your Child's Fun and Success in Youth Sports, about two decades after ISYS was founded. But that paradigm shift has yet to occur. In my 2001 book, I emphasized where the buck stops:

"The solution to these problems is not for children to figure out how to meet adult expectations. Rather it's for the adults to look at youth sports through the eyes of the children, and to serve their wants and the needs while they are being children at play."

Recognizing these needs unfortunately has not been enough. **We must de-emphasize adults' concerns about winning at the expense of development, socialization, and even plain old fun.**

The **FIRST** thing parents need to recognize is that the score should not be the principal focus because it doesn't tell us anything about the quality of play, the skills learned and put to use, or even whether the kids had a good time. Kids will also talk about the score (they may get it wrong, depending on their age), but they also talk about key plays, which friends they played with and things that were exciting and fun.

The **SECOND** thing is to realize that what kids learn is the most important factor in youth sports, besides just having plain old fun! Sports needs to be viewed as another educational opportunity for children. To put this another way, we all need to see sports as education. Kids love to learn, but if

parents and coaches place too much emphasis on the outcome, the process of improvement gets lost. Take youth soccer for example. Many of the kids just won't score a lot of goals. It is traditionally a low-scoring game. Yet we all should hope every player makes more and more good passes and improves his/her ball control throughout the season.

This leads to point number **THREE**: parents can educate themselves on what sport-specific skills should be developing in their child's age group, and at what pace. There are many resources available online as well as numerous books written on various children's sports. Get hold of some of these, read and get educated on what your child should be learning. It's quite possible that your youth player may have a "losing" season in game outcomes, yet have a terrific experience in growing his/her skills!

Parents and coaches alike need to remember that in youth sports winning is for today, but learning is forever. A simple experiment might begin to help set priorities straight. Ask the adults to think back to last month. What teams did the child play that month, and what were the scores? The adults probably cannot remember because recollections of particular games fade fast. Then ask the parents whether their kids learned anything about the game last month, and whether they had fun.

It is vitally important to change the conversation!

Thank you for entrusting your children to our care. May you and your family be blessed with joy, love, peace and happiness during this Christmas season.

God Bless,

Mrs Tiezzi

SCHOOL NEWS

Thank you to parents who have participated in sending in your monetary gift for the faculty and staff. If you would like to participate please send in your thank you Christmas gift by Friday, Dec. 16th.

12:15 Dismissal on Dec. 22, 2016***There will be no News and Notes on Dec. 20th.**

Prayer Service – Thursday, Dec. 22 @ 11:30am in the school gym – Please come and join us!

Anyone who has recently taken the Virtus training please send a copy of your Virtus certificate to Sr. Anne. Thank you.

Christmas Concert/Pageant-This year we will be having a combined Christmas concert/pageant on Thursday, December 15 at 1:15 P.M. This concert will feature the school chorus, instrumental band students, and the students in grades kindergarten through grade 3. Parents and grandparents are invited to attend. The concert should last approximately one hour and will be held in the school gym. Students who are participating in the Christmas concert/pageant are asked to wear **Holiday Dress Clothes**.

SRS Musical News!

A pop culture phenomenon comes to the SRS stage in *Schoolhouse Rock Live!* The Emmy Award-winning 1970s Saturday morning cartoon series that taught history, grammar, math and more through clever, tuneful songs is lighting up stages everywhere. Auditions for this strong ensemble show will be held in January and more information is coming soon! Students in grades 5-8 are eligible to participate, and everyone who auditions will be cast. Director Mrs. MaryLee Delaney will return along with Jim Teti as Music Director and SRS alum Miss Maria Saracco as Choreographer.

Open House for prospective families will be held on Monday, January 30th from 9:00am – 11:00am.

Please invite your family and friends to visit and learn more about St. Rita School.

Applications are now being accepted for grades Pre-K -8 for the 2017-2018 school year. Please contact the school office for more information.

BEFORE SCHOOL

The Before School Program begins at 7:00 A.M. (This includes days with a delay due to inclement weather). Children will enter school using the gym doors. A fee of \$4.00 is paid using the PayPal account set up on-line using the before and aftercare portal. This fee will be charged to any student who arrives prior to 8:00 AM. **The fee for delayed opening days will be \$12.00 as care is provided from 7:00 A.M. - 10:15 A.M..**

AFTER CARE WILL BE AVAILABLE ON EARLY DISMISSAL DAYS until 5:30pm with the exception of those days that come before a holiday. There will be after school available on parent teacher conference days, (February 16th and 17th). After Care hours half days, as noted in SRS handbook are until 5:30pm. Before and After Care questions should be directed to Mrs. Bathrick @ 475-331-0719 between the hours of 11:00am and 5:30pm.

Christmas Headwear can be worn the week of Dec. 19th.

St. Rita Church Christmas Eve Family Mass

"She wrapped him in swaddling clothes and laid him in a manger,
because there was no room for them in the inn." Luke 2:7

When: Saturday, December 24 at 6:00 p.m

Where: St. Rita Church

Rehearsal: Tuesday, December 20 at 6:00 PM in the church

Children ages 5 and above are invited to participate in the Christmas Eve 6:00 PM Family Mass. We will celebrate the Christmas Eve 6:00 PM Mass with children participating as readers, altar servers, and singers. One adult needs to stay with your child(ren) during the rehearsal on December 20 at 6:00 PM. in the Church. If your family and/or child would like to participate in the Christmas Eve Family Mass, please contact Suzanne Hamling (stريتayouthgroup01@gmail.com) by email or phone (203-234-1597) by **Friday December 16**. We are also in need of readers (for older children 6th grade and up) and a family to carry the Christmas Banner during the Procession and another family to carry up the gift

HOME AND SCHOOL ASSOCIATION



**St. Rita School 60th
Anniversary
Liturgy, Luncheon
April 2, 2016**

Yankee Candle Fundraiser

The Yankee Candle catalog sale has ended and all orders with payment should have been returned to school. Remember you may continue to place orders online until January 2017 and St. Rita School will earn money from those purchases. Just follow the instructions on the sheet included with the catalog and contact your friends and family. Thank you!

"Spirit Wear - Happy 60th Birthday St.Rita School! Our 60th Anniversary Merchandise is on sale NOW! *Car Magnets* - \$10 or 2 for \$16, *Green Yacht Tote Bag* - \$25 and *Coffee Tumblers* - \$10 or 2 for \$18 are available now for purchase! You don't need an order form - simply email your order to Joanne Bruno at srsspiritwear.stritaschool@gmail.com and include your family name, your selected merchandise, quantities and your child's name and homeroom teacher. Look for the 60th Anniversary Flyer with order form this week on Facebook and our website. **got Spirit?"**

Box Tops Competition

Start saving your Box Tops, our annual Box Tops Competition is right around the corner! Students can bring in Box Tops for the annual competition beginning on Tuesday, January 3rd through Wednesday, February 22nd.

Please make sure the Box Tops are in a bag or envelope, and they MUST be labeled with the GRADE and HOMEROOM of the child. This helps us to make sure the class gets the credit for the Box Tops.

Classroom prizes will be awarded and will be announced at a later date. For any questions, please contact Nicole Mele (nicolemele@att.net).

Sacred Heart Academy Honors

Lauren	Anderson	Freshman	High Honors	St. Rita School
Kristina	Crowell	Freshman	High Honors	St. Rita School
Alexandra	Johns	Senior	High Honors	St. Rita School
Monika	Krah	Senior	High Honors	St. Rita School
Allegra	Sette	Junior	High Honors	St. Rita School
Katie	Crowell	Junior	High Honors	St. Rita School
Olivia	Emerson	Senior	High Honors	St. Rita School
Alessandra	Engengro	Sophomore	High Honors	St. Rita School
Chloe	Falls	Freshman	High Honors	St. Rita School
Dana	George	Senior	High Honors	St. Rita School
Elizabeth	Lamont	Senior	High Honors	St. Rita School
Alysse	Mastriano	Senior	High Honors	St. Rita School
Catherine	McEachern	Sophomore	High Honors	St. Rita School
Mary Sarah	Olson	Sophomore	High Honors	St. Rita School
Delilah	Tuttle	Freshman	High Honors	St. Rita School
Ariana	Antonucci	Senior	Honors	St. Rita School
Emily	Bishop	Junior	Honors	St. Rita School
Danielle	Filardi	Junior	Honors	St. Rita School
Ozichi	Iheagwara	Senior	Honors	St. Rita School
Elisabeth	Crosby	Freshman	High Honors	St. Rita School
Alexandra	Azaldegui	Sophomore	High Honors	St. Rita School
Jaclyn	Faggio	Freshman	Honors	St. Rita School
Isabella	Mazzucco	Freshman	Honors	St. Rita School

Xavier Honors

Honors	Brendan F. Buckley	10
Honors	Nicholas J. DeBrizzi	10
High Honors	Brendan T. Donohue, Jr.	10
Honors	David J. Johns	10
High Honors	Stephen J. Caulfield	11
High Honors	John R. McEachern	12

Notre Dame High School, West Haven

Honor Students - First Trimester

St. Rita School Graduates

Neel Agir
Joseph Antonucci
Steven Ayala
Nicholas Copenhaver
Joseph Coss
Thomas Crosby
Michael DeLuca
Marcello DeMico
Francisco Ferro
Gordon Gaidish
Adam Hall
Michael Iasalvatore
Riley Juniewicz
Jonathan Katz
Brendan Kirck
Nathan Matto
Robert Schreck
Rory Schreck

TAIZÉ

Advent Prayer Service

Mt. Sacred Heart
295 Benham Street
Hamden, CT 06514
203-248-4225

Thursday, December 15, 2016
7:00 pm

Join us for an evening of quiet reflection, sacred music and sacred song

Caritas Christi Center

Film Study: *The Young Messiah*

Wednesday, December 14, 6:30-9:00 pm

Tells the story of Jesus Christ at age seven as he and his family depart Egypt to return home to Nazareth. Told from his childhood perspective, it follows young Jesus as he grows into his religious identity.

Facilitator: Jim Pepitone, MA in Theology and Peace Studies and a certificate in Spiritual Direction.

Donation: \$8. To register please call 203-281-2569. www.caritaschisticenter.org

Kids Night Out

Friday, December 16, 6:00-9:00 pm

Nine more shopping days before Christmas! Need to get some last minute Christmas shopping done without the kids or need a night to relax before the hectic Christmas rush? Drop off the kids and enjoy your Friday evening, knowing they are being fed, seeing a movie and doing a craft! **Facilitator: Sister Jeanne Marie Vonder Haar, ASCJ, Director of Caritas Christi Center.** **Donation:** \$10 per child or \$25 for a family of 3 or more. To register please call 203-281-2569. www.caritaschisticenter.org

Dear Parents,

Each year we use information gleaned from our families to apply for grants and to qualify for funding through the Federal government Title programs which help to support our students. This funding is based on the number of responses received.

In addition to the number of responses received, our funding increases based on the number of qualifying families who meet or fall below the following family guidelines.

Please complete the information below and return it to us by Friday, December 16, 2016.

It will only take a minute of your time, but what we can receive in support of our students is important.

Thanks so much for taking your time to complete this form and return it to us!

God, Bless,

Mrs. Tiezzi

Number of Family Members	Annual Gross Income
1	\$21,250
2	\$29,101
3	\$36,612
4	\$44,123
5	\$51,634
6	\$59,145
7	\$66,656
8	\$74,167
Each Additional Family Member	\$7,511

- _____ I am a Hamden Resident (address (_____)
_____ I am not a Hamden Resident
_____ I am a resident of _____ (town/city)
- _____ Our family meets or is below the family income guidelines above.
- _____ Our family does not meet or is not below the family income guidelines above.