

Knighly News

Principal's Note

Our Back to School Bash was extra special this year – we dedicated our new Peace Garden to Laylah Petersen, our beloved student who was lost tragically to gun violence in 2014.

It wasn't long ago that this garden was just a blank space, a patch of grass. Now this space is full of promise and hope. Imagine next year at this time when this garden will be in full bloom, showing off all its colors and vibrancy. Colorful, vibrant, kind, and faith-filled - those words remind us of Laylah.

The garden has already started conversations among our students. The conversations about peace and what that looks like and feels like. Our school motto is Respectful, Responsible, and Ready to Shine. But we know that sometimes it's difficult to shine when life around us isn't always peaceful. For this reason, we are honored to be in our third year of implementing, in partnership with Mount Mary University, a Mindfulness curriculum that reaches all of our students, from K4 to eighth grade. We want our students to understand the ways their thoughts and feelings affect them.

Time spent on Mindfulness, every single day, with the help of our school counselors, gives our students methods to take charge of their emotions, to relax, and to refocus. When our school community takes time for Mindfulness, we meet the social, emotional, and academic needs of our students, and provide them with the tools they need to be successful in life. And this is how peace spreads – in our school and throughout our community.

We are happy to have a physical place where our students, staff, and families can reflect and find peace. Laylah and her kind and loving spirit will forever be the foundation for this garden and what it represents. Next summer, the butterflies and the hummingbirds that frequent this garden will fly in her honor.

Shining together in faith, Mrs. Paris

Thoughts by . . .Tarah Randazzo, School Counselor, Upper Campus

NWCS Students Participating in Mindfulness Daily

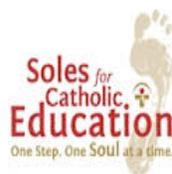
We are supporting our students' ability to self regulate and stay focused by continuing to practice mindfulness. Twice a day, students and staff stop what they are doing and focus on one thing and one thing only: mindfulness. Mindfulness is widely used for adults and children, and was recently featured on a 60 Minutes segment.

What is mindfulness? It is the intentional, accepting, and non-judgmental focus of one's attention on the emotions, thoughts, and sensations occurring in the present moment.

What does mindfulness look like? Students participate in prayer, yoga, quiet meditation, guided imagery, mindful coloring, or mindful listening all while focusing on their breathing.

We encourage you to practice mindfulness at home with your children. Google "mindfulness exercises" or look for an app on your phone. May you be well and mindful!

Soles for Catholic Education



The Soles Walk is Saturday, October 15.

We had a blast walking last year and we raised over \$5,500 for our school. The money raised for NWCS stays here.

Haven't registered yet? Visit www.catholicschoolswalk.org to join our team.

Remember: Everyone who plans to walk must register online. Parent/guardian *must* accompany children(ren) walking. Help us reach our goal of \$5,000!

*"Winter is an etching, spring a watercolor,
summer an oil painting, and autumn a
mosaic of them all."*

– Stanley Horowitz

SEPTEMBER

- 9/23 Safe Environment Training Class
9:00AM – 12:00PM
Upper Campus Library
- 9/28 Mass/Prayer Service
9:00AM
Both campuses
- 9/29 Building on Books
Milwaukee Succeeds Workshop
3:15PM
Lower Campus
- Safe Environment Training Class
6:00 – 9:00PM
Upper Campus Cafeteria

Safeguarding All Of God's Family Training Classes

Northwest Catholic School goes on several field trips throughout the school year. Before you can chaperone, you have to take a Safeguarding All Of God's Family class. NWCS is hosting two Safeguarding classes this month.

Friday, September 23
Upper Campus
8202 W. Denver Avenue
Library
9:00AM – 12:00PM

Thursday, September 29
Upper Campus
8202 W. Denver Avenue
Cafeteria
6:00 – 9:00PM

To register for the class go to www.archmil.org. First, scroll down until you see the **Safe Environment** section on the right side of the screen. Second, click on the link titled **Safeguarding All Of God's Family**. Third, click on **Register** and fill in all the information. Last, be sure to click on Submit to complete the registration process.

UPPER CAMPUS Before School

Students should not arrive to school before 7:20AM. There is no supervision of students until the school building opens at 7:20. **Any student needing to arrive to school at the Upper Campus before 7:20 must check in to the before school care program** located on the west side of the building by the playground equipment. Before school care is available each school day beginning at 6:00AM. Each student will use the buzzer to the right of the door for entry. Upon admittance, the student will enter the daycare room. At 7:20 students will be escorted to the cafeteria for breakfast and to start the school day. Please help us keep our children safe by following this policy.

Volunteers Needed

Do you have a few hours a week to help out with our lunch program? Our Lower Campus especially is in need of volunteers. Call Mary Fliss or Marion Barkow at 414-352-6927, extension 212, for more information.



Milwaukee Succeeds Workshop

Did you know that YOU are your child's most important teacher? Come and learn how you can help your child succeed in school and life! Join us for...

Building on Books
September 29
3:15PM
Lower Campus

Milwaukee Succeeds
cradle to career

NORTHWEST CATHOLIC SCHOOL

A Seton Catholic School
Principal: Michelle Paris

Lower Campus (grades K4 – 4)
7140 North 41st Street, Milwaukee, WI 53209
414-352-6927, extension 300

Upper Campus (grades 5 – 8)
8202 West Denver Avenue, Milwaukee, WI 53223
414-352-6927, extension 100

Website: www.nwcschool.org

Facebook: www.facebook.com/nwcschool

Respectful, Responsible, Ready to Shine!