



SJB News & Notes

Christian Virtues. 21st Century Learning. Service.

651-437-2644

sjb-school.org

Principal's Corner

Practice makes perfect right? Not according to Dan Coyle. In terms of the makeup of our bodies practice actually makes Myelin. Myelin makes perfect. Myelin is a protein that wraps our nerve fibers. When Myelin is present it improves the strength, speed, and accuracy of the signals sent by the nerve. When it wraps nerve fibers that work in unison it helps us work more quickly and precisely on tasks that those fibers perform together. Every time you practice something difficult your body is wrapping Myelin around the nerve fibers involved in that activity or skill.

The more we perform particular tasks the more Myelin wraps those nerve fibers and the more fluent we become at those tasks. At first playing a piano note with your ring finger is tricky. Pretty soon it is simple. People aren't merely good at tasks. They have trained their nerves to have more myelin and thus perform tasks with more speed and precision. Mozart is famous for being a prodigy but in fact he practiced playing music for thousands of hours before turning six. So think of Mozart as someone who built his Myelin early (sidenote - forcing your child to practice this much of something early can have negative effects too).

Myelin only builds the nerves we are using. So if you are using nerves to dribble a basketball left handed, you may be building nerves that perform other physical skills or other basketball skill but you still need to perform progressively harder dribbling tasks in order to develop other nerves that work on those tasks. This is why in school we have a scope and sequence of tasks that we teach in language, math, or other subjects. Even learning to calm down when frustrated or communicate skillfully takes practice and Myelin to get right.

This view of practice is freeing to me. It's not that I am not good at basketball. Rather - I have not yet built up Myelin in the nerves that would allow me to succeed at basketball. Now I better go practice to make Myelin.

- Paul



No Busing: 10/28, 11/4, 11/11, 11/18, 12/2, 12/9, 12/16

Snow gear please

When it is below 32, students should have coats, hats/hoods, mittens/gloves, snowpants, and boots. From 32-40 degrees, coats, hats/hoods, and mittens/gloves are required. Students will still need snowpants and boots to play in the snow. Please ensure that students have gear that is easy to put on without much adult support. Students may leave winter items in lockers and boots under lockers.

Physical Education Teacher needed. Part Time.

SJB is hiring a part time physical education teacher . Our Physical education position is three afternoons per week. If you are interested or know someone who is, please call the school office at 651-437-2644 or email pdieltz@sjb-school.org.

Family Learning Corner

Are you looking for something educational for your child to do while playing on the phone or tablet? Here are some apps that are fun and educational.

Teach your Monster to Read - This is aimed for beginning readers. Who knew that by teaching the monster to read, you are actually learning to read. The app is \$5 but the website version is free.

Khan Kids - Khan has a program called Khan Academy too which has great lessons but is less child friendly. Khan Kids is aimed at students up to 2nd grade.

Prodigy Math - Prodigy is a fun Math game for students in grades 1-8. It adapts to student levels. Rather than buy a subscription, ask your teacher if your student already has a login associated with their class.

SJB School is looking for a Picture Person volunteer. The Picture Person would use the posters and lessons of the Picturing America program from the National Endowment for the Humanities to lead a discussion once a month at school with each of our grade levels Kindergarten - 4th Grades. The posters combine American history with art by American artists. If you are interested or would like more information about this fun and educational opportunity, please contact the school office or email Maria Therres (mtherres@sjb-school.org).
<https://picturingamerica.neh.gov/>

SJB School is looking for a community volunteer to be a Junior Achievement teacher in our First Grade. The volunteer would coordinate with the First Grade teacher to set up five times during the year to have lessons; each lesson is about 1/2 hour long. All materials and lesson plans are provided by Junior Achievement. If you are interested or would like more information about this fun and educational opportunity, please contact the school office or email Maria Therres (mtherres@sjb-school.org).
<https://www.jaum.org/our-families/>

Tree of Life Pictures and Names

Sr. Noel is collecting names and pictures of the deceased from families for our All Saints Day tree of life. If you would like to be included please send your names or photos to office@sjb-school.org



Thank you to the St. Thomas C-STEM library for loaning us Finch Robots and talking microscopes. Because of you, we can do hands on activities that we would not be able to without you.

If someone at home is being Covid tested.

SJB is following the MN Department of Health Decision Tree when making decisions about who will need to stay out due to Covid concerns. If someone in your household is being tested because they have 1 more common or two less common symptoms -- other members of your house should not come to school. This means if your child has a sibling who is out from another school or a parent who is out of work due to these circumstances that the SJB student should not be at school. Arrangements can be made to safely pick up work from the office.

Now is the ideal time to get a flu shot.

Flu shots mean less symptoms which means a flu shot might prevent your student from getting symptoms that would result in us asking them to stay isolated for our Covid protocols.

Vaccines in general have also been shown to increase your chances of beating Covid. Why do people who get vaccines do better against Covid than people who don't? Scientists believe this is because vaccines like the flu shot give your immune system a boost.

Any Target with a CVS inside will give you a \$5 gift certificate for getting a flu shot.

We still need a few volunteers for the All Saints Party on 10/31.

<https://www.signupgenius.com/go/9040449a4a72eaaf94-all saints>

In the event of a possible snow day.

SJB will email the contact list used for this newsletter, post on our facebook page, and also announce on Fox 9, WCCO, and KSTP. Our policy is to follow the Hastings district and to use pastor and principal discretion on days Hastings is not in session.

Happy Birthday!

- Piper J. 10/22
- Kendall J. 10/22
- Hazel P. 10/23
- Wyatt W. 10/27
- Gwen P. 10/28

