

Sacred Heart School

March 25th, 2022

Prudence-Stop and Think

“What happened?” It is that simple. If it is a first-time offender, it might take a while for them to talk. The mind is racing. I can almost see it. Taking in the emotion of “being sent to the office,” and the trauma of having your day go upside down and sideways can make kids clam up. That’s okay. They are thinking and, by taking the time to think, we are already making progress. When a student is sent to my office, I do not like to know why the student is there. It is best if we begin the conversation with an open heart and mind. What the student is thinking about, is right from wrong. They are using the common sense that they have learned from their parents. Most of the time, the child can figure out their big mistake as they are explaining “what happened” to me.

When we raise our children, we spend the time it takes to keep them safe, to make reading a part of their day, to feed them healthy food, to give them love and patience; we are giving them the gift of Prudence. Prudence is a Cardinal virtue under the theological virtue of faith, love and hope. The virtue of Prudence gives us independence. This resonates with many parents because we want our children to be independent and be able to make good decisions for themselves as they grow and mature. But raising independent children takes a lot of parenting and sometimes we are not sure how to handle our child’s confusing behavior.

What were you thinking? Emotions are often magnified and reasoning seems to disappear as children grow and have more experiences. Children can be impulsive and have less self-control some days and be perfectly obedient on other days. Why? Because the brain undergoes its most dramatic growth spurts in our early years. Children’s brains are under constant stimulus and thought patterns are being challenged by what they see, hear, feel and endure. Children are truly practicing the thinking skills and decision making skills that they will use through adulthood. But, until the project is completed, the brain fritzes and sputter, which can result in intense emotional outbursts and a temporary loss of logic.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3705203/>

Prudence is the answer. It is our job to give good counsel. Teaching children virtues builds your relationship with them. They will trust that you know struggles happen as they grow but you can teach them patience, self-control, courtesy- the list goes on. Being prudent means that children will develop common sense, right from wrong, and they will choose to do the right thing.

God Bless,

Anne Atkin, principal

We are on track to meet our March is Reading Month Goal.

The students have done a great job reading!

All-School Carnival is April 1st at 10:00

Come join us!

Thank You to our Mystery Readers and our Buddy Readers
 The students loved listening to a book from a surprise reader.



The next Parent Group meeting
 will be **Thursday, April 21st** at
 5:00 in the Grey Room

Upcoming Events

March 25th— STEAM Museum at school
 beginning at 1:00 until the end of the day.

March 29th— 1st Reconciliation for 2nd
 graders making their 1st Communion

April 1st— 1/2 Day of School. All-School
 Carnival from 10:00-11:30

April 4th-9th— Spring Break

April 15th— No School. Good Friday



Emma Maldonado	K	March 3rd
Cooper Vance	1st	March 8th
Kaylani Espina	PK	March 22nd
Lang Nickels	3rd	March 24th