

# RED RAVEN REVIEW

By: Jordynn Barber and Kiptyn Behrens

## Lunch Menu

**Monday-** Chicken Fajita Strips

**Tuesday-** Shredded BBQ Pork

**Wednesday-** Breaded Chicken Patty

**Thursday-** Mummy Dogs

## Important Dates

**Sunday 10/27** Soup fest

**Monday – Thursday 10/28-10/31**  
Red Ribbon Week

**Monday 10/28** Arby's night out

**Thursday 10/31** Saints Parade after Mass

**Friday 11/1** No School All Saints Day

## Next Week

**Wednesday 11/6**

2:00 Dismissal

**11/27, 11/28, 11/29**

No School



See you on  
Sunday at  
Soupfest! 4:30  
pm-7:00 pm



SFA night out is scheduled for  
October 28th from 5-8 pm at  
Arby's. With 10% of sales going  
back to the school.

**Practicing Self Discipline:** Three Principles to Practice with family and others.

The following is an excerpt from an article by Marvin Marshall and the PHI DELTA KAPPAN.

- 1) Keep your comments *positive* in everything you say. People do better when they feel good about themselves.
- 2) Children and others always have the freedom to *choose their responses* – regardless of the situation. Realizing that they have choices, people become more self-controlled and responsible. They feel empowered.
- 3) Ask questions that will effectively guide students and others to *reflect* and *self-evaluate*.

Practicing these three principals of adopting *positivity*, empowering through *choice*, and encouraging *reflection* greatly reduces stress as parents, co-workers and in other areas of our life. Our goal ought to be to *influence others* rather than trying to coerce them into making constructive changes in their behavior.

God Bless,

Marlan Burki

Are you too busy to look for new ways to help your children navigate today's greatest challenge – technology? Let us help you!



