

WOLF WATCH

— WEEKLY E-NEWS —

News for the Week of January 5

All School

THANK YOU from the St. Francis Fund!

We have now hit **60% parent participation**, which is higher than our participation for the entire last year! **We are so grateful to each family that made a gift.** We will announce the grade-level participation winners in next week's *Wolf Watch*.

While the grade-level participation challenge has ended, you can still [make a gift](#) to the St. Francis Fund through the end of June and help us meet our \$800,000 goal.

Virtue of the Month: Loyalty

During the month of January, the St. Francis community is focusing on loyalty. Our virtue verse is Proverbs 17:17: "A friend loves at all times." Try to memorize it as a family. You can also watch [this short video](#) to learn the ASL for faith.

Table Talk: What is the first image or story that comes to mind when you hear the word "loyalty"?

Next Wolf Wear Sale is January 10

The Athletics Booster Club will hold its next Wolf Wear sale on Friday, January 10, from 7:45 to 9:00 a.m. in the Concessions area near the Main Campus gym.

PA Board Nominations Are Due Friday

It's hard to believe, but it's already time to start thinking about the 2020–21 Parents Association executive officers! The deadline to submit names via [this nomination form](#) is this **Friday, January 10**. For further details on submitting a nomination, [click here](#).

Save the Date for Primary School Grandparents and Grandfriends Days!

This February 12 and 13, we will welcome our Primary School grandparents and grandfriends to enjoy Chapel, classroom visits, and the book fair.

- [Click here for details](#) about our PS Grandparents and Grandfriends Days.
- To update your family's grandparent information or with questions, please contact Anne Chisholm at 713.458.6141 or [via e-mail](#).

SOTP Registration Opens February 25

Save the date! Summer on the Point registration will open on Tuesday, February 25, at 10:00 a.m. We'll be posting links to camp descriptions and course listings in *Wolf Watch* soon.

Primary School

From the Division Head

Happy New Year! I hope you've enjoyed time with your family and friends during the holiday. When my children were little, I always looked forward to the break from the routines of work and school. We stayed up late every night; slept in each morning; grazed on what seemed to be a never-ending buffet of food (especially desserts); and the kids skipped naps, or took them in the car while we were on the run. We found it hard to turn down any social invitation and packed a month's worth of celebrating into just two weeks.

Self-imposed pressure drove me to introduce my children to all of the traditions that had been meaningful to me and my family during the holidays. As much fun as this was, we found ourselves exhausted and craving routine and a predictable schedule. When it was time to return to work and school, the "re-entry" was hard. Like adjusting to Daylight Saving Time each spring, the change took time.

Holidays and vacations are wonderful times for travel, connecting with relatives and friends, and filling our days with special activities. But like adults, children need time to transition back into routines. Returning to school will be easier if you provide some limits and expectations for bedtime, meals, playdates, and screen time. A familiar and consistent daily schedule helps children feel secure and confident. Begin having a conversation with your children about returning to school this week. They'll appreciate knowing what to expect.

We're looking forward to seeing you!

All my best,

Amy Whitley, MA
Head of Primary School

Primary School Dining Hall Menu

To view the Primary School Dining Hall menu, please click [here](#).

Mark Your Calendar

Monday, January 6

- *Holiday Break: No School*
-

Tuesday, January 7

- *Classes Resume*
 - *Chapel: 9:30 a.m.*
-

Wednesday, January 8

- *Chapel: 9:30 a.m.*
-

Thursday, January 9

- *Primary School Admissions Tour: 9:00–11:00 a.m.*
-

Monday, January 13

- *Explore and Extend Classes Start*
-

Tuesday, January 14

- *Chapel: 9:30 a.m.*

Wednesday, January 15

- *Chapel: 9:30 a.m.*
-

Thursday, January 16

- *Parent Step-up (Pre-Primary Visits Primary I): 8:30 a.m.*
-

Friday, January 17

- *Parent Step-up (Pre-Primary Visits Primary I/Primary I Visits Primary II): 8:30 a.m.*
-

Monday, January 20

- *Martin Luther King Jr. Day: No School*
-

Tuesday, January 21

- *Pajamarama Ingathering*
 - *Chapel: 9:30 a.m.*
-

Wednesday, January 22

- *Pajamarama Ingathering*
 - *Chapel: 9:30 a.m.*
-

Thursday, January 23

- *Pajamarama Ingathering*

Friday, January 24

- *Pajamarama Day*: PS students wear pajamas to school
- *Explore and Extend Parents' Night Out*: Main Campus

Tuesday, January 28

- *Chapel*: 9:30 a.m.

Wednesday, January 29

- *Chapel*: 9:30 a.m.

Thursday, January 30

- *Pre-Primary Fathers and Friends Breakfast (Meriwether 2-Day, Breceovich, and Oteiza)*: 8:15 a.m.

Friday, January 31

- *Pre-Primary Fathers and Friends Breakfast (Meriwether 3-Day and Britton)*: 8:15 a.m.
- *Primary School Admissions Tour*: 9:00–11:00 a.m.

Monday, February 3

- *Re-enrollment Contracts Issued*

Tuesday, February 4

- *Chapel*: 9:30 a.m.

Wednesday, February 5

- *Chapel:* 9:30 a.m.

Lower School

From the Lower School Religion Teacher

I hope you had a Merry Christmas and enjoyed some quality time with your family and friends! As we wrap up (ha ha!) the Christmas season with Epiphany this week, I would like to share a glimpse of what your children learned about in religion class in the weeks leading up to Christmas.

Prior to the Christmas holiday, third and fourth graders spent some time digging deeper into the story of Jesus's birth. They learned about how John the Baptist prepared the way for Jesus's arrival and how Mary and Joseph, who were just ordinary people, were chosen to be a part of God's big plan. We also discussed how they probably had a lot of questions and felt a little nervous and unqualified for the path ahead of them. Following God meant risking their reputations and giving up their own plans for the sake of Christ. As with all of our lessons, we examined the story of Jesus's birth and looked at how it applies to our own lives. Like Mary and Joseph, we are ordinary people who have the opportunity to be used by God in extraordinary ways! Each child was asked, "How might God use you?" or "What might He ask you to do?" I was so impressed by their thoughtful, personal responses to these questions. Here are just a few of them:

- "God might ask me to be more respectful of my siblings."
- "Teach brothers how to not fight and play nicely."
- "I will try to make friends with someone that I do not know."
- "God might ask me to become a lawyer so I can help others."
- "I think He would like for me to be brave and play the piano in front of an audience."
- "God gifted me with technology to take pictures of my sister because I know she likes pictures."
- "By telling other people about Jesus."
- "I might understand something better than other people so I could help them understand it better."
- "To put myself out into the world."
- "To set an example for others and to spread the word to people who don't know Jesus Christ."
- "I can help someone be nicer because I like to help people."
- "To be a good teammate to my friends, even the mean ones."
- "To be kind and set an example for little kids."
- "God might use me to make the world a better place and help people make friends."

First and second graders discussed the importance of families and learned that Jesus had a family just like we do! They also discovered that Jesus's birth is good news that is meant to be shared with others. We read that God wants us to shout the good news from the mountaintops! They joined in the celebration by shouting, clapping, and playing instruments. This year, encourage your child to celebrate Jesus by using their gifts and talents to share the good news and to be *people for others*.

Kindergarten was also busy hearing about how Jesus is the Savior that God promised and that God always keeps his promises. They learned that Jesus came to save all people from their mistakes. Finally, students discussed the importance of making room for Jesus in their lives and hearts. Ask your child, "How will you make room for Jesus?" You might be surprised by their thoughtful and creative responses!

As we enter the year 2020, let us all take a moment to pause and ask ourselves:

- "What might God ask of me this year?"
- "How can I share the good news and celebrate Jesus?"
- "How will I make room for Jesus?"

It is a joy and honor to teach your children about the love of Christ! Thank you for allowing me to be a part of their faith journey!

Blessings,

Caroline Flores
Lower School Religion Teacher

Mark Your Calendar

Monday, January 6

- *Holiday Break: No School*
-

Tuesday, January 7

- *Classes Resume*
-

Wednesday, January 8

- *Dress Uniform*

- *Epiphany Eucharist: 8:05 a.m.*
-

Monday, January 13

- *Parent Meeting for Middle Schoolers & Rising Fifth Graders: 7:45–9:00 a.m. in the Hogan Board Room*
 - *Birthday Chapel: Students with a birthday between January 1–18 will receive a birthday pencil in Chapel today*
-

Wednesday, January 15

- *Student Holiday*
 - *Parent Conferences*
-

Monday, January 20

- *Martin Luther King Jr. Day: No School*
-

Monday, January 27

- *Birthday Chapel: Students with a birthday between January 19–February 1 will receive a birthday pencil in Chapel today*

Middle School

From the Division Head

Welcome back to a new year and a new decade! I hope you had a wonderful break. I am looking forward to a great year, and I hope you are, as well!

My message this week offers a few reminders about upcoming events. January is a busy month, and we have two significant events in which I would like to encourage you to participate.

First up is our **MS Coffee and Conversation event next Monday, January 13, from 7:45 to 9:00 a.m. in the HBR.** We will be sharing information and offering opportunity

for discussion on scheduling, technology, and division updates for the 2020–21 school year.

I also want to remind you of our parent book talk focusing on [At What Cost by David Gleason](#). The book is powerful and asks well-meaning adults to critically examine what it means to support adolescents—and how we make mistakes along the way. We will be hosting two sessions for discussion on the book. **The first session will be held on Thursday, January 30, at 7:45 a.m.** The opening session will be a guided discussion of a few key concepts from the book, as well as an opportunity to formulate a plan for our **second session on Wednesday, February 12, from 7:45 to 9:00 a.m.** Regardless of your ability to attend the meetings, I highly recommend this book to all parents.

Enjoy the closing days of our winter break. I look forward to seeing you and your children on Tuesday!

Best regards,

Chris Bertha, MEd
Head of Middle School

Last Call for Greece and Italy!

We have a great group going to Greece and Italy this June. If you would like to join the group, please [view details about the trip here](#) and then reach out to [Sarah Powell](#).

Buy Your Yearbook Ad Today!

Parents of eighth graders and community businesses, please take this opportunity to purchase an ad in the 2020 edition of *The Howler*, St. Francis's yearbook. Yearbook ads are a great way to commemorate your children's experiences at St. Francis, celebrate special teams or clubs, or show your business off to the entire SFES community. Full- or half-page ads are available. [Click here](#) for complete details.

Mark Your Calendar

Monday, January 6

- *Holiday Break: No School*
-

Tuesday, January 7

- *Classes Resume*

- *Tuesday Schedule/Regular Uniform*
-

Wednesday, January 8

- *Eucharist Schedule/Dress Uniform*
 - *Eucharist Chapel (Epiphany): 11:05–11:55 a.m. in the Chapel*
-

Thursday, January 9

- *Thursday Schedule/Regular Uniform*
-

Friday, January 10

- *Friday Schedule/Friday Attire: Wolf Wear or SFES spirit gear with blue jeans or uniform bottoms*
-

Sunday, January 12

- *Eighth-Grade Musical Rehearsal: 1:00–5:00 p.m. in the FAC*
-

Monday, January 13

- *Monday Schedule/Dress Uniform*
 - *MS Parent Meeting: 7:45–9:00 a.m. in the Hogan Board Room*
 - *Chapel: 10:45–11:15 a.m. in the Chapel*
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Tuesday, January 14

- *Tuesday Schedule/Regular Uniform*
- *Trimester 2 Progress Reports Online*
- *Bible Study for Eighth Graders: 7:15–7:45 a.m. in the Christian Education rooms at the end of the Middle School hallway*

Wednesday, January 15

- ***Student Holiday***
 - *Parent Teacher Conferences: 9:00 a.m.–6:00 p.m.*
 - *Eighth-Grade Musical Rehearsal: 9:00 a.m.–12:00 p.m. in the FAC*
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Thursday, January 16

- *Tuesday Schedule/Regular Uniform*
 - *Bible Study for Fifth and Sixth Graders: 7:15–7:45 a.m. in the Christian Education rooms at the end of the Middle School hallway*
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Friday, January 17

- *Friday Schedule/Friday Attire: Wolf Wear or SFES spirit gear with blue jeans or uniform bottoms*
-

Monday, January 20

- *Martin Luther King Jr. Day: No School*
-

Tuesday, January 21

- *Tuesday Schedule/Regular Uniform*
 - *Bible Study for Eighth Graders: 7:15–7:45 a.m. in the Christian Education rooms at the end of the Middle School hallway*
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Wednesday, January 22

- *Wednesday Schedule/Regular Uniform*
- *Bible Study for Seventh Graders: 7:15–7:45 a.m. in the Christian Education rooms at the end of the Middle School hallway*
- *Chapel: 10:45–11:15 a.m. in the Chapel*

Thursday, January 23

- *Thursday Schedule/Regular Uniform*
 - *Bible Study for Fifth and Sixth Graders: 7:15–7:45 a.m.* in the Christian Education rooms at the end of the Middle School hallway
 - *Winter Pep Rally: 2:35–3:05 p.m.* in the gym
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Friday, January 24

- *Friday Schedule/Friday Attire: Wolf Wear or SFES spirit gear with blue jeans or uniform bottoms*
 - *Pajamarama Day: Students may wear pajamas if they wish*
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Saturday, January 25

- *Eighth-Grade Musical Rehearsal: 1:00–5:00 p.m.* in the FAC

Upper School

From the School Nurse

Happy New Year! I am looking forward to making a few changes in my lifestyle—changes that will lead me along a healthier path. I hope they might inspire you on your journey toward health as well.

SLEEP

Most of us don't get as much sleep as we should. Even after settling into bed, we engage in activities such as watching TV or looking at our phones. To improve your sleeping habits, the National Sleep Foundation recommends we avoid the use of electronics while in bed.

A lack of sleep can cause a number of problems. Aside from having a negative effect on your mood, it may also decrease your productivity, focus, and memory. On top of that, a lack of sleep may lead to serious health conditions such as diabetes, high blood pressure, and heart disease. In order to avoid these health issues and enhance your sleep hygiene, consider going to sleep at the same time each night.

WALK

Taking a walk is one of the easiest ways to improve your sense of well-being. When you

get home from your day, go outside and walk for at least half an hour. Aside from it being great physical exercise, walking will allow you to restore your mental health.

TRAVEL

There are quite a few health benefits to traveling. When we visit a different city or country, we are able to get away from our common daily distractions. Traveling benefits our self-confidence, providing new experiences and memories, breaking the routine, and allowing us to meet people from all over the world.

MEALS

You can improve your eating habits and boost your wellness without going on a restrictive diet. It's worth noting that a lot of people who attempt to go on a diet don't reach their goals. In most cases, this happens because they go on a restrictive diet and try to completely avoid certain foods. Understand that the point of improving eating habits is to make you feel better, not to be a source of stress. If you can't give up pizza, cake, donuts, burgers, or potato chips, then don't. Instead, plan to indulge only once in a while and shift your focus toward consuming more nutrient-dense foods.

DRINK MORE WATER

Adding more water to your day can be easily accomplished. Rather than a soda or extra cup of coffee, substitute water. Staying hydrated will have you feeling healthy and well in no time. Make sure you strive to drink at least eight glasses of water a day.

There is no time like the present to resolve to carve out time for your health and wellness. Join me!

Here's to a happy, healthy new year for you and your family!

Sincerely,

Debbie Toler, RN
School Nurse

Welcome to the Den Conferences

There is **no class on Wednesday, January 15**, so that advisors can conduct Welcome to the Den conferences. With the assistance of their advisor, students will lead the conversation on academic and social/emotional strengths and will review goals for this year. Please click the name of your child's advisor below to sign up.

- [Mrs. Allub](#)
- [Dr. Jones](#)
- [Mr. Madden](#)
- [Mrs. Matzen](#)

Last Call for Greece and Italy!

We have a great group going to Greece and Italy this June. If you would like to join the group, please [view details about the trip here](#) and then reach out to [Sarah Powell](#).

Mark Your Calendar

Monday, January 6

- *Holiday Break: No School*
-

Tuesday, January 7

- *Day 3 Schedule/Regular Uniform*
 - *Swim Practice: 6:45–8:00 a.m. at the Houston Racquet Club*
 - *Chapel: 10:20 a.m. in the Andrews House*
 - *Boys' Basketball Practice: 4:15–6:00 p.m. in the Crum Gym*
-

Wednesday, January 8

- *Special Schedule/Dress Uniform*
 - *Swim Practice: 7:00–8:00 a.m. at the Houston Racquet Club*
 - *Eucharist Chapel: 11:00 a.m. in the Main Campus Chapel*
 - *Boys' Basketball Practice: 4:15–6:00 p.m. in the Crum Gym*
-

Thursday, January 9

- *Day 5 Schedule/Regular Uniform*
 - *Swim Practice: 6:45–8:00 a.m. at the Houston Racquet Club*
 - *Boys' Basketball Practice: 4:15–6:00 p.m. in the Crum Gym*
-

Friday, January 10

- *Day 6 Schedule/SFES Spirit Wear*
- *Boys' Basketball vs. St. Thomas: 4:00 p.m. at St. Thomas*

Saturday, January 11

- *Tomball Swim Meet: 7:45 a.m. at Tomball ISD Aquatics Center*

Monday, January 13

- *Day 1 Schedule/Regular Uniform*
- *Boys' Basketball Practice: 4:15–6:00 p.m. in the Crum Gym*

Tuesday, January 14

- *Day 2 Schedule/Regular Uniform*
- *Swim Practice: 6:45–8:00 a.m. at the Houston Racquet Club*
- *Chapel: 10:20 a.m. in the Andrews House*
- *Boys' Basketball vs. HCYA: 6:45 p.m. in the Crum Gym*

Wednesday, January 15

- *Student Holiday (Welcome to the Den Conferences)*

Thursday, January 16

- *Day 3 Schedule/Regular Uniform*
- *Swim Practice: 6:45–8:00 a.m. at the Houston Racquet Club*
- *Boys' Basketball Practice: 4:15–6:00 p.m. in the Crum Gym*

Friday, January 17

- *Day 4 Schedule/SFES Spirit Wear*
 - *Boys' Basketball vs. St. John's: 6:15 p.m. at St. John's*
-

Monday, January 20

- *Martin Luther King Jr. Day: No School*
-

Tuesday, January 21

- *Day 5 Schedule/Regular Uniform*
 - *Swim Practice: 6:45–8:00 a.m. at the Houston Racquet Club*
 - *Chapel: 10:20 a.m. in the Andrews House*
 - *Boys' Basketball vs. School of the Woods: 5:00 p.m. at School of the Woods*
-

Wednesday, January 22

- *Day 6 Schedule/Regular Uniform*
 - *Swim Practice: 7:00–8:00 a.m. at the Houston Racquet Club*
 - *Chapel: 9:50 a.m. in the Andrews House*
 - *Boys' Basketball Practice: 4:15–6:00 p.m. in Crum Gym*
-

Thursday, January 23

- *Day 1 Schedule/Regular Uniform*
 - *Swim Practice: 6:45–8:00 a.m. at the Houston Racquet Club*
 - *Boys' Basketball vs. HHA: 5:30 p.m. in the Crum Gym*
-

Friday, January 24

- *Day 2 Schedule/SFES Spirit Wear*
 - *Boys' Basketball Practice: 4:15–6:00 p.m. in Crum Gym*
-

Saturday, January 25

- *HAPPI Meet: 8:30 a.m. in the University of Houston Natatorium*

Church

Epiphany Pageant Is January 12

Join us Sunday, January 12, during the 9:00 a.m. family worship service for our annual Epiphany Pageant. For more information, please contact Allison Devlin via [e-mail](#) or at 832.325.2988.

Bible Study for Moms on Wednesdays

Moms, give yourself the gift of studying God's Word with other St. Francis moms! Seeking God first puts everything in perspective. **Join us Wednesdays at 8:15 a.m. in the Andrews House on the South Campus.** Come whenever you can—in workout or work wear! We are studying the book of **Ephesians**.

Please contact Allison Devlin via [e-mail](#) or at 832.325.2988 with any questions.

Sundays at St. Francis Episcopal Church

- **Service Times:**
 - **8:00 a.m.:** Holy Eucharist, Rite I (casual and contemplative service)
 - **9:00 a.m.:** Family worship with Holy Eucharist (kid-friendly; updated music; all ages welcome)
 - **11:00 a.m.:** Holy Eucharist with organ and choir (traditional worship with beautiful music)
 - **5:00 p.m.:** Holy Eucharist, Rite I (casual and reflective service)
- **Let It Shine! Children's Bible Breakout:** After the children's message during the 9:00 a.m. service, all children in pre-K through middle school are invited to follow the cross to participate in the Let it Shine! Children's Bible Breakout. Children will learn lessons from the Bible, act out Bible stories, memorize key verses from Scripture, and pray together. They will return to the service during the announcements.
- **LightHouse Expressions in Art:** During the 10 o'clock hour, children in pre-K to middle school are invited to meet in the Guild Room to create an art project reinforcing the Bible lesson and key verse discussed during Let it Shine! High school youth are invited to serve as leaders and helpers during this time.
- **God Lights Our Way (GLOW):** Students in grades 5 to 8, join us at 10:00 a.m. in CE 212.
- **Breakfast Bites and Fellowship:** Please join us in the Wheatcroft Parish Hall for coffee, donuts, and light bites after the 9:00 a.m. and 11:00 a.m. services.