FROM THE PRINCIPAL

Dear Families,

I came across this quote by Marianne Williamson, an American author, that really made me pause. I have been holding on to this quote for a while, waiting for the perfect moment. However, I just couldn’t get this quote out of my head, mostly due to never really thinking about fear in her viewpoint: “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our Darkness, that most frightens us” I believe there is so much truth in this quote, especially as I become older (and of course, wiser). What if we as parents could help our children see fear with this perspective? Read More.

DR. HARRY FINKELSTEIN at the ACADEMY

Wednesday, October 1st all sixth grade parents (and any new seventh grade parents) are encouraged to attend our annual sixth grade talking series. I am thrilled to announce that Dr. Finkelstein will return again this year to lead the discussion. Dr. Finkelstein is a practicing licensed psychologist in the Wilmington area. In over 25 years of working with children, teens and young adults, he has developed a variety of techniques to understand problems and identify solutions. Dr. Finkelstein will focus on the biological, psychological, and physiological changes of a pre-adolescent/adolescent boy. Please mark your calendars…this is a meeting not to miss. We'll provide more details soon.

RED & GRAY DAY / GRANDPARENTS' DAY

GET INVOLVED
- Events
- Donate
- Volunteer
- Facebook

SOCIAL SKILL of the WEEK
When you have any doubt about doing something, ask permission first. This can save you from many hours of grief later.

LETTER DAYS
Monday, 9/22: A
Tuesday, 9/23: B
Wednesday, 9/24: C
Thursday, 9/25: D
Monday, 9/28: F

CAFE’ MENU
Monday

Grilled Chicken
Next Friday (9/26), we celebrate a school tradition: celebrating academics, arts, athletics and the most anticipated event of the day, The tug-of-War, with SEA Grandparents. Parents’ Guild thanks those who have already signed up to donate time (working) and desserts for this special day. We welcome additional help for this major undertaking, with co-chairs Nicole Reilley, Ava Illingworth and Debbie Falix hard at work on planning and preparation. Volunteers go through SignUp Genius to register.

A THANK YOU FROM THE PARENTS' GUILD

Many thanks to those parents that helped to make the SEA Liturgy and Family Picnic memorable. We are grateful to Father Kevin Nadolski, OSFS for celebrating Mass. To the many parents that contributed to this day, we thank you for helping to build community at the Academy. We look forward to sharing more events with all of you. Be sure to check out the pictures on the SEA Facebook Page. Thank you also to those of you who have volunteered to be a ‘Homeroom Parent’. Guidelines will be available from Nicole Reilley, Coordinator of the Parents’ Guild Committee for Homeroom Parents.

CAFETERIA HELP REQUESTED!

If you haven’t yet signed up to help in the cafeteria, please do. Click here or email Mrs. Allyson Saccomandi. We need at least 3 volunteers each day, and are asking all families to volunteer their time. You don’t have to have a regular time each month. Please take the time now to sign up for one or two spots during the year. Click here to see our dates of immediate need.

GRANDPARENTS’ DAY ONLINE RSVP LINK

Calling all Parents who know Grandparents Want to attend the 9/26/14 Event!! If people prefer to make their reservations online, please direct them to the SEA homepage, www.stedmondsacademy.org. A simple click on the link under the 9/26/14 event notice will get take readers to the online reservation. Please remind guests to dress casually, with comfortable shoes, as events are indoors and outdoors – RAIN or SHINE. Click here to view the

### Lunch Menu

<table>
<thead>
<tr>
<th>Day</th>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Sandwich</td>
<td>$3.25</td>
</tr>
<tr>
<td></td>
<td>Rice</td>
<td>$1.25</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Hot Dog</td>
<td>$1.75</td>
</tr>
<tr>
<td></td>
<td>French Fries</td>
<td>$1.50</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Ravioli Dinner</td>
<td>$3.50</td>
</tr>
<tr>
<td>Thursday</td>
<td>Italian Sub with Chips</td>
<td>$3.50</td>
</tr>
<tr>
<td>Friday</td>
<td>Grandparents' Day (student lunches will be provided in homeroom)</td>
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</tbody>
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Join Dance Crew!
Click here for details.

Join Drama Adventure!
Click here for details.
general schedule for the day

**AFTER SCHOOL HELP SESSIONS**

Click [here](#) for the schedule of free after school help sessions.