



ROUNDTABLE

NEWS AND VIEWS FOR AND FROM KNIGHTS

Parenting with the Growth Mindset

from mindsetworks



Research shows that parents can have a powerful impact on their children's mindsets. The language you use and the actions you take show your children about what you expect. Giving process praise, talking about the brain, accepting mistakes as learning opportunities, and understanding the role of emotions in learning are all practices you can begin today.

Talk About the Brain

The brain is far more malleable than we once thought. Teaching our kids that they actually have control over growing their brains through the actions they take is empowering! Tell your children that when they work hard, that's the feeling of their neurons connecting. The dendrites are reaching out to other dendrites, trying to connect to make a stronger brain. What strengthens those connections is practice, asking questions, and actively participating in learning. When children learn that their brains physically change with effort, it leads to increased motivation and achievement. Show your kids this Brain Animation video to explain!

Accept Mistakes as Learning Opportunities

One of the best ways you can model a growth mindset is to speak candidly about the mistakes you've made, and what you've learned from them. Speak positively about your mistakes and struggles, and this will show your children that taking risks and making mistakes are a natural part of the learning process. Explain to your children that trying hard things is what helps us grow, and you can't be perfect when you try something hard!

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2nd Quarter President's List & Honor Roll

Mount Carmel School congratulates these students for making it to the Second Quarter President's List & Honor Roll.

PRESIDENT'S LIST

Students must have a GPA of 4.00 or above and must attain character marks of VG or above.

1st Grade

Arriola, Janessa Francine T.
Cabrera, Kimason
Camacho, Maiyah Michell
Demapan, Isabella Soledad
Doronila, Kevin Izrael
Ellama, John Matthew
Flores, Cassidee Jolina
Hwang, Katherine
Jiang, Jess
Larson, Kayla
Maratita, Francisco
Melchor, Remiegem
Mitchell, Gabriel Seth
Niric, Dylan
Palacios, Layla Carmen
Pangilinan, Cyril Michael
Quitugua, Aubrey Rae
Remilloza, Andrea F.
Sablan-Wilson, Liam
Sablan, Nick Jesse
Santos Aya
Sheu, Julius
Tagabuel, Arstin Itibwu
Tenorio, Naysa Bliss
Villagomez, Cecilia Ramon

2nd Grade

Ano, Wayne Dominic
Calvo, Michael
Castro, Christine R.
Castro, Thunder Alik
Catacutan, Cedric Earl
Concepcion, Jeffrey G.
Esguerra, Maria Loreen
Gragasin, Justin Andrei
Green-Petty, Payton
Guerrero, Patrick V.
Jung, Maya Jae
Lansangan, Leah Michel
Matsumoto, Naomi Skye
McQuay, Hope
Melchor, Sarah Angela
Pangilinan, Nicole Angela
Propst, Kaden Christian
Reyes, Frank Anthony
Sasamoto, Enzo Umeki
Sasamoto, Hiromi Rosa
Sasamoto, Yukiko Kiyomi
Sulyman, Shaminar
Tenorio, Jose Clarence
Torres, Jupri O.
Tudela, Elle Brie
Wesley, Aiden Manuel

3rd Grade

Atalig, Danika P.
Backe, Asa Vanessa
Bigalbal, Pauline Anne
Buenafior, Oscar Bien
Camacho, Meagan Brylee
Cruzana, Joaquin Ian
Dela Santa, Heleyna
Deleon Guerrero, Nyla
Estella, Valerie Anne
Jang, Sabina
Javier, Lance Jericho
Lansangan, Lexi Marie
Maratita, Elise Divine
Mareham, Laura
Matsumoto, Ayanna Faith
Mendoza, Mikaehla Paige
Ogo, Therese Joy
Pangelinan, Camron Z.
Pangelinan, Joseph B.
Pangelinan, Mya
Pontiveros, Emmanauel
Poon, Andrick
Rabauliman, Sophia M.
Santiago, Gavril Myles
Takanobu, Kiyoshi Rudy
Tenorio, Jessiana B.
Travilla, Riana Joy

4th Grade

Camacho, Irie
Castro, Elialyn Q.
Castro, Kenneth S.
Chae, Davina
Chang, Jada
Clark, Nathaniel
Duenas, Quimarie L.
Kautz, Claire Regina
Lobo, Angelo
Mallari, Audrein Jennifer
Nicholas, Jalen
Palacios, Tricia
Santos, Dylan D.
Sasamoto, Hitomi Rosa
Saures, Crispin-Joseph
Solis, Ranier Joy
Taimanao, Aryana Carmen
Taitano, Taylor Justine
Tenorio, Malina Rose
Toskas, Ari James

5th Grade

Dayrit, Jenarisa M.
Gamab, Gwen Tiffany
Guerrero, Ruben Antonio
Pangelinan, Destiny
Propst, Devin Jordan
Sablan, Andrew
San Nicolas, Earle G.
Torres, Avah Marie

6th Grade

Albuen, Frnacine M.
Baldazo, Keehara N.
Cabrera, Kyla Monique
Dela Cruz, Kina M.
Galang, Raphael C.
Green, Lynzey Valencia
Hong, Eun Kyu
Kiser, Renee
Oh, Eric
Ortiz, Brent Matthew
Palacios, Ryona E.
Sasamoto, Yurihana Rosa

7th Grade

Aldave, Lynette
Bucalig, Fiona
Cruz, Larry Dean
Cruzana, Daphne
Diaz, Jeremiah Jerome
Schweiger, Theresa Rose
Tenorio, Joshua Donovan
Travilla Kaia

8th Grade

Hunter, Brandee C.
Mendoza, Mikee

9th Grade

Borja, Kalea Lou
Santos-Yamagata, Danielle J.

10th Grade

Batusin, Aldwin Ray
Bobadilla, Jan Emmanuel
Castro, Rosa Engracia
Chinen, Quincy Mikaela
Cho, Hyo Lim
Han, Louisa Sa
Lee, Soe Yeon
Leong, Giselle Ivy
Macaranas, Dayna Lou
Moran, Matt Jason
Pangelinan, Rosalia Francine
Ramirez, Reica Jucel
Sato, Karen

11th Grade

Kim, Min Jung
Lim, Nathanael
Melchor, Jeff Matthew
Palacios, Michelle
Torres, Cassidy Victoria
Toskas, Jonelle Gwyneth
Usi, Monica Aira
Zheng, Theresa

12th Grade

Camacho, Keona
Chao, Shirley Minyi
Cushing, Arron
Deleon Guerrero, Zeno, Jr.

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Announcements

No After-school Kindergarten Day Care and After-school Enrichment Program during CSW

There will be NO After-school Kindergarten Day Care and After-school Enrichment Programs from Jan. 30 - Feb. 3, 2017 during the Catholic Schools Week due to various activities that are set for the week. Your utmost understanding is greatly appreciated.

In the Future

NHS Hot Lunch

TOMORROW, Saturday, January 28

Catholic Schools Week

January 29–February 4
(please refer to schedule that was provided via email and in a letter home)

CSW Holiday

Monday, February 6 (no classes)

Sports Calendar

CCPSA Middle School Basketball

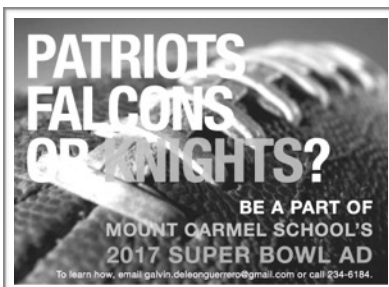
Thursday, February 2
MCS vs SCS @SCS at 3:30 pm

Tuesday, February 7
MCS vs SDA @MCS at 3:30 pm

Thursday, February 9
MCS vs SIS @MCS at 3:30 pm

ESLR of the Week

#6. *Develop continually as an independent lifelong learner.*



1st Qtr President's List & Honor Roll

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Doctor, Jaqueline
Han, Ya
Higuchi, Kai
Hunter, Brianna C.
Jun, You Jin
Lee, Eric
Ortiz, Michael Roy
Santos, Joshua
Snodgrass, Nathaniel
Travilla, Jan-Nasia J.

HONOR ROLL

Students must have a GPA of 3.66 or above and must not have any behavior grade of U or NI.

1st Grade

Camacho, Gregory Manuel
Chen, Jessis
Deleon Guerrero, Kingston T.
Devjani, Krishna
Inos, Gabriella B.
Sablan, Christopher

2nd Grade

Cabrera, Risha
Camacho, Kesiil
Choi, Sia
Jin, Sarah
Lee, Jai
Lobo, Mikaela Jane
McQuay, Maya
Olopai, Jose Pedro T.
Taisacan, Kandra Paige
Tomokane, Pedro Jose
Villagomez, Sage Ramon

3rd Grade

Aldan II, Jesse John
Cabrera, Zion Jude
Cepeda, Kahi
Hayes, Alana
Li, Min
Manibusan, Luis
Palacios, Leighton
Reyes, Richard Zachary
Takeda, Ma. Natsuko
Tizon, Quince Emanuele
Tomokane, Peige Morgan

4th Grade

Cabrera, Margaret
Lee, Jamie
Mallari, Laizza Vianca
Mariano, Nicole Erin

Pamintuan, Manuel
Patawaran, Breana Y.
Reyes, Chelsy Anne
Sablan, Kiana Cecilia
Sablan, Aaliyah Victoria
Silva, Maui
Steele, Lyssa Rae
Taisacan, Nevaeh
Travilla, Arturo Rodrigo
Villegas, Kimberly

5th Grade

Ano, Natalie Gabrielle
Barcinas, Alicia
Benavente, Ava
Blanco, Elisa E.
Bocago, Ranaisa
Deleon Guerrero, Leland
Lacap, Elisha Joy
Mafnas, Breanna Sue
Punzalan, Kaitlyn
Reyes, Vicente
Sulyman, Shamira
Tolentino, Leyonne Alfred
Torres, Maria
Villegas, Miguel

6th Grade

Borja, O'hane
Cruz, Moeisha Eleanor
Hunter, Brissa C.
Lee, Ru Da
Militante, Donnie James
Muna, Breanna
Muna, Sienna Jade
Pangelinan, Manuel Jacinto
Sablan, Matthew Adrian
Sasamoto, Derek M.
Sohn, John
Taitano, Tyler Vaughn
Torres, Kristan Rose
Yumul, Railee

7th Grade

Alvarez, Robin Kyle
Ano, William Nathaniel
Combinido, Jewel
Duenas, Monique Laura
Guerrero, Christian Felix
Mafnas, Christopher A.
Mallari, Vaughn Andrei
Mendiola, Alleah Marie
Muna, Devon Tyler
Propst, Kiana Lei
Sablan, Vidal Jose
Sheu, Jeffrey

Solis, Raesyl Gerard
Steele, Richard Ramon
Tenorio, Mariana

8th Grade

Avendano-Woodruff, Katherine
Colombo, Daniele
Gatmaitan, Xavier
Guerrero, Juan Edward
Kang, Kevin
Kim, Daehun
Minami, William Kazuki
Poon, Skyler
Sablan, Penelope
Salvador, Vince Philip

9th Grade

Alcantara, Princess
Ham, Jim Michael
Javier, Lleyton A.
Pak, Nicole
Rabang, Katelyn

10th Grade

Acosta, Ydylle Faye
Aldan, Jaeleen Naomi
Attao, Allysa Marie
Bae, Seung Bin
Camacho, Gary
Irang, Maverick Deniel
Jun, Angela
Kiser, Eric
Manese, Angelo Gabriel
Ocampo, Justin Gerald
Pangelinan, Joanna Marie
Paraiso, Joanie
Tabora, Earl Daivick
Terlaje Maria Lael G.

11th Grade

Mafnas, Shana Marie
Mendiola, Erika Marie
Mizuno, Asami
Yun, Seok Jun

12th Grade

Camacho, Eligiah
Kim, Myeong Je
Masga, John Diego
Reyes, Karleen Rita
Santos, Myles D.
Sasamoto, Shannon Rae
Xu, Xianodie (Rachel)
Castro, Jose Antonio

Growth Mindset

continued from front

Say This, Not That

The way we praise our children can have a profound impact on their mindset. Research on praise and mindsets shows that when we praise children for being smart, it promotes a fixed mindset. It sends a message that their accomplishments are trait-based, and tied to something innate. In contrast, praising kids for working hard promotes a growth mindset. It sends a message that the child's effort is what led them to success. Want more tips on what to say, and what not to say, when praising your kids? Say This, Not That!

Understand the Role of Emotions in Learning

When we get angry, scared, or feel threatened, our fight or flight response is activated. This can happen anytime, whether we're scared of a spider or scared of math! Our brains are wired to protect us when we feel threatened, and stress symptoms such as sweating, stomach cramps, and your mind going blank are completely normal. There are strategies we can use when the fight or flight response tries to take over, to help us learn. One of those strategies is called Square Breathing and it helps to break down the adrenaline that is flooding the bloodstream and preventing learning from occurring.