



Providence Heights Alpha School

9000 Babcock Boulevard Allison Park, Pennsylvania 15101

Phone 412-366-4455

FAX

412-635-6317

May 12, 2010

MAY Mass Dates:
13th, 21st

Thurs., May 13
Ascension Thursday
Mass 1:15 pm

Sat., May 15
2nd grade
Communion
Celebration 10am
Chapel

NO SCHOOL
MAY 28-31

Recognition
Ceremony
Grades 6-8
Rescheduled for
June 4

Kennywood is the
last day of school.
Check the
newsletter and
purple envelope for
the ticket flyer.
No tickets sold after
the deadline date.

LIFE AFTER ALPHA

Hardly a day goes by in my professional life as a certified public accountant when I don't use the grammar tools learned in Sister Mary Grace's English class the multiplication tables memorized in Sister Mathias' math class. I have never been penalized for reading directions thoroughly, doing homework, and being prepared. Although a great deal of my day-to-day activities involve the three R's, and the fundamentals of studying, all of which are stressed strongly at Alpha, it was a gym teacher who left a special lasting impression.

I have never had anything more than average athletic ability and I have never been even close to the fastest, strongest, or the most skilled at anything, but I have always tried to improve on activities in which I participate. My seventh grade gym teacher, Mr. James LaVere, taught me a valuable lesson about putting forth your best effort that stays with me to this day.

Much to the surprise of most of the class, Mr. LaVere gave only one "M" in each of his classes for a particular marking period ("marked" progress was the highest grade a student could achieve). Those who did the most push-ups, ran the fastest sprints, ran the most laps and were able to climb the rope were surprised when they received an E (expected progress). In the first class after report cards were handed out, Mr. LaVere felt it was important to explain his reasoning for giving out the top grade to only one student. He explained that those possessing natural athletic ability were expected to perform better than others. This meant that simply coming in first or second didn't necessarily mean a student put forth his or her best effort. It also meant that natural athletic talent did not ensure anyone of the top grade in *his* class. This didn't mean the best athletes *couldn't* earn an M, but simply those who were not as gifted *could*, and those who didn't try enough would not.

As I progressed through college and into adulthood, I realized the importance of always putting forth the best effort and never giving up on anything. I once tried to get out of a high school Algebra class because I thought it was too hard. Luckily the teacher did not allow this because she knew I wasn't putting forth my best effort. But it is in the field of athletics where my Alpha experience has had a lasting effect. One activity I took up after college, which I still enjoy, is distance running. Anyone who has ever taken up running as a hobby or for physical fitness understands how difficult it can be to stay motivated. This is especially true when life's other obligations often interfere with certain activities.

I didn't consciously think about Mr. LaVere's lesson very often until I decided to enter the New York Marathon. There were many times during training when I felt my physical limitations or minor injuries would keep me from participating in the event. Each time I thought of giving up on the idea, I would think of the importance of putting forth the best effort. These thoughts always gave me the motivation needed to continue. Ultimately, I made it to the starting line, ran the marathon, and received a finisher's medal. I also ran the marathon two years later and improved significantly, all the while remembering the importance of trying harder.

To this day, I am fortunate to be healthy enough to continue running as a hobby. Each time I find myself wanting to skip a workout or shortcut a route, I sense Mr. LaVere looking over my shoulder.

David Kaschak, Class of '75

dshack1960@yahoo.com

If you are interested in submitting a *Life after Alpha* article, please contact Eileen at ehughes@alphaschool.org. We can also publish any photos you wish to email.

Alumni News

Katherine Chen, a 2007 Alpha graduate was recently elected the 2010-2011 president of the state Technology Student Association (TSA). In its 33-year history, the Pennsylvania TSA has never had a president from Allegheny County. TSA is a national organization that introduces students to a variety of technologies including robotics, animatronics, graphic design and digital photography, music production and technical writing. Katherine is a junior at Hampton High School.

Natalie Nash, a 2008 Alpha graduate was one of 10 gold medal winners in Northern Allegheny County recognized in Trib Total Media's 2009 Outstanding Young Citizens Program. Natalie is a sophomore at Vincentian Academy. She plans to attend college majoring in computer science or the medical field.

Reminders

- Parents of students in grades 5-7 are invited to attend one of the following meetings to discuss the criteria used to determine math classes and math curriculum. All meetings are Tuesday, May 18. Please contact Sr. Paulita srpaulita@alphaschool.org and indicate which meeting you prefer - 7:50 am (cafeteria), 1:30 pm (cafeteria) or 7:00pm in the Science Center next to Alpha office. Meetings will last between 30-45 minutes.
- NO INTRAMURALS MAY 27. JUNE 7 IS LAST INTRAMURALS DAY FOR THIS SCHOOL YEAR.
- Please remember to send your *Caring for Cambodia* toothbrush and toothpaste donations to Alpha by May 15th. The home room who collects the most toothbrushes and toothpaste will earn a pizza party sponsored by BROWNIE TROOP 264.
- Unclaimed Lost and Found items will be donated to charity on Friday. We currently have fleece jackets and other jackets, Alpha uniform items, Abercrombie and Fitch white jacket, shoes, belts, hoodies, sweat pants, sweaters, and 7 lunchboxes.

**APTA Volunteer Survey
2010-2011 Academic Year**

Thank you for taking the time to share this information. Your interest in volunteering is greatly appreciated. Please return this form to the school office.

Parent Name: _____ Phone #: _____ Email: _____

Parent Name: _____ Phone #: _____ Email: _____

Student Name(s) and Grade(s): _____

If you are interested in contributing, please check all the boxes that apply:

<u>Program</u>	<u>Timing</u>	<u>Helper</u>	<u>Chairperson</u>
<input type="checkbox"/> Library Aide	1 hr weekly	<input type="checkbox"/>	Filled
<input type="checkbox"/> Boo Hoo Breakfast	Fall 2010	<input type="checkbox"/>	Filled
<input type="checkbox"/> Weekly Envelope	4x per yr	<input type="checkbox"/>	Filled
<input type="checkbox"/> Service Club K-3	4x per yr	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Service Club 4-8	4x per yr	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Wellness Committee	4x per yr	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Forensics		<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Scholastic Book Fair	Fall	<input type="checkbox"/>	Filled
<input type="checkbox"/> Kidstuff Book	Fall	<input type="checkbox"/>	Filled
<input type="checkbox"/> Vendor Fair	Fall	<input type="checkbox"/>	Filled
<input type="checkbox"/> Thanksgiving Feast	Nov.	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Santa Sale	Dec.	<input type="checkbox"/>	Filled
<input type="checkbox"/> Baby Jesus Birthday	Dec.	<input type="checkbox"/>	Filled
<input type="checkbox"/> Field Day	Spring 2011	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Gala Committee	Spring 2011	<input type="checkbox"/>	Filled
<input type="checkbox"/> Arts At Alpha	Spring 2011	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Recognition Ceremony	Spring 2011	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Cafeteria/Playground Volunteer	On-going	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Used Uniforms	On-going	<input type="checkbox"/>	Filled
<input type="checkbox"/> Box tops/Labels/Coupons	On-going	<input type="checkbox"/>	<input type="checkbox"/>

- I would be willing to help should the need arise for one of the following skill sets which I possess: legal, accounting, graphic design, IT, web site design, etc.
- I would like someone from the APTA to contact me to discuss how I might be able to use my talents for the school's benefit.
- My schedule does not allow for volunteering, but I would like someone from the APTA to contact me to discuss how I may provide more financial support for these programs.
- I am unable to volunteer at this time.

Thank you for your time. An APTA board member will contact you should you indicate a willingness to volunteer. If you are not contacted, please feel free to contact one of us.

The APTA Board: Diane Staggers (Pres.), Caroline Cordisco (VP), Donna Doblick (Sec.), Ben Rovee/Jennifer Foody (Co-Treas.), Asha Seshan (Volunteer Coordinator), Cathy Hillman (Homeroom Parent Coordinator).

GOLF OUTING

June 4, 2010 at Highland Country Club

Jack Goodrich is spearheading a golf outing at the Highland Country Club and he needs your help to make this fundraiser a success.

1. Contact Jack if you plan to attend. How many in the group?
2. Can you donate items/ foursomes at other courses, gift cards, etc.?
3. Sponsorships for Tee signs. Jack will have them made up -he needs the name

Schedule: June 4

- 8am continental breakfast
- 9am start
- Lunch after golf - hot dogs, burgers, grilled chicken, various salads, soft drinks and cash bar
- Hole-in-one for a new car donated by Classic Chevrolet and a 50/50 drawing.
- Price per person is \$150 or \$500 per foursome
- Volunteers are needed to assist in a variety of areas.

**Proceeds will be used for the upkeep of the Athletic Field.
PLEASE RESPOND TO JACK OR TOM DUNN FOR A
REGISTRATION FORM. Make checks out to Alpha Athletic
Association. Jack Goodrich 412-779-5400 or
jack@goodlazlaw.com**

Field Day

June 2010

Dear Parents/ Guardians,

Field day will be held Wednesday, June 9. In order for this day to be a success for the children, help from parents is necessary. Parental assistance as judges, scorekeeper, and organizers will be needed. We are asking for a full or a half-day commitment. Due to the format of Field Day we are unable to utilize short time volunteers. Please fill out the lower portion of this paper and return it to school by **Wednesday, May 19, 2010**.

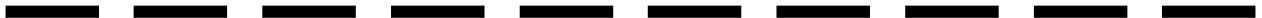
Volunteers will meet at the gym at 8:05 AM.

WHAT IS FIELD DAY?

Field Day at Alpha is a day full of fun physical activities. The school is divided into two teams, Blue Team and White Team, according to ability, gender, and what seems fair. We ask that each child wear his/her team color that day. This is vital because of the games we will be playing. Children will be notified at a later date as to what team they are on. Children of the same family will be on the same team. Children will compete at their own grade level.

The morning will consist of team games such as Basket Baseball, Volleyball, and Capture the Flag. After an outdoor lunch provided by the APTA and Athletic Association, races, relays, and Tug of War will be held.

Come join the fun!
Mr. Hubbs



Field Day 2010 Parent Volunteers

Please return to Mr. Hubbs by Wednesday, May 19, 2010

Please Print:

Volunteer's Name _____

Grade Level of Children _____

June 9

- _____ Yes, I am able to help with the morning games.
- _____ Yes, I am interested in having lunch (free to all parent volunteers).
- _____ Yes, I am able to help serve lunch.

Thanks so much for your time and cooperation!

Directory Information 2010-2011
Please return by July 21, 2010 or email
ehughes@alphaschool.org

If there are no changes just enter first and last name.

Last name: _____

Father: _____

Mother: _____

Address: _____

Phone Number: _____

Cell Phone: _____

Email Address: _____

Student(s) Name(s)

_____ Grade _____

_____ Grade _____

_____ Grade _____

Only those families who return the directory request or contact the office will be included in the directory.



Kennywood Day Tickets

Kennywood Day is Friday, June 11th, 2010. We will be selling a combined ticket for dinner and an all day ride pass.

Kennywood catering will provide an all you can eat buffet at Pavilion 21 from 4:00 – 6:00 PM, and beverages will be served from 1:00 – 7:00 PM. **The combined tickets will cost \$39.50 for all adults and children over 6.** Children 3 – 6 are \$30.00. Kennywood charges \$37 per person just for an all day ride pass!

The menu will include:

- BBQ Boneless Chicken Breasts
- Hot Dogs
- Penne Pasta w/ Marinara
- Tossed Green Salad
- Potato Salad
- Baked Beans
- Deluxe Fruit Salad
- Pepsi Products

**Please complete the form below and mark the envelope: Alpha Office, Kennywood Tickets
Attn: Teresa Farls**

This form must be completed and returned to the Alpha Office by Wednesday, May 26th. NO LATE ORDERS CAN BE ACCEPTED!!! Ticket orders will be returned to you in the Wednesday, June 9th purple envelope. Be sure to check with your child for the tickets.

I hope that everyone can make it. It should be great fun!

If you have any questions, please contact:

teresafarls@yahoo.com

Teresa Farls

412-720-8357

Please make check payable to: APTA

Student Name: _____

Home Room Teacher: _____

Phone Number: _____

Total	Qty	Each Price	
Kennywood Ride All Day/Dinner Tickets	_____	X \$39.50	=
\$ _____			
Kennywood Ride All Day/Dinner Tickets 55years and older	_____	X \$36.50	=
\$ _____			
Kennywood Ride All Day/Dinner Tickets (3-6 years old)	_____	X \$30.00	=
\$ _____			

Children under 2 are free

Total enclosed

\$ _____

THIS FORM MUST BE RETURNED TO THE ALPHA OFFICE BY WEDNESDAY, MAY 26TH.