

Principal News

January 3, 2012

EARLY DISMISSAL

This is a reminder that we will have an early dismissal on January 31st. **There will be NO afternoon PK on January 31st.**

WINTER WEAR

Please remember to dress your child appropriately. We do go out and students are not allowed in the snow without snow pants, boots, hats and mittens. If for some reason your child does not have appropriate outdoor wear, please contact me at the Vickery School and I will see what we can do. We do understand that this is a difficult time for many of you.

IMPORTANT DATES TO REMEMBER

January 16 – No School
Martin Luther King Jr. Holiday

January 20 – Second Quarter Ends

January 30 – Report Cards go home

January 31 – Early Dismissal
Teacher in-service

CIPS UPDATE

During January, we will again assess each child in the area of literacy and math. Staff will have time to give the Diagnostic Reading Assessment-2 during January. They will then be given time to work as a team to talk about the children's scores and determine the next steps for the children. The classroom teachers will work with the Title I staff to ensure that goals are set for Title I students. As a grade level team they will create overall goals for the students and progress monitor specific students. In the area of math, we will look at student progress in math calculations and in math applications for grades 2-4. This assessment was given in the fall and we will look at student progress. Mrs. Allen and I are enrolled in a four-part workshop that looks specifically at SPED data in the area of reading and math. We will discuss strategies that will support our students.

PARENT TIPS

January is a time when we reflect over the past year and create goals for ourselves. Perhaps a goal for your child might center on more reading at home or practicing our math facts nightly. I hope you get some great ideas from the following article. This tip comes from PBS.org. Join their website and get monthly updates for you and your child.
<http://www.pbs.org/parents/special/article-winter-making-new-years-resolutions-with-your-child.html>

Making New Year's Resolutions with Your Child

By Laura Lewis Brown

For many of us, the New Year means it's time to take stock of our lives and fix what we don't like. Whether it's our diet, exercise routine or tendency to procrastinate, there is always room for improvement in the coming year. We not only benefit from New Year's resolutions; our children can also learn a lot about self-discipline and the value of making goals. Here are some tips on how to help your kids benefit from making resolutions.

Make It a Family Activity

The best way to teach your children the importance of New Year's resolutions is by making it part of the family tradition. Sit down each December and reflect on the past year, discussing your accomplishments and goals, as individuals and as a family. In your resolution conversation you can each talk about what worked this year and what didn't.

Dr. Benjamin Siegel, professor of pediatrics and psychiatry at Boston University School of Medicine, suggests saying, "Each one of us is going to state a few things that we want to continue to do and things we'd like to change that would make us feel better about ourselves and how our family works."

Each family member gets a turn sharing something they are proud of and something they want to improve. It may help for parents to go first, to give children a model. If your child is old enough to write, he or she should write down their accomplishments and goals, and you can help your younger child by writing theirs down.

Resolutions for the entire family might include taking a monthly hike, playing board games twice a month or committing to more volunteering activities. Try to limit the number so they are more doable and more meaningful. "A list of 100 things is impossible," Siegel says. "It should be based on things that are doable without economic hardship."

You can make a master list to hang in a public spot, like a bulletin board in the kitchen. Dr. Kathleen Clarke-Pearson, a clinical assistant professor of pediatrics at the University of North Carolina School of Medicine, suggests making a resolution box, in which each family member can drop in his or her resolutions, then pull them out at a later date to review them.

Different Resolutions for Different Ages

What your child needs to work on depends on your child. If you are concerned about his diet, then encourage healthier eating habits for him as well as the whole family. If your daughter's room is a mess, try to help her commit 10 minutes a day to cleaning it. As your child ages, he can be more active in coming up with goals, which will mean more to him when he achieves them.

For preschool-aged children, the American Academy of Pediatrics (AAP) recommends resolutions that focus on cleaning up toys, brushing teeth and washing hands and being kind to pets. However, parents who consider these behaviors part of their regular expectations may want to provide resolutions that focus on higher goals.

Clarke-Pearson suggests preschoolers be encouraged to work on listening and helping skills. A resolution could be "I will be a better listener when Mommy or Daddy asks me to do something" or "I will help out more when Mommy or Daddy asks me." If you keep it simple, your child is more likely to understand the concept as well as succeed.

As a child reaches age five and up to age 12, he or she is more able to comprehend a resolution and participate more in the process of picking one. The AAP suggests this age group commit to drinking more milk and water on a daily basis, wearing a seat belt and being friendly to all children. What your child needs to work on is very personal, so work with your child to come up with areas for improvement. Is she having trouble with a certain subject at school that needs more attention? Is he oversleeping and nearly missing the bus most mornings? When your child gets into adolescence, the AAP recommendations focus more on the child taking more responsibility for his actions, including taking care of his body, dealing with stress in a healthy way, talking through conflict, resisting drugs and alcohol and helping others through community service.

Serve as a Role Model

No matter what age your child is, he or she is more likely to understand the value of goal setting if you take the lead. Just as with everything else you do, your child is watching. "Parents should be reflective about how they wish to be in the coming year," Siegel says. "It's a good opportunity to promote good mental and physical health."

Think of how you can include your child in your resolution. "I'm going to drink more water this year, because water is good for me. Do you want to join me?" If you are finding yourself checking your e-mail when you should be spending time as a family, consider incorporating that into a goal. "I'm going to turn off my phone when I get home. Can you remind me and also remember to keep your computer in your room until after dinnertime?"

Rewards Are Long Lasting

We all know the feeling of meeting a goal, whether it be losing five pounds, quitting smoking or putting in extra hours to earn a promotion. Children also relish that thrill of accomplishment, especially when their parents are acknowledging it. As you go over the family list of resolutions each month or quarter, take time to acknowledge the successes, along with reinforcing the resolutions that need more attention. "Children will benefit by having the parent praise them, which will improve their self-esteem," Siegel says. "This will help them with self-regulatory behaviors that they can integrate into being a healthy adult."

When you sit down to review resolutions, this is not time for punishment, however. It's important to be flexible and understanding, especially if the child is making the effort. "You don't penalize if you don't fulfill a resolution," Clarke-Pearson says. "The resolution is not written in stone. It's a guide."

However your family arrives at resolutions, the best part is that you're doing it together and learning how to manage your role not only in the family but also in the larger world.

IMPORTANT REMINDER
We are a peanut alert school!

We ask that you not send in any snacks, lunches, or products that contain either tree nut or peanuts to school. We have several children with severe allergies. We appreciate your help to ensure the safety of all children.

DROP OFF CAUTION

Please remember that children are crossing the street during drop off time in the morning in front of Vickery. Please watch for children crossing the street. Just as a reminder children should be dropped off between 7:40-8:00.

BREAKFAST PROGRAM CONCERN

We have had a drop in the number of children eating breakfast. My concern is that as a parent you may think your child is having breakfast at school but your child is choosing to go outside to play instead of eating. We had asked you to complete a survey at the end of last year and the overall consensus of the surveys that were returned was to keep the program going. I still believe there is value to this program for most of our children. Research shows that children who are hungry have a difficult time learning. We continue to evaluate this program and would love to hear from you. Please fill out the simply survey below and have your child return it to school by the beginning of next week. Thanks for your help.

Childs Name _____ Grade _____

____ I want my child to eat breakfast at school.

____ Most days

____ Every day

____ I do not want my child to eat breakfast at school.

Parent Signature

Date