



# January 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NO SCHOOL	2 Classes Resume	3	4	5	6
7	8	9 7:30-School Bd. Mtg.	10	11 10:00-Randy Nadler (Thailand)	12 9:30-Missoula Children's Theater	13
14	15 NO SCHOOL MLK Day (Makeup #1)	16	17	18 StuCo Meeting	19	20
21	22	23	24	25	26 12:20-Early Out	27
28	29	30	31			

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Livingston County R-III School District  
Chula Accelerated School  
PO Box 40  
Chula, MO 64635

# Menus

**School:** Livingston County R-3

**Academic Year:** 2017-18

**Meal:** All

**Month:** January 2018

January				
M	Tu	W	Th	F
1	<b>Breakfast:</b> Whole grain French toast, reduced calorie syrup, fruit, juice, milk  <b>Lunch:</b> Whole grain chicken chunks, mashed potatoes, sliced carrots, whole wheat bread & butter, fruit, milk	<b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk  <b>Lunch:</b> BBQ Pork Ribette, au gratin potatoes, broccoli, whole wheat bread & butter, fruit, milk	<b>Breakfast:</b> Whole grain breakfast pizza, fruit, juice, milk  <b>Lunch:</b> Hamburger patty on whole wheat bun, potato wedges, whole kernel corn, fruit, milk	<b>Breakfast:</b> Whole grain breakfast chicken patty, whole grain biscuit, fruit, juice, milk  <b>Lunch:</b> Chilli, cinnamon roll, celery sticks, whole grain crackers, fruit, milk
8	<b>Breakfast:</b> Whole grain mini pancakes, reduced calorie syrup, fruit, juice, milk  <b>Lunch:</b> Whole grain pepperoni pizza, tossed Romaine salad w/low-fat Ranch, peas, fruit, milk	<b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk  <b>Lunch:</b> Whole grain chicken patty, mashed potatoes & gravy, broccoli, whole wheat bread & butter, mixed fruit, milk	<b>Breakfast:</b> Whole grain biscuit, sausage gravy, fruit, juice, milk  <b>Lunch:</b> Beef & bean burrito, refried beans, whole kernel corn, fruit, milk	<b>Breakfast:</b> Breakfast bites, reduced calorie syrup, fruit, juice, milk  <b>Lunch:</b> Sloppy Joe on whole wheat bun, potato wedges, green beans, fruit, milk
15	<b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk  <b>Lunch:</b> Tomato soup, grilled cheese, celery sticks, whole grain crackers, fruit, milk	<b>Breakfast:</b> Whole grain mini waffles, reduced calorie syrup, fruit, juice, milk  <b>Lunch:</b> Lasagna roll-up, tossed Romaine salad w/low-fat Ranch, whole kernel corn, whole wheat bread stick, fruit, milk	<b>Breakfast:</b> Whole grain biscuit, sausage patty, fruit, juice, milk  <b>Lunch:</b> Hot ham & cheese on whole wheat bun, potato wedges, peas, fruit, milk	<b>Breakfast:</b> Whole grain mini French toast, reduced calorie syrup, fruit, juice, milk  <b>Lunch:</b> Walking tacos w/shredded cheese, shredded lettuce, refried beans, fruit, milk
22	<b>Breakfast:</b> Breakfast burrito, fruit, juice, milk  <b>Lunch:</b> BBQ pork ribette, au gratin potatoes, broccoli, whole wheat bread & butter, fruit, milk	<b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk  <b>Lunch:</b> Chicken noodle soup, PBJ, celery sticks, whole grain crackers, fruit, milk	<b>Breakfast:</b> Breakfast pizza, fruit, juice, milk  <b>Lunch:</b> Chicken & cheese burrito, refried beans, whole kernel corn, fruit, milk	<b>Breakfast:</b> Whole grain mini pancakes, fruit, juice, milk  <b>Lunch:</b> Hot dog on whole wheat bun, potato wedges, peas, fruit, milk
29	<b>Breakfast:</b> Whole grain waffles, reduced calorie syrup, fruit, juice, milk  <b>Lunch:</b> Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	<b>Breakfast:</b> Whole grain cereal, whole wheat toast, fruit, juice, milk  <b>Lunch:</b> Whole grain pepperoni pizza, tossed Romaine salad w/low-fat Ranch, whole kernel corn, fruit, milk	<b>Breakfast:</b> Whole grain biscuit, sausage patty, fruit, juice, milk  <b>Lunch:</b> Whole grain fish wedge, au gratin potatoes, green beans, whole wheat bread & butter, fruit, milk	1
				2

Livingston Co. R-III School District  
Combined Statement of Revenues Collected, Expenditures Paid  
and Changes in Net Position - All Governmental Fund Types  
for the Year Ended June 30, 2017

	General (Incidental) Fund	Special Revenue (Teachers') Fund	Capital Projects (Building) Fund	Totals (Governmental Funds)
REVENUES COLLECTED:				
Local	\$ 413,962	\$ 77,993	\$ 95	\$ 492,050
County	17,208	5,770	-	22,978
State	182,750	371,795	-	554,545
Federal	77,012	37,118	3,150	117,280
Total Revenues Collected	<u>690,932</u>	<u>492,676</u>	<u>3,245</u>	<u>1,186,853</u>
EXPENDITURES PAID:				
Instruction	239,849	386,612	3,150	629,611
Guidance	308	11,449	-	11,757
Professional development	4,737	425	-	5,162
Media services	48,521	7,837	-	56,358
Executive administration	9,567	-	-	9,567
Operation of plant	88,012	-	354	88,366
Building level administration	48,263	74,169	-	122,432
Pupil transportation	84,310	-	-	84,310
Food services	58,565	-	-	58,565
Adult/community programs	54,863	770	1,888	57,521
Facility acquisition	-	-	17,579	17,579
Total Expenditures Paid	<u>636,995</u>	<u>481,262</u>	<u>22,971</u>	<u>1,141,228</u>
REVENUES COLLECTED OVER (UNDER) EXPENDITURES PAID	<u>53,937</u>	<u>11,414</u>	<u>(19,726)</u>	<u>45,625</u>
OTHER FINANCING SOURCES (USES):				
Transfers	(19,821)	-	19,821	-
Total other financing sources (uses)	<u>(19,821)</u>	<u>-</u>	<u>19,821</u>	<u>-</u>
REVENUES COLLECTED AND OTHER SOURCES OVER (UNDER) EXPENDITURES PAID AND OTHER USES	<u>34,116</u>	<u>11,414</u>	<u>95</u>	<u>45,625</u>
NET POSITION, JULY 1, 2016	<u>521,400</u>	<u>28,642</u>	<u>62,253</u>	
NET POSITION, JUNE 30, 2017	<u>\$ 555,516</u>	<u>\$ 40,056</u>	<u>\$ 62,348</u>	

CHANGES IN NET POSITION OF GOVERNMENTAL ACTIVITIES

\$ 45,625

# From the Principal's Desk...

 Mrs. Megan Hardie

## Cooperation

Students focused on the character trait of Cooperation: sharing and taking turns, compromising when they have conflicts, doing their part the very best they can and encouraging involvement from everyone, and encouraging others to do their best and showing appreciation for their hard work. Thank you 5th/6th grade students for presenting on Cooperation during Morning Rally!



Feb. 2 3rd Quarter Midterm  
Feb. 14 Valentine's Day Parties  
Feb. 15 BBall vs. BHMS (Home)  
Feb. 16 OPT Valentine's Day Dance  
Feb. 19 NO SCHOOL  
Feb. 20 BBall vs. PV R-VI (Away)  
Feb. 23 Spring Picture Day & Early Dismissal @ 12:20  
Feb. 26 OPT Meeting (Bobcat Reading Night)  
Feb. 27 BBall vs. Spickard (Home)



## Christmas



### Distinguished Service Award

Jimmy Meservy, School Board President, presented the Award of Distinguished Service to Ms. Jocelyn Meservy at the district's annual Christmas program on December 1, 2017. The school board recognized Ms. Meservy for the impact she made on the students, school district, and Chula community from 2010-2017 as Administrator of Livingston County R-III School District.

On behalf of the Board of Education, students, and staff—Thank you, Ms. Meservy!



## Concert



## Winter is on its way!

In the event of severe weather or the need to close school, the following will broadcast the school closing/early dismissal information:  
Chillicothe: KCHI 102.5 FM  
Kansas City: KCTV Channel 5, KMBC Channel 9  
Trenton: KTTN 92.3 FM, KGOZ 101.7 FM  
Brookfield: KZBK 96.9 FM

Families wishing to receive text and/or email messages regarding school closings may subscribe to Textcaster. This service is being provided to our school by the Chula Farmers Coop.

To sign up—go to [www.chulaschool.org](http://www.chulaschool.org) select the Textcaster button, complete the on-line form and follow the activation directions.

You may also scan the QR code to the right and go straight to Textcaster.



Textcaster

# BE PREPARED!



# Chula Accelerated School

January 2018



## Preschool News

Merry Christmas & Happy New Year from the preschoolers! We have been working very hard in our classroom to get a few things done before we leave on Christmas break. Now that the school year is almost half over, it has been a time of reflection on how far we have come since the beginning. All of us can write and spell our own name, open our own milk cartons and take care of our lunch tray, and we continue to work hard every day to be a kind friend and a good citizen. We are so proud of all 13 of our friends and are looking forward to the next half of the year and all the memories we will make. We hope everyone enjoys the holidays with their families and loved ones!

Merry Christmas,

Mrs. Mindy & Mrs. Tabby

## Kindergarten News

The theme this month was "Christmas." We have been learning about different traditions that surround this time of year.

We worked very hard on two songs for our Christmas Program in our classroom. We got to wear santa hats during our spectacular performance! Mrs. Cypert was SO proud of us!

Santa has sent two elves to spy on us in the classroom. We have Frilly McGlitter and Tinsel McSparkle. When they first arrived they brought us a big Christmas tree. Tinsel and Frilly fly back to the North Pole each night to report to Santa what they have seen and heard in our classroom. When they arrive back in our classroom each morning they are always hiding in a different spot. This year they sometimes bring a stocking with gifts for the kids. We love looking for their new hiding place each day! We have enjoyed having them in our classroom!

Another highlight this month was learning how to use a picture dictionary. Each student got a copy of their very own to practice and use. They keep them in their desks to use as often as they need.

We are looking forward to a wonderful break to spend some quality time with our families. I am sure that when January 2nd arrives we will be rested up and ready to work hard!

Mrs. Cypert



## First and Second Grade News

Our December days have flown by! We hope you were able to join us for our Christmas program. Our kiddos did a great job singing and playing their instruments. They worked really hard on their songs.

We spent two weeks reading Patricia Polacco books. Some of her stories are based on her real life. We loved reading about her rotten red-headed older brother and her Babushka. In math, second graders are learning two digit addition while first graders are learning about symmetry. In Social Studies we've been learning about maps and our place in the world. In science we've been having fun learning about the states of matter. We've been able to do several experiments to help us learn about solids, liquids, and gases. Second graders have been researching holidays around the world. They've learned that some countries celebrate like us and others are very different. Their favorite thing to learn about has been the different kinds of food.

I asked the kids to tell me what gift they would buy for someone they know if they could by anything they wanted. Here's what they said:

**Liam** would buy Mylo a Hot Wheels car.

**Tori** would buy her cousin Libby Barbie dolls and a Barbie house.

**Mylo** would buy Cooper an Alien Tech Computer.

**Levi** would buy Grandma a heart with lips all over the heart.

**Tymber** would buy mom a make-up set and dad a tool set.

**Oliver** would buy Grandpa some junk.

**Ian** would buy Kaleb a new back pack.

**Jordyn** would buy Sissy a Minnie Mouse.

**Charlee** would buy Mimi a stuffed animal Santa.

**Rocklyn** would buy Keanan a stuffed animal.

**Kaleb** would give Uncle D \$10,000.

Miss Stone



## Care Club News

Thanks to everyone who donated blankets or towels to our animal shelter project. Our Care Club members made 29 fleece blankets! Aren't they awesome?

### Third & Fourth Grade News

Such a short month packed with so many things! The kids have done a great job of being flexible and changing our plans at the last minute. We have still gotten quite a bit of learning and work done, but also made time for fun holiday crafts and activities. Everyone is very excited for our pajama and movie day on Friday! Then we will get to have our class parties. I can't wait to give the kids their presents! I hope everyone has a wonderful break and a very Merry Christmas!

Mrs. Leadbetter

### Seventh & Eighth Grade News

The 7<sup>th</sup> and 8<sup>th</sup> grade class just finished reading *A Christmas Carol*. We saw the change in Scrooge due to his visits with the Ghosts. I asked my students, "If you had one Christmas wish, what would it be?"

**Mackenzie:** To have my whole family together and just have a good time.

**Phoebe:** Peace around the world.

**Kenlynn:** To see all my family and my other side of my family and have a joyful time.

**Kyler:** My sisters to be closer to home.

**Kayden:** To change my grades.

**Addison:** All my family to have a Merry Christmas!

**Cooper:** To get a dog.

**Skylar:** Everyone who travels to be safe.

**Ash:** To visit my family in Alaska for 1 or 2 months.

**Cassidy:** That all the animals in the animal shelter get homes.

**Bailey:** To end all abuse.

**Joshua:** To end world poverty.

**Mathew:** For everyone to respect each other.

Mrs. Kerr

### Fifth & Sixth Grade News

The new year is bound to bring us some happy times in our classroom! We are getting excited that almost half of our class has birthdays in January and February so the excitement may not fade for a while! We also love this time of year since we have 5/6th grade Basketball season upon us and all the upcoming projects. The kids are on pins and needles in anticipation of who their coach will be this season. They are already discussing some plays they would like to try. Classwork is also getting more exciting as we set in on projects such as our Cooperation presentation for the school at rally, our computer slide shows and poster projects for Science, and becoming a character in Revolutionary War times. It is sure to be a busy winter!

Mrs. Pauley

### From the smART Room

The smART room elves have been very busy this December doing their special projects! Making ornaments, two point perspective drawings, and pallet paintings to name a few. I was really proud of them all, but those pallets the junior high students made that decorated the stage for the winter concert were the bomb! We want to thank the Chula Co-Op for cutting and donating the pallets for the project. The teachers also got in on the act and painted snowman pallets after school just for fun.

Next on the menu for the junior high after the Christmas break will be creating their own cartoon character. This will be fun and I expect some pretty good characters out of these characters! One of their future projects will be glass painting, but to do so they will need 8 x 10 frames with the glass in them. So, if you have some old frames in the attic or barn you could part with, please send them to school for us....thanks in advance!

This first semester of art classes has absolutely flown by, and I am sincerely looking forward to what we accomplish next semester. I have enjoyed teaching at Chula very much and I am very thankful for the opportunity to do so. The staff and students here are amazing!

See ya next year!

Mrs. Locker

## **Save those receipts!**

When the school submits eligible receipts, Hy-Vee will donate a portion of the total to the school! Qualifying receipts must:

- Be a minimum of \$25
- Not have gasoline, pharmacy, tobacco, or alcoholic items
- Be from the Chillicothe store
- Be dated during the current school year



# Early Years

WORKING TOGETHER FOR A GREAT START

January 2018



## KID BITS

### Testing little ears

It's normal for schools to do routine screenings at this age to make sure students can hear properly. You can also request a hearing test if you have a concern (*example*: your child has frequent ear infections and seems to have trouble hearing). If there's a problem, the nurse will suggest following up with your doctor.

### Backpack check

Make it a fun part of your youngster's routine to share what she brings home in her backpack each day. You could pretend the contents are a "treasure" to explore or that she's brought you a "gift" to open. Displaying excitement about her hard work shows you value her efforts at school.

### What do you do all day?

Give your child a peek at what you do on the job. You might read him a nice email from your boss or a compliment from a customer about a project you worked on. Or act out a typical day. If you're a cashier, give him play money, let him "shop" in your "store," and "ring up" his purchases.

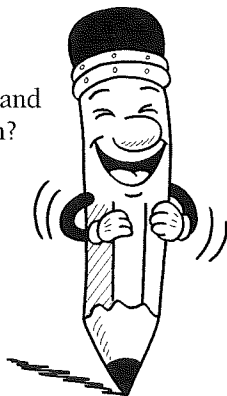
### Worth quoting

"The richness I achieve comes from nature, the source of my inspiration."  
*Claude Monet*

### Just for fun

**Teacher:** Which hand do you write with?

**Mary:** Neither, I write with a pencil!



## Read aloud every day

Children who are read to daily have larger vocabularies and better reading comprehension skills. Reading aloud to your youngster is also a great way to bond with her. Consider these tips.

### Add drama

Where the story calls for it, growl like a bear, wiggle your eyebrows, or use a funny voice! Hamming it up engages your little one's imagination and adds to the entertainment. Plus, your actions give words meaning. If you shrug your shoulders when the character does, your child gets an instant example of the word *shrug*.

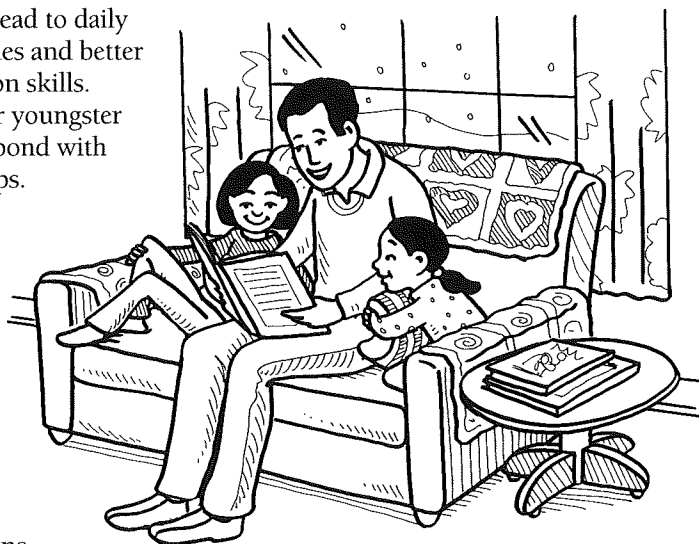
### Inspire discussions

Ask open-ended questions about the book. You might invite your youngster to make predictions: "What do you think the bear will do when he sees the picnic?" Or ask her to think of similarities between the story and her life. She may say, "I've got a loose tooth just like the girl in the book!" This gets her

involved—and boosts her understanding of the story line.

### Offer a variety

Kids love to hear the same story over and over—it's comforting, and they like being able to recognize words. That's fine, but also include new books to expose your little one to more plots, facts, and vocabulary. Try varying the reading level, too. Listening to more challenging books—both fiction and nonfiction—will help your youngster grow as a reader.♥



## Building-block engineer

Although your child may not realize it, he thinks like an engineer every time he builds with blocks. You can help him use engineering skills to build his tallest tower yet.

Encourage him to experiment with different sizes, shapes, and arrangements of blocks. How can he create a sturdy base that supports a taller tower? Help him count the levels as he tries. How many floors can he stack before the structure topples?

When it does fall, it's time to redesign his tower and test it again. With each new design, your child will learn more about what makes a building strong.♥

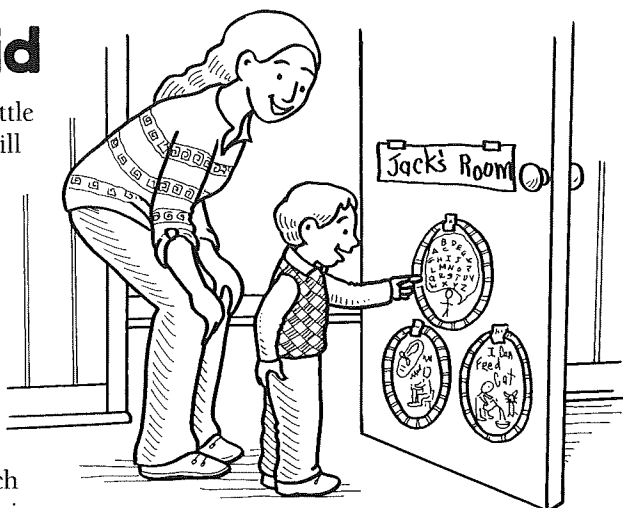


## A stick-with-it kid

Perseverance is a big idea for a little one! These kid-friendly activities will help your child understand that sticking with a challenging task pays off.

**The “almost there” board.** Try this idea when your youngster is working toward a goal (say, catching a ball). Let him draw a row of 5 boxes on a sheet of paper and number them 1–5. Help him write one step toward the goal in each box, each a little harder than the previous one.

Examples: “Catch a ball that someone rolls to me.” “Catch a



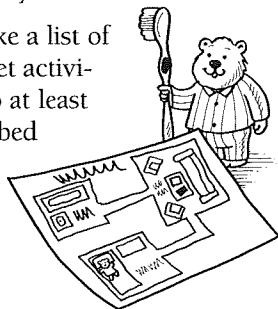
ball in the air with two hands.” He can check off each box as he masters the step.

**“Can-do” badges.** After your child accomplishes something he’s been working on, such as learning all the letters of the alphabet, let him decorate a paper plate with a picture of his achievement. Display his “badge” on his bedroom door, and add more as he meets new goals. When the going gets tough, have him look at the badges and tell the story of how he earned each one. He’ll remind himself that he’s a “can-do” kid!♥

## Nighty-night: A bedtime routine

A regular bedtime ritual provides cues that help your youngster fall asleep and get the rest she needs so she can concentrate at school. Try these ideas.

**1.** Together, make a list of screen-free, quiet activities to switch to at least an hour before bed (color, do a puzzle). Choose one from the list each night.



**2.** Have your child draw a “map” for going to bed. She could chart her route to the tub for bath time, then to her bedroom for pajamas, and into bed for a story. Let her follow her map every night to keep the routine predictable.

**3.** Cap off bedtime with your youngster’s favorite way to say goodnight. Maybe she likes to snuggle while you sing a lullaby, or she might tuck in a stuffed animal before kissing you goodnight.♥

## PARENT TO PARENT

### Practice fine-motor skills

My daughter Brianna sees an occupational therapist to improve fine-motor skills she needs for tasks like using a pencil, tying her shoes, and zipping her jacket. Last week, her OT gave us a list of clever exercises to do at home.

Brianna’s favorite is the boat race. She puts two toy boats in a sink full of water and squirts them with a spray bottle to make them sail across the “pond.” Right now she needs both hands to squeeze the nozzle, but as her muscles get stronger, her goal is to use one hand.

To build finger coordination, Brianna enjoys threading pipe cleaners through the holes in a small colander. She also likes to link paper clips—so far she has made bracelets, necklaces, and even bookmarks.

Yesterday my other daughter asked to practice with Brianna. The activities are fun for both kids, and I figure the more fine-motor practice, the better.♥



## Q & A

### Too much computer?

**Q:** My son Luke loves my laptop and wants to play on it instead of doing other things. How much is too much?

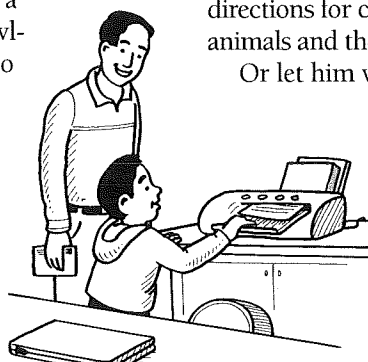
**A:** Your son is growing up in a world where computer knowledge is important. But he also needs to have non-screen experiences as well as time to run and play.

Try giving your child a specific limit: “You can use the computer until dinner is ready.” Consider making a rule about how many minutes he can have per day.

Also, you might encourage projects that your youngster can start on the computer and continue offline. Perhaps you could search the Internet with him to find directions for creating simple origami animals and then make some together.

Or let him write a letter and print it out to illustrate, sign, and mail.

Doing hands-on activities like these will add learning to the time your child does spend on the computer.♥



## OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

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# Home & School

## CONNECTION®

Working Together for School Success

January 2018

Livingston County R-III School  
Megan Hardie, Principal



### SHORT NOTES

#### What's the source?

Share these ideas for keeping track of sources when your youngster writes reports for school. He can jot each fact on the front of an index card and list the book's title and author on the back. Or he could print out articles and highlight information he plans to use. The URL will be right there at the bottom of the page.

#### Winter wear

Not too cold, not too hot—your child will concentrate better in school if she's comfortable. Encourage her to dress in layers so she can remove or add as needed. For example, she might wear a sweater over a T-shirt or a vest on top of a blouse.

#### Developing diligence

When your youngster gives a job his wholehearted effort, he's being *diligent*. To demonstrate, suggest that he fold a few shirts before putting them in a drawer and then just throw in the rest. Ask him if he has done the job right. Point out that diligence will give him better results (unwrinkled shirts).

#### Worth quoting

"Hold on to a true friend with both your hands." *Nigerian proverb*

### JUST FOR FUN

**Q:** Where was the Declaration of Independence signed?

**A:** At the bottom.



## Together time

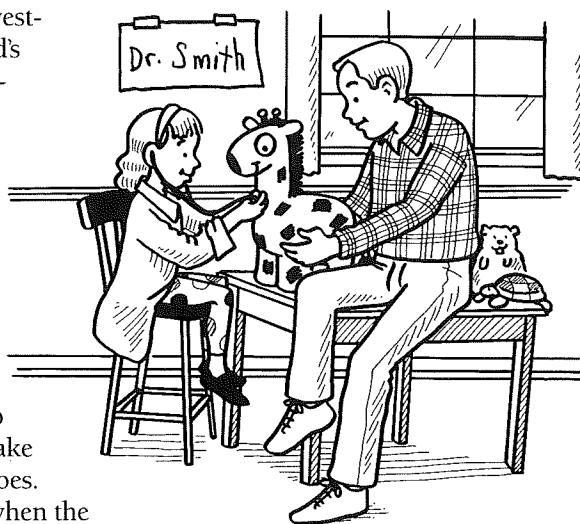
Family time is a worthy investment that can boost your child's communication skills and self-esteem. As a result, she may learn more and behave better in school. Try these ideas for fitting in more time with your youngster.

#### Maximize minutes

Sharing simple, everyday moments may lead to conversations about school or friends. Ask your child to help you with dinner. She could make the salad while you peel potatoes. Or sing along with the radio when the two of you are in the car or listening to music at home.

#### Have "play dates"

Join your youngster when she plays. She might teach you the rules for Trouble or Mousetrap, or you could show her a card game you liked at her age. Or pretend with her—maybe she'll be a veterinarian and you'll bring stuffed animals for checkups. Taking turns and role-playing build social skills she needs in school.



#### Plan ahead

With your child, list special activities you both enjoy, such as going to a flea market, visiting a nature center, or watching a basketball game. Put these on a calendar so you'll plan on them. She'll see that her company is important to you.

*Tip:* Silence or put away your phone to give your youngster your undivided attention while you chat or play.♥

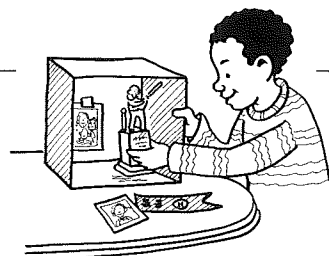
## Celebrate history

For a child, even yesterday can seem like a long time ago. Bring the past into the present for your youngster with these do-it-today activities.

#### ● Celebrate Martin Luther King Jr. Day.

This civil rights leader helped to change the world. How can your family make a difference? Have each person draw a star on a sheet of paper, then cut it out and write one way to help others on each of the star's points. *Examples:* "Make a meal for a sick neighbor." "Play with a classmate who doesn't have a lot of friends."

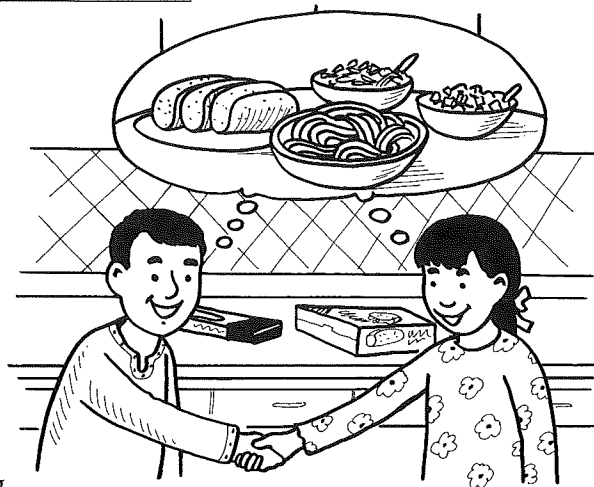
● **Create a personal history museum.** History isn't just about others—your family has its own history, too! Let your child turn a box into a museum filled with items that remind family members of "historic" moments. He might include his T-ball award or a photograph of his little sister in a school play.♥



## Keys to collaboration

Here's a skill that will come in handy when your child works with partners or groups: collaboration. He'll need to exchange opinions and solve problems throughout his school career and in future jobs. Share these tips.

**Think before answering.** In a good discussion, each person builds on others' responses. Practice by asking



one family member wants tacos for dinner and another wants pasta. Perhaps he'll suggest a "taco-spaghetti bar" where you have tortillas and noodles, with toppings for both.♥

a "Would you rather" question, such as "Would you rather fly like a bird or transport anywhere instantly?" Maybe you'll say "teleporting" is better because you'd get home from work quickly. Your youngster might reply, "I agree that teleporting would be faster, but I'd like to fly and look at the world below."

### Negotiate thoughtfully.

Appoint your child "consensus builder" for one week. His job is to think of compromises. Say

## PARENT TO PARENT

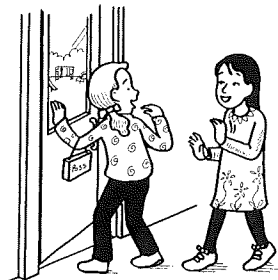
### Peer pressure: Stop and think

My daughter Chloe has a friend who dares her to do things that could lead to trouble. When the girls got a restroom pass from their teacher, this friend pressured her to sneak onto the playground. Chloe said it was hard to say no, and when she did, her friend called her a "scaredy-cat."

I told Chloe I was proud of her for doing the right thing. Then I shared an idea to use if she faces peer pressure. She can picture a

stop sign in her mind—that's her cue to stop and think. If she wouldn't want her teacher or me to see her saying yes, she should say no.

We also talked about how true friends will take "no" for an answer. I hope the "stop sign" strategy will help her handle tough situations in the future.♥



## Q & A

### Encourage active play

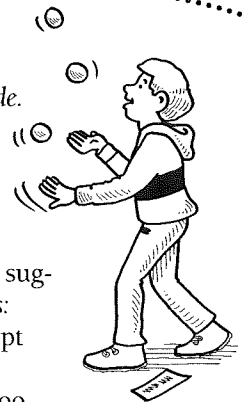
**Q:** My son used to get plenty of exercise by playing outside. Now that he's older, he spends more time sitting around than running around. How can I get him moving?

**A:** You're right to want your son to move more, since daily physical activity will keep him healthier.

Challenge your child to think of fun ways to be active, and suggest that he write each one on a separate index card. Examples: "Jump rope." "Juggle balls." "Play air guitar." Every day, prompt him to pick a few cards and do what they say.

Encourage him to enjoy physical activity with other kids, too, by joining a sports team or taking a class like karate or gymnastics. You can also help by being active with him. Go outside for a game of catch, follow along with a workout video, or play Ping-Pong at the community center.

Between these ideas—and recess and PE at school—your son can get the recommended hour or more of exercise per day.♥



## ACTIVITY CORNER

### Make a crystal "garden"

This sparkly science experiment will show your youngster how crystals form.

**1.** Save the shells from 4 eggs that you've cracked in half. Have your child rinse them and place into an empty egg carton.

**2.** Measure  $\frac{1}{2}$  cup boiling water into a mug. Your youngster should stir in about  $\frac{1}{4}$  cup salt, a little at a time, until it won't dissolve anymore.

**3.** Let your child pour 1 tbsp. water into each shell and add a drop of food coloring.

**4.** Have her check the shells twice a day and record what she sees. Over several days, colorful crystals will form.

**5.** She could paint her crystals with clear nail polish to preserve them.

*The science:* As salt dissolves, the water molecules drive apart the salt molecules. When the water evaporates, the salt molecules go back together,

forming a regular geometric pattern called a crystal. Snowflakes and diamonds are real-world examples of crystals.♥



## OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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