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# April 2014

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		28			21 NO SCHOOL			14			7		
SAT Testing	MAP Testing	29		<b>A</b>	22			15	7:30-Board Meeting		00	Preschool/ KG Screenings	*
		30		MAP Testing	23	3:10-Student Council Meeting		16		Dental Varnishes/ Pre-Sports Physicals Checks	9	Preschool/ KG Screenings	ŀ
					24	The second secon	Kindergarten Field Trip	17			10		(
<b>a</b> ).					25		Good Friday NO SCHOOL	18	6:00-OPT Carnival	4th Quarter Mid-Term	II		4
		ر <i>ا</i>			26			19			12		٠

# Menus

School: Livingston County R-3

Meal: All

Month: April 2014

Academic Year: 2013-14

		April		
М	Tu	W	Th	F
31	1	2	3	4
Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk	Breakfast: Sausage gravy & whole wheat biscult, fruit, julce, milk	Breakfast: Whole grain waffle, reduced calorie syrup, juice, milk	Breakfast: Whole grain breakfast pizza, fruit, juice, milk	Breakfast: Whole grain cereal bar, yogurt, fruit, juice, milk
Lunch: Hot dog on whole wheat bun, potato wedges, pork & beans, fruit, milk	Lunch: Whole grain chicken patty, mashed potatoes & gravy, broccoll, whole wheat bread & butter, fruit, milk	Lunch: Pasta bake, tossed romalne salad w/low-fat Ranch, green beans, whole wheat breadstick, fruit, milk	Lunch: Tuna salad sandwich on whole wheat bread, baked chips, celery sticks, raw baby carrots, orange sherbet, milk	Lunch: Tacos, shredded cheese, shredded lettuce, diced tomatoes, refried beans, fruit, milk
7	8	9	10	11
Breakfast: Whole grain french toast, reduced calorie syrup, fruit, juice, milk	Breakfast: Breakfast burrito, fruit, Juice, milk Lunch:	Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk	Breakfast: Sausage patty, whole grain biscult, fruit, juice, milk	Breakfast: Whole grain pancakes, reduced calorie syrup, fruit, juice, milk
Lunch: Pork ribette, augratin potatoes, green beans, fruit, whole wheat bread & butter, milk	Whole grain mini corndogs, mashed potatoes, broccoli, fruit, milk	Lunch: Mac & cheese, peas, cole slaw, whole wheat bread & butter, fruit, milk	Lunch: Whole grain chicken nuggets, mashed potatoes, sliced carrots, whole wheat bread & butter, fruit, milk	Lunch: Hamburger patty on whole wheat bun, potato wedges, northern beans, fruit, milk
14	15 .	16	17	18
<b>Breakfast:</b> Egg patty, whole grain biscult, juice, milk	Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk	Breakfast: Whole grain breakfast pizza, fruit, juice, milk	Breakfast: Sausage gravy & whole grain biscuit, fruit, juice, milk	·
Lunch: Whole grain chicken patty, mashed potatoes & gravy, broccoll, whole wheat bread & butter, fruit, milk	Lunch: Pepperoni pizza, tossed romaine salad w/low-fat Ranch, whole kernel corn, frult, mllk	Lunch: Sloppy Joe on whole wheat hamburger bun, potato wedges, sliced carrots, fruit, milk	Lunch: Baked ham, sweet potatoes, green beans, whole wheat hot roll, fruit, milk	
21	22	23	24	25
	Breakfast: Whole grain biscult, sausage patty, fruit, juice, milk	Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk	Breakfast: Whole grain pancakes, reduced calorie syrup, frult, juice, milk	Breakfast: Whole grain cereal bar, yogurt, fruit, juice, milk Lunch:
	Lunch: Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	Lunch: Fish wedge, augratin potatoes, green beans, whole wheat bread & butter, fruit, mllk	Lunch: Lasagna roll-up, romaine tossed salad w/low-fat Ranch, sliced carrots, whole wheat bread stick, fruit, milk	Walking taco, shredded cheese, shredded lettuce, refried beans, fruit, milk
28	29	30	1	2
Breakfast: Whole grain french toast, reduced calorie syrup, fruit, juice, milk	Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk	Breakfast: Whole grain breakfast burrito, fruit, juice, milk Lunch:		
Lunch: Beef & bean burrito, shredded lettuce, diced tomatoes, Spanish rice, frult, milk	Lunch: Pork ribette, augratin potatoes, peas, whole wheat bread & butter, fruit, milk	Spaghetti w/meat sauce, tossed romaine salad w/low-fat Ranch, green beans, whole wheat breadstick, fruit, mlik		

# From the Principal's Desk...



#### Students of the Month

February Students of the Month were chosen for showing "Rock Star Kindness". They were each presented with a signed gold album.

- Preschool—Gracie Edwards
- Kindergarten—Charlee Ann Campbell
- 1st/2nd Grades-Aiden Peterie
- 3rd/4th Grades—Parker Savage
- 5th/6th Grades—Samuel Pauley
- 7th/8th Grades-Wade Campbell Congratulations to our

**Good Character Rock Stars!** 

#### 2014-15 SCHOOL CALENDAR

The Board of Education approved the 2014-15 school calendar at the March board meeting. The first day of school is scheduled for August 20. Winter break will be December 20-January 4. The last day of school is scheduled for May 13. To see the complete 2014-15 school calendar, visit our website: www.chulaschool.org.



**February Outstanding Artists** 

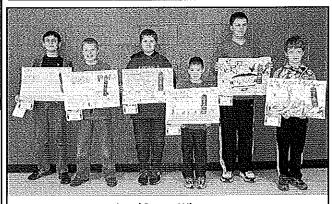
Back row I-r: Kasey Cranmer, Joshua Meservey, Skye Cashatt, Sam Meservey

Front row I-r: Chance Swickheimer, Jackson Searcy, Jessie Case





5th-8th Graders were able to go to Chillicothe and hear Helen Frost. They were able to have lunch with her and get her autograph in their personal copies of her book, Diamond Willow.



#### **Local Poster Winners**

The 3rd-6th grade students participated in the annual Soil and Water Conservation poster contest. This year's theme was: Dig Deeper—Mysteries in the Soil.

#### 3rd/4th Grade

Ben Pithan-1st place Parker Savage—2nd place Mathew Meservey—3rd place

#### 5th/6th Grade

Samuel Pauley-1st place Lucas Greener-2nd place Sam Meservey-3rd place

Level Assessments from April 22nd-May 2nd. The specific schedule for each classroom will be sent home closer to testing. Our district's accreditation by the state is based primarily on how our students do on these assessments. In fact, based on Spring 2013 MAP scores, Chula Accelerated School earned 96.7% of the points possible on our 2013 Annual Performance Report.

Spring Testing is Soon!

Students in grades 3rd-8th will be participating in the MAP Grade-

K-2nd grade students will be taking the Stanford 10 Achievement Test. These students will be testing April 29-May 1. Student scores on these assessments will allow teachers to know which grade-level skills the students have mastered and which ones still need to be reviewed.

More information about the MAP and SAT 10 will be sent home with students as we get closer to the actual testing dates. If you have any questions about either assessment, please do not hesitate to give me a call at the school.



#### No More Snow Days!!

We have officially missed 7 days of school for bad weather. The good news is that the state will forgive Day #8, if there is one!

We have already made up three of our days—January 20th, February 17th, and March 21st.—leaving us with four days to make-up.

At the March board meeting, the School Board voted to amend the calendar. We will NOT be in session April 21st as originally scheduled. Our remaining (and hopefully last) make-up days will be: May 15 (Field Day), May 16, May 19, May 20 (early out).





# Chula Accelerated April 2014 School

#### Preschool News

Windy and wild the weather has been. Preschool has journeyed to the zoo (in our classroom). We saw lions and tigers and bears...oh my! The children got a virtual tour of the Blank Park Zoo over the Internet. We were able to put the visit up on the TV screen so it was almost as good as being there. There were peacocks, rhinoceroses, ostriches, monkeys, orangutans, giraffes, large tortoises, ocelots, elephants, camels, and so many other exotic and jungle dwelling species that we won't take the time to list them all. The journey there didn't take long, and we really weren't all that tired when we left the zoo. It was a great way to visit!

Getting back from the zoo, we decided to refresh our memories about the foods that our friend Mrs. Minnis had shared with us...especially the fruits and vegetables. We looked at pictures of these food items again and sorted them by food group. We tasted a new kind of fruit that some of us had not tried before--kiwi. Some of us liked it, and some did not.

The next week we came into our room to find that pesky little leprechauns had invaded during the night. They left chairs overturned, green blocks scattered about, replicas of themselves climbing down a rope into the room, several books out of place, our journals opened and left about the floor, and shamrock confetti everywhere. They left us treats too! There was a blarney stone to check out, a few nuggets of pretend gold to eat, some "jig juice" to drink, and a magic powder to mix with the juice of a cow to make a green pudding-like

substance for snack. We even wore leprechaun ears all day to see if we could hear any sounds that might help us catch one and find out where he might have hidden his treasure...no luck.

We cleaned up after the leprechauns and went looking for spring. In the flower bed on our playground we discovered tulips peeking through, daffodils popping up, and crocuses blooming! While the flowers and the robins have decided it is spring, we are still waiting for the warmth of the season to breeze on in so we can finally be sure that it really has arrived! With warmer weather comes the desire to blow bubbles, so we ended our month with bubbles.

Thanks for sharing! Ms. Claire & Ms. Mindy

#### Kindergarten News

On March 4, 2014, our preschool and 1<sup>st</sup> & 2<sup>nd</sup> grade friends joined us for a Dr. Seuss party. Miss Stone read the story "Mr. Brown Can Moo, Can You?" while the students used stick puppets to act out the story. Then we got to eat Mrs. Claire's infamous green eggs and ham! After we finished, we got to vote on the whiteboard whether we liked or disliked the green eggs and ham. Our chart showed an overwhelming "like" for the green treat!

On March 17, 2014, the leprechauns came to visit us. They really messed up our room! It took a lot of work to put it back together, but it was well worth it when the students found two small pots of gold! We hope they stopped by our

bulletin board to read the stories we wrote about them.

We learned about scarcity and opportunity when Mrs. Cypert was eating popcorn after library one Friday. We found that popcorn was scarce in our classroom, and Mrs. Cypert had the opportunity to share hers. Although we did learn that it did not come free because we had to work for it. It was well worth it!

Popcorn has been a hot topic in kindergarten this month. After learning about scarcity and opportunity, we decided to experiment with it. We had yellow, white, and purple kernels of popcorn. We predicted that when they popped they would make yellow, white, and purple popcorn. We watched it pop in Mrs. Cypert's popper and found that all kernels popped white. We had to adjust our thinking and then got to enjoy the tasty treat!

In math we are working on our math facts. The students practice each night with flash cards and are showing extreme improvement in the classroom!

Our author study this month was focused on Kevin Henkes. He wrote Owen, Julius the Baby of the World, Wemberly Worried, Lilly's Purple Purse, Chrysanthemum, Jessica, and Sheila Rae the Brave. We learned that Kevin is the author and illustrator of all of his books. He currently lives in Wisconsin.

We are looking forward to April and hoping it will bring warmer weather with it!

Mrs. Cypert

#### 1st & 2nd Grade News

Spring is here, and we are so glad! We've definitely been enjoying nicer weather. If you're in the building, be sure to stop by and read the spring poems the kids wrote. They're displayed on our bulletin board. March flew by quickly, and we had some very special visitors. Those sneaky leprechauns paid us a visit on St. Patrick's Day. They made a huge mess in our room - stacking up chairs, dumping things out, and moving things around. They even took a nap and ate our candy. Despite their orneriness, they did leave everyone a little treasure of chocolate coins.

In April we are looking forward to the school carnival and Easter. We'll be taking our "big test" (the Stanford Achievement Test) at the end of the month. We'll be learning about space, continents, oceans, plants and animals. As always, we're working on reading and writing. We have some amazing storytellers in our class. They are turning into wonderful writers.

Have a wonderful April!

Miss Stone

3<sup>rd</sup> & 4<sup>th</sup> Grade News
The North wind doth blow and we shall have snow. And what will poor robin do then, poor thing? He'll sit in a barn and keep himself and hide his head under his wing, poor thing.

It might be cold outside, but inside our classroom March has been a very busy month! The 4th Grade class went to Warrensburg to the Children's Literature Festival. The students had a wonderful opportunity to visit with some of their favorite authors and illustrators. The favorite of this 4th grade class was hearing from Roland Smith. He writes and talks about topics that are most

interesting to this age group. I asked each 4th grade student what they enioved most at the Festival and here are their responses:

Ben Pithan-I really liked Vicki Grove and the stories that she told. Blake Gillespie-I really liked it when Vicki Grove talked about how she had bullied someone.

Joshua Meservey-I liked it when Roland Smith shared that a spider came up in front of his face and he screamed like a girl. Then he said, "That's not right!"

Cassity Eckert-My favorite part was when Roland Smith talked about how he saved the red wolves. Mathew Meservey-Roland Smith was my favorite! I cannot decide on one thing. It all was good! Bailey Elrod-I liked hearing Roland Smith talk about Billy and how interesting he was.

We are spending some time learning about our solar system. We have learned about the sun, earth, and moon during the month of March. We will finish up our unit with stars, constellations, and the other planets in the solar system.

The 3<sup>rd</sup> and 4<sup>th</sup> grade class participated in the annual Soil and Water Conservation poster contest again this year. The theme this year was Mysteries in the Soil: Dig Deeper. Congratulations to the winners: Ben Pithan, Parker Savage, and Mathew Meservey.

Mrs. Moore

5<sup>th</sup> & 6<sup>th</sup> Grade News
The 5<sup>th</sup> and 6<sup>th</sup> graders have been very busy in and out of school this month. In addition to the ballgames and practices, they have also been working on projects and going on field trips. We want to take the time to thank everyone who has come to watch the kids play this season. They have put in so much time practicing, and it feels so good for them to have your community support.

We were invited on two trips to Chillicothe recently. On the 10<sup>th</sup> we

were able to go to the Performing Arts Center to watch a play with the Chillicothe and surrounding schools. Then on the 25th, we were invited to listen to the published author, Helen Frost, at the Chillicothe Middle School. The children had a chance to read her latest book in class, and each student received their own copy to have signed.

Inside our own building, we have also been busy. In the last month we have done several computer projects including: power points, research, brochures, and essays. In Science we have made working models of the solar system, and in Social Studies we have made a class timeline of US history up to the Revolutionary War. Many books have been read, and many math problems figured as well!

Mrs. Pauley

#### 7th & 8th Grade News

We have more good news about essays! The Elks Essay, "What Does Veteran's Day Mean to Me?" was written right after Christmas break. Three essays are chosen to move on to district level. Alex Cranmer, Bailey Pithan and Wade Campbell had their essays submitted to the District for judging.

The last essay contest that we entered was for the American Legion. It was titled, "How Can I Show My Pride in Being an American." Tiffany Gillespie placed 1st and Madeline Criner placed 3<sup>rd</sup> in the 7<sup>th</sup> and 8<sup>th</sup> grade division. They will attend a meeting at the Legion Hall on April 15 and read their winning essays.

Our play, "Aw, Shucks", was held on March 14. Everyone did a fabulous job! Mrs. Warner and I are very proud of the hard work our students put into the play. Videos of the play are available for \$10.00. Please contact the school if you would like to place an order.

We are working on preparations for Eighth Grade Banquet, which

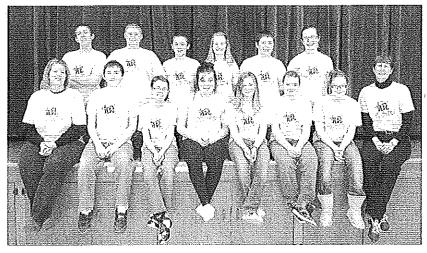
will be held on May 9. We have a sports theme this year. Eighth Grade Graduation will be May 12th. Our eighth graders are looking forward to the new challenges they will face as they leave our school and begin their high school education.

Mrs. Kerr

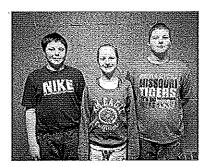


**DAR Essay Winner** 

Jessie Shipp, former Chula student, was the 1st place winner in the 8th grade division of the Daughters of the American Revolution (DAR) essay contest for the Olive Prindle Chapter in Chillicothe, Mrs. Kerr and Mrs. Shannon went to hear her read her winning essay at the DAR meeting in March.



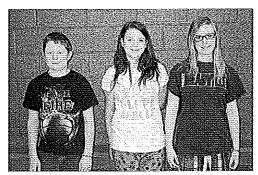
7th & 8th Grade Cast and Crew—Aw Shucks! If you missed the performance, you can still purchase a DVD copy for \$10.



Elks Essay Winners

Three students' essays from Mrs. Kerr's classroom will be representing the Chillicothe Elks Lodge at the District level.

Pictured: Wade Campbell, Bailey Pithan, Alex Cranmer



American Legion Auxiliary Essay Winners

Three students from Chula will be representing our school at the April American Legion meeting. They have been invited to read their winning essays.

Pictured (L-R): Wade Campbell-1<sup>st</sup> place in 5<sup>th</sup>/6<sup>th</sup> grade division, Madeline Criner—3<sup>rd</sup> place in 7<sup>th</sup>/8<sup>th</sup> grade division, Tiffany Gillespie—1st



FOR SALE: Old basketball uniforms—There are two different styles available.

COST: \$10/uniform

TO ORDER: Call the school office: 660-639-3135 or email jmeservey@chulaschool.org

There will also be a booth at the Carnival on April 11<sup>th</sup>.

START WORKING TOGETHER FOR GREAT

April 2014

Livingston County R-III School



#### Springtime fun

With your youngster,

see how many ways you can think of to spend pleasant spring days. For example, you could collect rocks, fly kites, or visit a new playground. Keep a list on the refrigerator, and take turns choosing an activity to do together.

Jigsaw puzzles let your child practice

sorting and comparing. Help her pick out all the edge pieces and fit them together. Then, she could sort the rest according to color as she compares them to the picture on the box. If there's a blue sky, for instance, she can put all the blue pieces in a pile. Tip: Look for puzzles at yard sales and thrift stores.

#### Chasing away bad dreams

Most youngsters have nightmares at some point. If your child is upset after a scary dream, help him make up a different ending for it. He might also want to draw a picture of the nightmare and then crumple it up and throw it away.

#### Worth quoting

'When you're curious, you find lots of interesting things to do." Walt Disney

#### Just for fun

**Q:** How can you tell that bees are

A: They hum while they work!



# Our family shows character

Little ones learn good character from the people they spend the most time with—their family! Help your child become more responsible, show appreciation, and develop a positive attitude with these ideas.

#### Box up responsibility

Whether your youngster borrows a book from the library or a game from a friend, taking care of other people's property is a big responsibility. Together, create a safe place to put borrowed items when you're finished with them. He might use colored markers to decorate a cardboard box and write "To be returned" on it. Have him put the box by the front door or in the coat closet.

#### Grow an appreciation tree

Ask your child to draw a bare tree on poster board. Then, he can watch it grow "leaves" as everyone writes things they're thankful for on sticky notes and adds them to the branches. After a week, let each person choose a favorite leaf and use it to write a thank-you note. If your youngster's leaf says "My teacher,"

he could make a card thanking his teacher for helping him learn to count.

#### Turn a frown upside-down

Even bad days have good parts. When a family member has a rough day, focus on the positive by having a smiley-face dinner. During the meal, go around the table and share something that made you smile that day. Example: "I had a surprise visit with my best friend!" Taking time to focus on the good things will help your child develop a positive attitude.♥

#### My writing kit

Encourage your youngster to work on early writing skills with her very own writing kit. Here's how.

- 1. Get a container. Together, find a portable one that your child can close, like a small backpack or a plastic storage box.
- 2. Add supplies. Help your youngster gather pencils, erasers, crayons, colored pencils and pens, paper, and notebooks.
- 3. Include writing ideas. Cut letters and words from empty food packages for her to copy. Also, fill an envelope with interesting magazine pictures, stickers, and other items that might inspire her to write words, sentences, or stories.

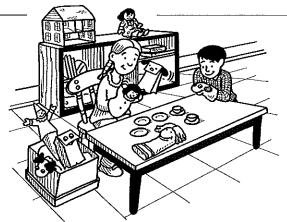


# Let me think...

Can your youngster come up with more than one solution or possibility when she's faced with a challenge? Help her stretch her thinking with these activities.

**Puppet problem-solving.** Offer a pretend dilemma for puppets, and help your child act out the solution. You could make your puppet say, "Oh, no! I have too many dishes to carry! How can I get them to the party?"

Examples: Put them in a bag, ask a friend to take some.



#### Answers and questions.

Tell your youngster, "The answer is a blanket. What is the question?" Take turns coming up with as many questions as possible. ("What keeps you warm at night?" "What do we sit on at a picnic?") When you run out of ideas,

When you run out of ideas, let her think of a new answer to make up questions for.

What doesn't belong! Look around the room, and name any four objects (T-shirt, book, sandals, lipstick). Then, have your child decide which doesn't belong and say why. For instance, she could say that the book is the only one you can't wear. Variation: Name three objects, and tell her to choose a fourth and explain how it's related to the three you picked.♥



# Cutting back on screen time

At my son Jack's recent check-up, his pediatrician told us that kids should have less than two hours of screen time each day. I realized that between watching TV and playing games on my smartphone, Jack got way more!

The doctor explained that the biggest problem was what Jack wasn't doing during screen time. She said children his age stay healthier and learn more when they run around and play.

She shared practical ways to cut back, and we tried them at home. For instance, now I put my phone away when I play with Jack—out of sight, out of mind. Also, when he asks to play on the computer, I suggest an active alternative like walking the dog, riding bikes, or playing hide-and-seek.

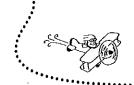
Jack's screen time is finally down to less than two hours a day, and we're all spending more time being active.♥

#### OUR PURPOSE

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

Resources for Educators, a division of CCH Incorporated 128 N. Royal Avenue • Front Royal, VA 22630 540-636-4280 • rfecustomer@wolterskluwer.com www.rfeonline.com

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# When your child is teased

**Q**: My daughter doesn't want to go to school because she says one of the girls teases her every day. What can I do?

**A:** Since this is happening on a regular basis, it sounds like your child is not just being teased, she's being bullied. Start by contacting her teacher. She will be able to work with your daughter to help her handle the situation.

At home, reassure your child that you love her and that bullying isn't her fault. Also, talk about ways she

could react if she's teased in the future. You might help her practice different things to say, such as, "That isn't nice. I'm going to play with someone else."♥





# The view from my window

When your child looks out his

window, he may see a city street or a green field. He can learn about geography by collecting an "album" full of views from different windows.

Materials: paper, crayons, binder

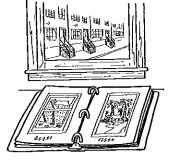
Have your youngster draw what he sees outside his window. Then, he can ask relatives to take and mail him photos of their views. Maybe he'll get to see his aunt's view of the yellow taxis and mirrored skyscrapers

from her city apartment. Or perhaps his grandfather will send a picture of his street full of palm trees. Let your child put all the pictures in his binder.

Also, suggest that your youngster look in books or magazines for places to sketch. For example, after reading about

outer space, he might draw what astronauts see from the International Space Station.

Finally, help your youngster compare the places in his album. How are they similar and different? \(\Phi\)



# Hone&School Working Together for School Success Working Together for School Success CONNECTION®

April 2014



#### Daily math

Use the calendar to give

your youngster extra practice with math facts. Each day at breakfast, take turns making up problems that have the date as the answer. Facts for April 10, for example, could include 6 + 4, 40 - 30,  $5 \times 2$ , and  $100 \div 10$ .

#### Volunteer for spring events

Helping your child's teachers shows your youngster how important school is to you. Ask his classroom teacher if she needs volunteers for a class party or another end-of-year event. Or you may be able to assist the PE instructor with Field Day or the music teacher with a spring concert.

#### Whisper magic

Having trouble getting your child to listen? Here's an idea teachers often use in the classroom: Instead of raising your voice, talk softly—or even whisper. Chances are your youngster will stop what she's doing to hear what you're saying.

#### **Worth quoting**

"Smile, and others will smile back." Jean Baudrillard

#### JUST FOR FUN

There are two pigs in a pen. The first pig says, "Oink." The second pig says, "That's what I was going to say!"



# Succeed with school projects

Whether your child is making a poster about plants or writing a report on Thomas Jefferson, a school project is a great learning opportunity! Share these tips to help him get the most out of his next big assignment.

#### Start early

If your youngster begins an assignment the day it's given, he will have time to experiment with different

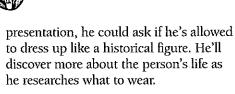
approaches to see which works best. He'll also feel more relaxed if he doesn't leave the project until the last minute, so his ideas may flow more freely. And he will be less likely to take shortcuts or make mistakes.

#### Try something different

Encourage your child to make the project his own—while still meeting his teacher's guidelines. For example, after finding the required information about plants, he might search for little-known details to make his paper more interesting. Or if he's supposed to give a history



When your youngster finishes his project, suggest that he set it aside for a day—a fresh eye will help him see where it might need improvement. As he reads it over, he may realize that a part doesn't make sense because he forgot to define an important word or to explain what happened during a key event.



Livingston County R-III School

Jocelyn Meservey, Principal

#### **Choosing appropriate shows**

Your youngster wants to go to a movie or watch a TV show—how can you make sure it's appropriate for her?

First, find out what it's rated and why it received that rating. You could read reviews online (try *common sensemedia.org*) or in the newspaper.

Also, think about your child's personality and maturity level. For example, not all 7-year-olds will be ready to watch a show that's rated "Y7" (for kids age

7 and older). If your youngster is especially sensitive or easily frightened, a scary movie might not be right for her.

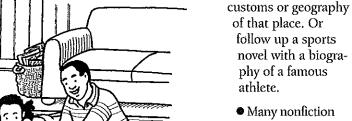
Tip: Watch together so you can explain anything that's confusing or upsetting.♥



**Nonfiction read-alouds** 

A nonfiction book about frogs or Antarctica makes a great bedtime story. Consider these read-aloud ideas to expose your youngster to more "real" books:

- At the library, help your youngster find nonfiction books that are in line with her tastes or reading style. For example, if she likes fictional dogs (Clifford, Biscuit), you could read aloud from a guide to different dog breeds. Or if she enjoys comic strips, she might like an illustrated encyclopedia or trivia book.
- Pair nonfiction and fiction. Try reading a story set in another country and then a nonfiction book about the



• Many nonfiction books have colorful diagrams or boxes with interesting facts. Point out features like these, and encourage your child to explore them. She'll

discover that they add information to the main text—and to her enjoyment of nonfiction.♥



# **Resolving conflicts**

Conflict is a normal part of life—and something your child should know how to handle so she has good relationships. Here are two strategies.



**State the problem.** Saying what's wrong is a first step toward fixing a conflict. Perhaps your youngster is upset because her friend always picks what to play. She could tell her, "It would be more fun if we took turns deciding."

**Discuss conflicts calmly.** Do family members often argue about taking the last serving of a favorite snack or borrowing each other's video games? Bring up the issue when everyone is in a good mood, since problems are harder to solve when people are angry or tired. Then, brainstorm solutions, and try to compromise.♥

#### OUR PURPOSE

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

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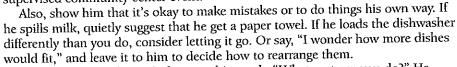
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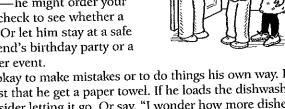
# Steps to independence

**Q:** My son is the same age as my sister's son, but his cousin seems more independent. How can I help my child do more for himself?

A: Show your youngster that independence is fun. Have him make phone calls—he might order your family's pizza for dinner or check to see whether a store has an item he wants. Or let him stay at a safe place without you, like a friend's birthday party or a supervised community center event.



Finally, if he says he can't do something, ask, "What part can you do?" He might not be able to wrap a gift by himself, but he could fold up the ends or put on the tape, for instance.





### A homemade card game

If your youngster wants a new

card game to play, suggest that he invent his own! He'll use his imagination and practice logical thinking.

Materials: index cards, paper, pencil, crayons

**I. Pick a theme.** Encourage him to create a game about a favorite topic, such as medieval times or gymnastics.

**2. Determine the object.** Maybe players
win by collecting the most
matching cards or earning the
most points.

**3. Design the cards.** Your youngster can decide how many cards to make and what to draw on each one (*examples*: castle, knight, dragon; or trampoline, vault, high bar).

**4. Write the rules.** He should explain how to set up the game and what you do on each turn.

**5. Play the game.** Follow the instructions exactly. Your child may discover that he needs to change or add steps to make the game work. ♥

