



Hugoton Middle School  
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## Hugoton Middle School Weekly Bulletin

**"A mind that is stretched by a new experience can never go back to its old dimensions."**

Monday- May 16th

- Achievement Day for students who are eligible (criteria, must have been eligible for 3 of the 4 EPIC parties)

Tuesday- May 17th

- **LAST DAY OF SCHOOL!!** School dismisses at 11:30, lunch will not be served

### WAYS TO SUPPORT YOUR STUDENT AT HMS:

- If your students owe fees, please make a payment. If you have any questions, call the office at 544-4341.
- Students interested in participating in the Summer Literacy Program, here is a link to the promo video <https://youtu.be/xYUAv1ezbhQ>
- Order your HMS yearbook now using the online link below. The yearbook will arrive in the Fall. With tax, the yearbook costs approximately \$25.  
<https://jostensyearbooks.com/?REF=A02625450>

**THANK YOU FOR SHARING YOUR STUDENT WITH  
US THIS YEAR!!!  
ENJOY YOUR SUMMER**

# **Ponder THIS**

Many parents tell us that praise often backfires, and their children's behavior actually can get worse after receiving praise. When using Love and Logic, there are times when we want to encourage our kids and recognize them whenever they do a good job. However, this must

be done carefully so that it achieves the goal of encouragement without creating more behavioral problems.

### **What is "Praise"?**

Before we pursue this puzzle, perhaps wisdom dictates that we define what we're really talking about when we use the term "praise." According to the Merriam-Webster Dictionary, "Praise" is defined in two ways, "1: to express a favorable judgment of 2: to glorify by the attribution of perfections." Examples from daily life include:

- Super job!
- You are so bright!
- Way to go!
- I'm so proud of you!
- Awesome!

### **Two Types of Praise**

*Spontaneous praise* comes from sincere excitement over something a child has done. There's no ulterior motive. It happens naturally. Most of the time, I encourage people to relax and allow this type of praise to happen. If it's clear that it makes a child uncomfortable, we can always curb it a bit. Otherwise, don't worry and be happy.

*Intentional praise* is done by good-hearted people for the express purpose of shaping or influencing behavior. The goal is to "catch the child doing something good and rewarding their action with praise." Because many children have finely tuned intentionality detectors, this type is the most likely to backfire.

### **An Alternative: Notice and Describe**

We have found an alternative to the typical way parents deliver intentional praise that is far more effective with most children. With this approach, the parent simply notices and describes the child's behavior without judging it one way or the other. Here are some examples:

- I noticed that you finished your assignment even though it was really challenging.
- You did all your chores without being reminded. How does that feel?
- I noticed that you kept your cool when those kids were teasing you. What was that like for you?
- I noticed that you spent a lot of time today helping your little brother.
- You completed nine out of ten correctly. I imagine that feels good.