

The Bear Necessities

Week of September 7, 2020

Dear Friends,

Welcome to week one of our 2020/21 grade placement! Students (and staff) had a great time on Friday for our Step Up activities. I hope you get a chance to check out the pictures below.

Please remember for our students moving on to Kindergarten, there will be a special PreK celebration on Tuesday, September 8, 1:00-2:30. This will be held in the gym and outside. Please wear your masks if you are attending. Then this class will begin full day Kindergarten on Wednesday, September 9. We look forward to our 2020/21 PreK class beginning on Tuesday, October 13!

I hope you all had restful long weekend!

~Erin





We will begin dismissing everyone at 2:45 on **Tuesday, September 8**. Our order of dismissal will be:

1. Private riders
2. Bus riders (one bus at a time)
3. All other students



You read that correctly! Starting on Tuesday, September 8 **ALL** district students under the age of 18 can receive FREE school meals. Please see the attached letter for details: <https://5il.co/kme5>.

Parenting Help Desk - Organization

honesty

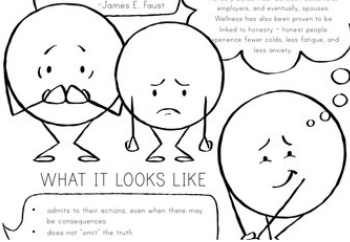
helping kids be truthful

WHAT IS IT?
 "Honesty is more than not lying. It is truth telling, truth speaking, truth living, and truth loving."
 -James E. Faust

WHY IS IT IMPORTANT?
 An honest life is an uncomplicated life. If we can teach our children to be honest, they will have closer friendships, confidence in themselves, and less stress. Honesty builds trust between coworkers, employees, and eventually, spouses. Walgreens has also been proven to be linked to honesty - honest people experience fewer calls, less fatigue, and less anxiety.

WHAT IT LOOKS LIKE

- admits to their actions, even when there may be consequences
- does not "omit" the truth



honesty

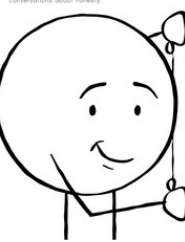
how you can help your child

MODEL IT
 Whether we like it or not, our child's eyes are always open and are always watching us. Your child looks to you to see how they should act. Be sure that you yourself are being honest in front of your child. Even small situations, like lying or shopping tag from your spouse, can undermine your conversations about honesty.

CONSIDER YOUR APPROACH
 When you catch your child lying or sneaking (and most of us will at some point), consider your approach. Often, we may approach a child in an accusatory way, such as, "Where did you get that toy?" When we do this, we are automatically putting our children into a defensive lie. Instead, you could say, "I see you have a toy that I didn't buy for you. We are honest in our family and do not steal. Let's go take the toy back to the store."

DISCUSS CONSEQUENCES
 The natural consequence of lying is that people no longer view us as trustworthy. It only takes one lie to break a person's trust in us, and trust is very difficult to rebuild. Talk about people whose word is "gold" and can always be trusted. Discuss what we can learn from these people.

REWARD HONESTY
 It can be easy to deliver consequences for lies, but we don't always give praise for honest behavior. Reward your child's honesty with lots of praise. Emphasize how courageous they are for telling the truth. Praising their honesty will help reinforce the positive behavior.



honesty

how you can help your child

BOOKS ABOUT HONESTY:

- *The Empty Pot* by Demi
- *Being Frank* by Donna W. Emshardt
- *Howard R. Wagiehoff and the Monkey on His Back* by Howard Bialew
- *The Wolf Who Cried Boy* by Bob Hartman
- *Betty Burry Didn't Do It* by Michael Kaplan and Stephanie Jorisch
- *Tell the Truth, B.B. Wolf* by Judy Sierra
- *The Boy Who Cried Ratfoot* by Scott Magoon


MOVIES WITH DISCUSSION POTENTIAL


- Nanny McPhee
- How the Grinch Stole Christmas
- Willy Wonka & The Chocolate Factory
- Mary Poppins





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