



Thursday Feb. 7th
@ 7:30pm Highview Library

Come and here Guest Speaker – Kristin O'Rourke, LCSW
speak on a wonderful topic.

“Social Emotional & Behavioral Concerns in Children”

A flyer was sent home to all students with a sign-up.

Please return your sign-up, to let us know how many seats will be needed.

**DON'T
MISS OUT!**

*****Chips and Salsa will be provided.**

(Salsa will be a sampling of the variety of flavors we will offer during our Salsa Sale, the end of March)





Nancy R. Bonner
 Principal

Mark S. McNeill, Ed.D.
 Superintendent of Schools

Social, Emotional & Behavioral Concerns in Children

**Is your child expressing feelings of anxiety over things that they cannot control?
 Does your child lack confidence or have low self- esteem?
 Is your child easily frustrated or having behavioral issues?
 Is your child struggling to focus in school or at home?**

Raffle will be held
 Snacks will be served

Date: Thursday, February 7th, 2019
Time: 7:30 pm– 8:30 pm
Location: Highview Elementary School
Guest Speaker: Kristin O'Rourke, LCSW

- Learn how to identify the signs of common social, emotional & behavioral concerns in children.
- Discuss steps you can take to decrease your child's stress level and highlight their strengths.
- Review effective coping techniques and parenting interventions to create a more positive home environment and school experience.



Kristin O'Rourke is a licensed Clinical Social Worker with over fifteen years of experience supporting children and families with anxiety disorders and behavioral issues. She is the owner of In-Home LCSW, PLLC, a private group practice which provides home and office based counseling services to children and families. Kristin recently published the new children's book, "There's a Bully in My Brain" for children struggling with anxiety, shyness and low self-confidence. Read more about her and her practice on www.inhomecsw.com

Please return in an envelope no later than January 29th

*Highview: Homeroom Teacher (envelope addressed to Mrs. Lipson)
 Miller: Homeroom Teacher*

_____ **YES, I will attend the parent workshop on addressing Social, Emotional & Behavioral concerns.**

Child _____ Grade: _____ Teacher _____
 Parent/Guardian _____ # Adults attending _____
 Email _____ Phone _____

Celebrate the Lunar New Year
2019 "Year of the Pig"



Wear red to school on Friday,
February 8th for our Lunar
New Year Parade.



The Castle Trip: Rescheduled

Tuesday, Feb. 12th or Thursday, Feb. 28th
(3KA, JM, KS, CE) (3PD, HC, KB, AM)

Dear Parents,

Please note the following date change for our STEM trip to The Castle. Our trip itinerary is exactly the same with just a change in date due to the weather. Please mark your calendars with this date change. Students only need a bagged lunch and possibly a drawstring bag (if you have one) to easily carry their lunch. No school lunches will be provided.

Thank you for your patience. We look forward to a fun and educational trip. Please simply sign and return the bottom slip so we know you are aware of the date change. Again, if we have inclement weather we will do our best to reschedule. If there is a two hour delay on either of these dates, we will reschedule. Additionally, a District decision will be made if the weather in Orange County makes it unsafe for us to travel to the Castle. In this case, students will be informed of a postponement once they arrive at school. Our main concern is for the safety of all students and staff attending this exciting day.

Sincerely,

The Third Grade Team

The Castle Trip – Rescheduled Dates: Tues, Feb. 12 OR Thurs, Feb. 28

Print student name/class code

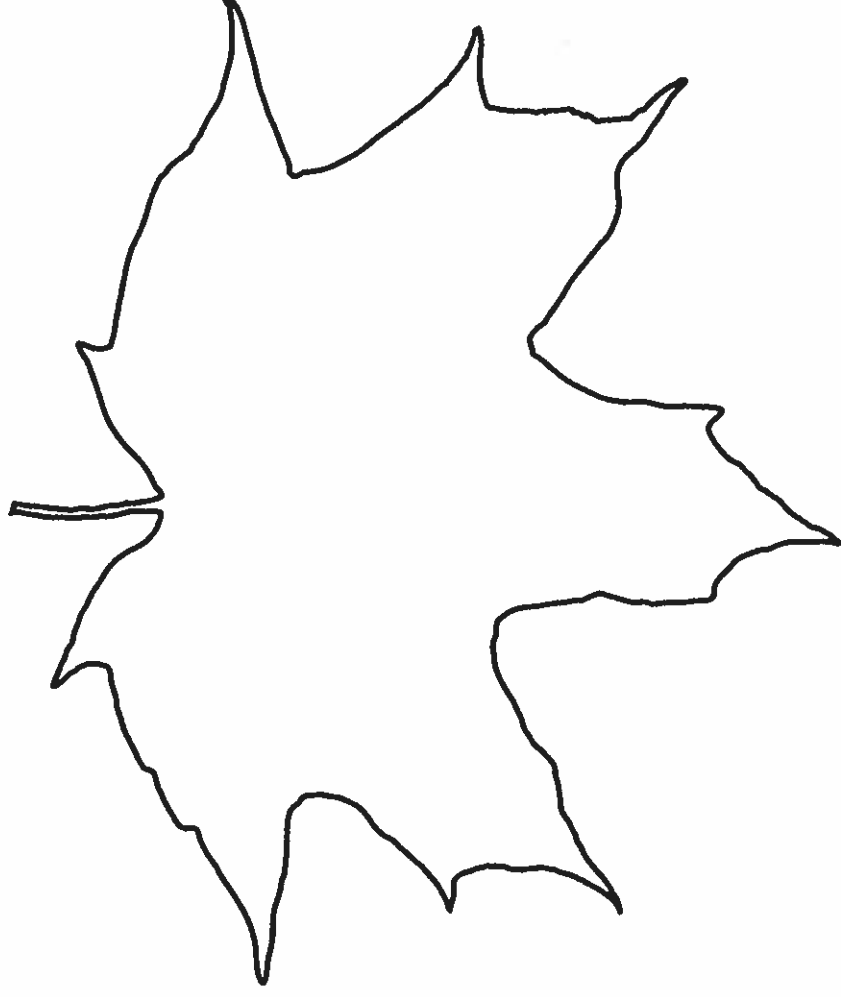
Parent Signature

Word of the Month

February: PATIENCE

Patience is a person's ability to wait something out or endure something, without getting upset or excited.

"Have patience-everything is difficult before it is easy."

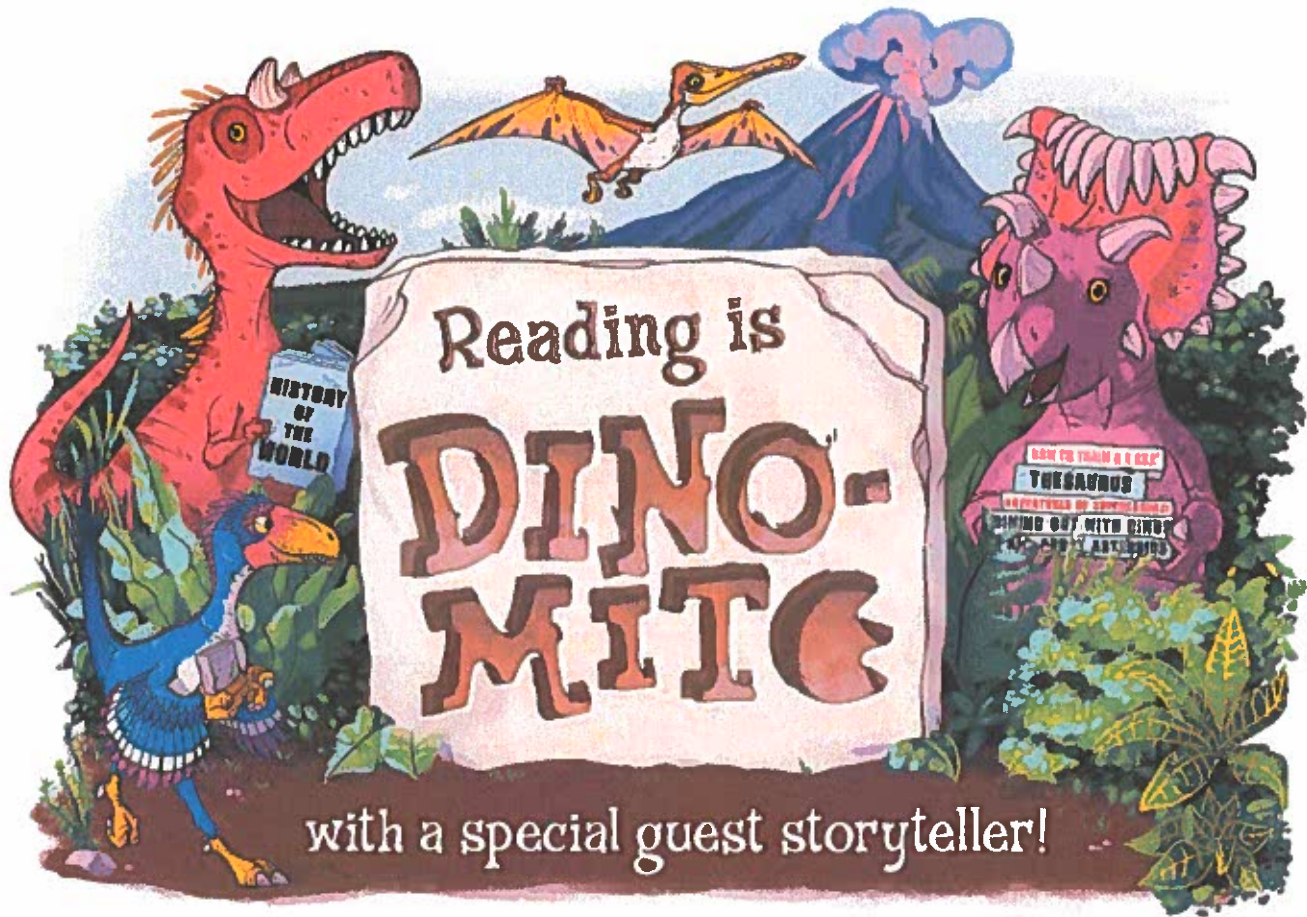


Directions: Inside the leaf the children write an example of how they have displayed Patience. Or, a parent can write an example of how you have seen your child display patience. Answers can be actions seen at home, at school or anywhere else.

Cut out leaf and return to school with name and class code on the back.

PARP Knight

February 13th



PARP (Pick a Reading Partner) is a free, literacy-focused, fun-filled program for you and your child.

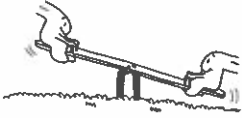
Stay tuned for more details on this dino-mite K - 4 event! Look for the flyer in your child's backpack next week.

Home & School

Working Together for School Success

CONNECTION®

Highview Elementary School
Nancy Bonner, Principal



SHORT NOTES

Excellent attendance

Being in school every day means your child won't miss out on learning. Try to schedule appointments and family trips outside of school hours. If he asks to stay home "just because," remind him of what he'll miss, such as his reading group or PE class. Explain that he can be absent only if he's sick or if there's a family emergency.

DID YOU KNOW?

Children who regularly eat meals with their families tend to do better in school and avoid risky behavior. Eating dinner together is great, but other meals count, too. If you work at night, maybe you could make time for a family breakfast. Or on a weekend, try a picnic lunch.

Celebrate progress

Suggest that your youngster create a fun reminder of all the things she has accomplished. Let her cover a box with construction paper and label it "I did it!" Then, she can write each success ("I learned to add fractions") on a slip of paper and put it in the box. If she's feeling discouraged, have her read the slips.

Worth quoting

"The best way to cheer yourself up is to try to cheer somebody else up!"
Mark Twain

JUST FOR FUN

Q: Can a kangaroo jump higher than the Empire State Building?

A: Of course. The Empire State Building can't jump!



Conversations about school

When you think of parent involvement, do you picture moms and dads volunteering in classrooms? That's one way to help—but research shows that supporting your child's education at home is even more important. Here are conversation starters that will help you stay involved.

"Let's see what you brought home."

Look at completed work to find out what your youngster is learning and how well she's doing. You could comment on her math work or social studies project, for instance. ("You know a lot about our state's history!") Also, respond to notes from her teacher, and sign her weekly folder or daily planner if required.

"Show me what you have for homework."

It's your child's job to do her homework, but you play a role, too. Make sure she knows what she's supposed to do by having her explain the assignments to you. After she finishes her homework, glance over the work to see that it's complete.

"Describe a book you enjoyed today."

This gives you an idea of what your youngster prefers to read. Then, build a daily reading habit by asking what she'd like to read tonight. Encourage her reading and listening skills by reading aloud to her and letting her read to you.

"Tell me what you learned that you'd like to know more about."

Use her interests as jumping-off points for activities to share. If she likes geometry, you might hunt for

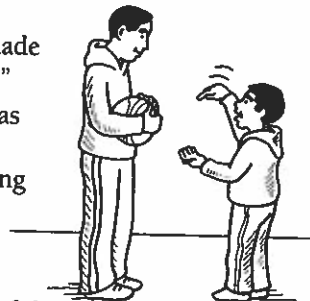


shapes together. If she's fascinated by how animals adapt to winter, take her to the library to research the subject or to the zoo to see live animals.♥

After-school questions

Asking "How was school today?" might not get you far. Instead, ask questions like these for a better picture of your youngster's day:

- "What's the coolest thing that happened? What wasn't so cool?"
- "Pretend you're the teacher. How would you describe the day?"
- "What made you laugh?"
- "What was the most creative thing you did?"
- "How were you kind or helpful today? How was someone kind or helpful to you?" ♥



What does respect look like?

Your youngster's daily dealings with adults and kids alike will be more pleasant if he speaks and acts respectfully. Try these tips for helping him learn about respect.

Respectful replies. Think about something that you and your youngster disagree on (say, whether his video game time should be limited). Model having a respectful discussion about it. You might say that his brain and body are growing and that he needs to run and play to stay healthy. Then, suggest a respectful response, such



as, "I want to be healthy, but I love video games." Have him brainstorm other situations where people have different opinions but still speak to each other with respect.

Everyday acts. When you mow the lawn or clean up after your dog, you can teach your child about respect for neighbors. Explain that keeping your

neighborhood clean and neat makes it nice for everyone. Ask him to think of other respectful things neighbors should do. If you share an apartment laundry room, he might say that you respect neighbors' time by removing your clothes when they're done so others get to use the washers and dryers.♥

A reading challenge

By reading more complex books, your child can learn new words, facts, and ideas. He'll also be exposed to more complicated plots and will grow as a reader. Share these suggestions:

- Knowing something about the topic or setting makes a tougher book easier to comprehend. If



your youngster is reading a novel set in China, he could talk to someone who has been there or look up the country online (try a children's site like kids.nationalgeographic.com).

- Encourage your child to look at a simpler book on the same subject. A picture-book biography about Harriet Tubman may help your youngster better understand a textbook chapter on the civil rights movement, for instance.

- Suggest that your child read complicated material with pencil and paper in hand. He can jot down questions, words to look up, or facts he wants to learn more about.♥



Q & A Strong study habits

Q: My third grader has to spend more time studying this year. How can I make sure she studies effectively?

A: Set your daughter up for success by helping her find a distraction-free study spot. Also, have her come up with a study routine. For instance, she could reserve time each evening to review her textbook and notes in the days leading up to a test.

Also, many students find it helpful to jot down a purpose each time they study. Your child might write: "I will learn the definitions of all the boldfaced words in chapter 7, section 1."

Finally, encourage her to experiment with study strategies to find what works best. She could close her eyes and imagine how a word is spelled or draw a grid with 9 squares to solve 3 x 3. Or she might find it helpful to spell or recite math facts aloud in rhythm or to a familiar tune.♥



PARENT TO PARENT

Talking to kids about money

My children were always asking to buy things like dress-up shoes or new games. They didn't seem to understand that these items weren't in our budget.

I wanted them to learn about how we spend our money—and that it is limited. So I got a spiral notebook and labeled it "Family Spending Journal." I explained that for two weeks, everyone would keep a record of what they spent money on. I listed items like my

subway fare, the electric bill, and food at the grocery store. The children wrote down expenses such as school lunch, soccer cleats, and field trip fees.

After a few days, they were surprised by how many things we needed money for. Our kids had no idea, for example, that we paid for taxes on our income, several types of insurance, and membership in our homeowners' association. Sometimes they still ask to buy too many things at the store, but when I say no, at least they understand why.♥



OUR PURPOSE

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

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