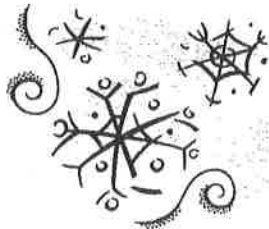




**Erlewine Eagles!**  
Phone: 395-4660

**January:**

- 1-5: Vacation
- 9: PTA
- 10: Basketball tryouts grades 4-6 at 2:15
- 15: Holiday No School
- 19: 80's dress up day
- 26: Winter Read Performance 8:15



# O.W. Erlewine News

January 2018  
Happy New Year!

## Child Safety

Parents, your children's safety starts with you. Like any other area of their life, they must be trained and made aware. Talking to children about certain dangers makes many adults uneasy. By educating your children you give them confidence because they will know right from wrong and they'll know how to respond.

There are three basic rules: "Say No", "Get Away", and "Tell Someone". These three basics can be applied to almost any situation your child may encounter. Encourage your children to listen to their intuition. Explain that intuition is the feeling they get inside that tells them something's wrong. Then, when they think something isn't right, they can say no, get away, and tell someone.

## Feeling Blue? It's Time for an Act of Kindness

If life is getting you down, and you're wondering what the point of all the madness is, it might be time for a quick fix. A sure way to change negative feelings is to set your sights on somebody else.

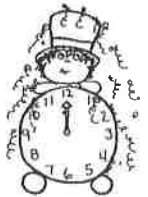
Pick a person and make him/her the recipient of a random act of kindness. Small acts often work wonders. Pay a compliment, offer help to someone struggling with some work, or give an inexpensive gift or treat. You'll lift your own spirits as well as the other person's.

## How to Set Goals

Setting goals is important, but setting good goals is what really counts. What is a good goal? A good goal has several definable characteristics:

- It's specifically focused.
- It's neither too hard, nor too easy.
- It's shared and agreed upon with others who will be working on it.
- It's written down and visualized.

Have you asked your child what their goal is for their second trimester?



## New Year's Resolutions

As the new year begins you may want to consider some new year's resolutions to enhance your children's education.

1. Attendance and prompt arrival to school.
2. Homework done daily and turned in on time.
3. Read daily and record on your log.
4. Eat healthy and get a good night sleep.
5. Be kind to others.
6. Work on your student goal every-day for 10 minutes.

## PTA News

- Thank you to everyone who attended our Holiday Fun Night. I think the children had a great time.
- Thank you to everyone who helped prepare for the Holiday Family Night.
- Thank you to everyone who made cookies, breads, and muffins. They were delicious!
- School Cents: Continue to save and post your receipts from Arden Fair Mall and Loehmans Plaza.
- Thank you to everyone who helped with the Eagle Buck Store!
- If you haven't joined the PTA there is still time.
- Our next PTA meeting is Tuesday, January 9th at 5:30 in room 8.



### Lunch Money

The cafeteria would like all prepaid lunch money to be brought to the school office. If you are paying by check, please be sure your child's name and room number are on the check. If you are paying with cash, place the money in an envelope with your child's name and room number on the outside of the envelope. Thank you!



### Good Attendance

With cold and flu season upon us, help your child stay healthy and keep up her/his attendance with these suggestions:

- Boost her/his immunity with a balanced diet that includes lots of fruits and vegetables.
- Make sure she/he gets enough sleep (9-11 hours a night).
- Try for 60 minutes of physical activity a day-regular exercise can also help ward off sickness.
- Avoid the spread of germs with frequent hand washing.
- Ask her/his doctor if she/he should get a flu shot.
- While it's important to be in school, it's important for her/him to stay home if they have had a temperature (in the last 24 hours) or have a rash- both so she /he can recover and so she/he doesn't make other sick. If you aren't sure, call the school of-

**Always send a healthy snack! No chips or dessert. Thank you!**

# Home & School

Working Together for School Success

CONNECTION<sup>®</sup>

January 2018



O. W. Erlwine Elementary  
Do Your Best! Reach Your Goal!

## 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

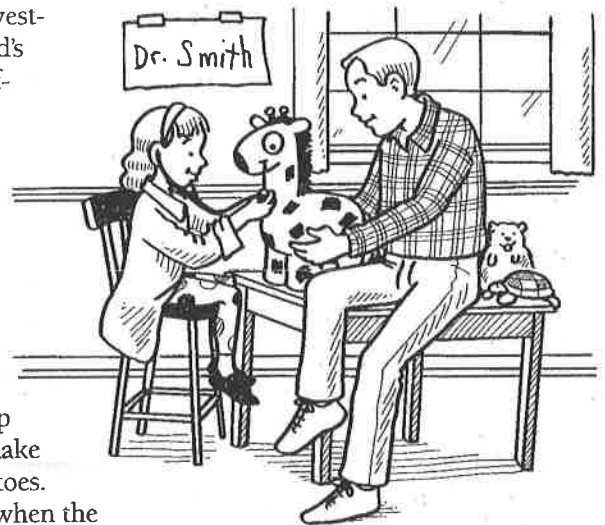
Family time is a worthy investment that can boost your child's communication skills and self-esteem. As a result, she may learn more and behave better in school. Try these ideas for fitting in more time with your youngster.

### 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.♥

### 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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