

Newkirk Elementary Parent's Page

Pam Hunter, Principal

Newkirk Elementary School

April / May 2017

Life Principle of the Month: Determination – continuing to try to do something even though it is difficult

10 Ways to Improve a Child's Behavior That Isn't Spanking

1. Prevent unwanted behavior by meeting your child's needs when they are first expressed to avoid a tantrum.
2. Provide a child-friendly environment. There is little point in having precious items within the reach of children, when they can simply be put away until the child is old enough to handle them carefully.
3. Apply the Golden Rule. Think about how you would like to be treated if you were to find yourself in the same circumstances as your child. Human nature is human nature, regardless of age.
4. Show empathy for your child's feelings. Even if a child's behavior seems illogical, his underlying feelings and needs are real *to him*. A statement like "You seem really unhappy" is a good way to show that you are on your child's side.
5. Validate your child's feelings so she knows that you understand and care, and that she will never be rejected for having any particular kinds of feelings. For example, "That scared me too when I was little."
6. Meet the underlying need that led to the behavior. If we punish the outward behavior, the still unmet need will continue to surface in other ways until it is finally met. Questions such as "Are you angry because I've been on the phone so much today? Would you like to go for a walk together?" can help a child feel loved and understood.
7. Whenever possible, find a "win-win" solution that meets everyone's needs.
8. Reassure your child that he is loved and appreciated. So-called "bad" behavior is often the child's attempt to express his need for love and attention, in the best way that he can manage at that moment. If he could express this need in a more mature way, he would.
9. Shift the focus away from a situation that has become too stressful to resolve at that moment: "Let's take a break. What would you like to do instead?"
10. Breathe! When stressed, we need more oxygen, but tend to take shallow breaths. Even a few deep breaths can help us calm down and think more clearly.




Source: http://www.naturalchild.org/jan_hunt/22_alternatives.html

Watch for flyers to come home about the Big Blast and the YMCA. We need a lot of volunteers to have these events each year. Please volunteer if you are able.

End-of-Year Assessments

The next few weeks are very stressful for teachers and students alike. Most third & fourth graders will be taking the state assessments April 5-6 and April 11-12. The testing window is April 3-21. This allows time for students who receive accommodations and to give make-up tests to those that are absent on regular testing days. Sleep is the number one way you can help your child in the coming weeks. Many students have not been getting enough sleep since the time change and it shows in their attentiveness, demeanor and attitude. Most elementary-aged students need 10 hours of sleep at night to be successful during the day. If your child has a TV in their room, this often keeps them awake long past their "bed" time or wakes them up in the middle of the night, taking away from their total hours of sleep. Try putting your child to bed with books. Reading tires the eyes and helps them get to sleep yet creates a great habit of reading each night.

April / May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 	4 PreK Enroll. 3:00-6:00 pm	5 3 rd & 4 th Gr State Rdg Test	6 3 rd & 4 th Gr State Rdg Test	7 
10	11 3 rd & 4 th Gr State Math Test	12 3 rd & 4 th Gr State Math Test	13 Easter Parties 2pm	14 Good Friday No School
17	18 PTO Mtg 3:15pm Federal Programs Parent Mtg 4:15pm	19 PreK Field Trip to Wichita Zoo	20 	21 Unused Snow Day No School
24 End of Yr Final Assessments all week >>>	25 1 st & 2 nd gr Music Program 6pm >>>>>>>>>	26 	27 3 rd Gr Field Trip to Salt Plains >>>>>>>>>	28 Prof Day No School
May 1 Teacher Appreciation Week >>>>>	2 >>>>>>>>>	3 All Library Books Due Last Day to take AR's Kdg Field Trip	4 >>>>>>>>>	5 1 st Gr Field Trip to Leonardo's 2 nd Gr Field Trip to Tanganyika
8 Lyric Theatre Assembly (am)	9 YMCA AR Reward Trip	10 4 th Gr Lip Sync 1pm	11 Awards Assembly 9am PreK- Grad 1pm Report Cards go home	12 Big Blast at FB Field 9:00 - 1:30