

NEWSLETTER

March 12, 2015

UPCOMING EVENTS:

- **March 6th**
Last Day of 2nd
Trimester
- **March 12th**
Scholastic Bowl (4th
grade at 5 p.m., 5th
grade at 6 p.m., and
6th grade at 7 p.m.)
- **March 13th**
2nd Trimester Report
Cards Go Home
- **March 17th**
St. Patrick's Day
- **March 18th**
Public Levy Meeting
at SSHS Commons at
7 p.m.
- **March 24th**
Class Pictures &
Personality Portraits
- **March 26th**
6th Grade DARE
Graduation

Making the Right Choices

Here are some ways to help your children grow up to be respectful and kind, and to have the self-respect they need to make the right choices, both now and in the future.

Trade places: T.V. shows and movies can be helpful in teaching children how to be more sensitive to others' feelings. When you're watching a program together and one character behaves unkindly to another, pause and ask: "Did you notice how mean that character was? How do you think that made the other person feel?" What would you do in that situation?" Talk it through together and stress the importance of treating people with respect.

Face the mirror: One of the most powerful lessons parents can teach their children is this: The real you is the way you behave when no one is watching. Children need to learn to behave well and treat others well because that's the kind of person they want to be, and because that's the only way to respect the person they see in the mirror.

Read up: From the time your children first hear bedtime stories through the time they're old enough to read for themselves, look for books that quietly impart messages about self-discipline, kindness to others, dealing with peer pressure, and telling the truth. Talk about the stories and see if they've ever been in a situation like the character in the book, or if they know of someone who has. Share your family values about how best to deal with those situations.

Truth or consequences: Discuss with your children that trust is one of the most important characteristics a person can ever have, and that it is very hard to re-earn that trust if people think of them as a liar. Ask them how they would feel if they found out someone had lied to them. As a parent, show in your words and deeds that you are a trustworthy and honest person as well.

No excuses: Sometimes, parents are unaware that their children are misbehaving in school until they're notified by a teacher. The problem is that parents too often react with denial. But that doesn't help anyone, particularly not the child, who learns that he or she can get away with bad behavior at school as long as the parents are fooled. If you get that call or note from the teacher, swallow your pride, talk to your child, and make an appointment to meet with the teacher.

Stand strong: It is difficult for children to deal with situations in which their classmates, neighbors, siblings, or friends are behaving in a bad or inappropriate manner. Help them be prepared by role-playing ahead of time—act out situations they might face and see how they'd react. Talk with them about other ways to deal with the peer pressure, and let them know that, while standing up to their friends or peers might temporarily make them less popular with that group, in the long run they will have earned the respect of those whose opinions matter more.

The golden rule: Teach your children to treat others the way that they, themselves, would like to be treated. Reinforce it at home, by treating your children with respect and expecting to be treated respectfully in return. Reinforce it through your church, community activities that work to help others, and again, especially at home. Most importantly, show your children that you truly believe it by always behaving respectfully yourself at home and throughout the community.