

DECEMBER NEWSLETTER

PLAINVIEW ELEMENTARY SCHOOL

Motto: Educating, Encouraging and Empowering for Success

Christmas Vacation

Christmas vacation begins

Friday, December 22. School will resume on Thursday,

January 4.

Christmas Program

It's that time of year again! The Elementary music program has been working on holiday music. We ask that you have your child dressed up nicely and ready to perform. Your child should be at school by 6:40 pm on December 4. Classrooms will be assigned and sent home at a later date. The program will begin at 7:00 pm! Can't wait to see you there!

Ryan Ginn & Katie Knox

Learning during non-school days: With the vacation days approaching it is important that students keep reading and working on math. It is suggested that students either be read to, with or independently for 30 minutes per day. Take the students to the library or make sure they have checked out school books to keep them reading. In math, children can practice their flash cards, help with measuring for cooking and baking, cut out ads and coupons and add them up, and plan a meal and add the expenses involved.

EARLY DISMISSAL

Wednesday, December 6 out at 1:00.

Wednesday, December 20 and Thursday, December 21 out at 1:00 p.m.

Late Buses: Sometimes because of the road conditions the buses arrive later than usual. Please assure your children that they may still eat a school breakfast if they so desire. They will not be considered tardy.

School Twitter account contains updates on school activities.... check it out @PHSPiratePride

A reminder: School cancellations, late starts and/or early releases will be announced via the phone messaging system and also on radio stations KNEN-Norfolk, US 92-Norfolk, KEXL/WJAG-Norfolk and WNAX-Yankton.

PETS: Please do not bring pets when picking up or dropping off your children at school. Some children may be afraid or allergic to animals. Also, if your child wants to bring a pet for show 'n tell, please approve it through their teacher. You will need to show the pet to the class outside of the school building.

Please see that your children are dressed appropriately when they come to school. Some of the children, especially the older ones, are not dressed warmly enough to go out for recess.

REMINDER: Please use the "authorization of medication at school" form that was mailed to each family at the beginning of the school year if your child needs to take meds during the school day. If you do not have one, please let Tami know and she can send one home with your child or you can go to the school website. Go to "Nurse's Corner " and you will find the form. Meds will not be dispensed unless we have the signed authorization form.

Parents: Just a reminder that the 1st bell rings at 8:00 and the tardy bell rings at 8:10. Students in Grades 3 and up that have over 3 tardies will be serving a detention before school. Parents will be notified by phone when these detentions will be served.

Reminder

Please do not drive through barricades during the school day. Once they are across the street, the students assume that no one will be driving through them. In the morning, the first barricades in front of the elementary are moved for buses to arrive. It isn't open for parents to drive through. Thank you for your cooperation in this manner.

Post Prom Snacks

Snack sales the first Friday of each month. Selling snacks for \$.50 after school. Thank you for supporting Post Prom!

Sock Drive

National Honor Society is hosting a Sock Drive for students at the school that are in need of socks. If you would like to donate any NEW pair of socks (sizes for preschool-twelfth grade students), please send them to school with your child by December 15th. There will be 3 drop boxes located at each office.

Thanks, National Honor Society

Happy Holidays!

Plainview Public Schools



P.O. Box 638
Plainview, Nebraska 68769

Darron Arlt
Superintendent
Phone 402-582-4993

PATTY NOVICKI
Elementary/Secondary Principal
Phone 402-582-4991

I can't explain how the end of the semester sneaks up on us every year, all I can conclude is that we are just so busy with all of our responsibilities we lose track of time. The homestretch of the 1st half of the year is upon us! Thank you for partnering with us to help your child finish the semester successfully by monitoring their schoolwork at home and sending them to school every day prepared and ready to learn. When this happens, they are set up for success throughout the day. We appreciate hearing from you when you have concerns about your child's experience here at Plainview Public Schools.

Students will be given the time and opportunity to catch up if they have fallen behind a bit, but with less than three weeks before we close the first half of the year, it's time to recognize if we are on pace or if we need to buckle down. Similar to the end of the school year, it's a bit natural to want to coast on in. Some students in particular just cannot afford to do that so please encourage your kids to give their best effort to the last day of the semester which will be on December 21st.

As much as we do love one another here at Plainview Public Schools, we will enjoy the break from each other! When students return on January 4th, they will have an opportunity for a fresh start. Although schedules and routines will not change much, it is a great opportunity for a "resolution" to do some things differently...if we haven't been as successful as we could have been. The hardest change to make in a school is "culture". My goal is create and sustain a "feel" in our school of support and compassion spiraled through discipline and accountability. It takes a lot of energy and perseverance to get things moving in that direction but I know of no other way to lead a school. Your positive support is essential. Please communicate with your child's teachers about their performance and if your child comes home and shares with you something about school that just doesn't make sense, please contact the teacher for "the rest of the story." Our partnership is vital to help our students be as successful as they can be!

On behalf of the staff at Plainview Public Schools, I want to wish you all peace and blessings this holiday season and into 2018!

Elementary School Parents[®]

Educational Service Unit #8

make the difference!



Keep learning alive for your child over the winter break

Your child looks at the calendar and imagines the joy of having free time for the whole winter school break. You look at the same blank squares on the calendar and have a mild moment of panic.

To keep from hearing “I’m bored” during your child’s time off from school, here are some activities that will keep her learning:

- **Make a list** of things your family can do together. With your child, look in the local paper or go online to find free events to attend and places to go. Are there museums in your area? Are there free concerts scheduled for this month? Does the public library have special story hours or performances?
- **Select a movie** that is based on a book. After you and your child finish

reading the book, watch the movie together. Discuss how the two are alike and how they are different.

- **Prepare food together.** Nearly every culture has some special foods associated with the holiday season. With your child, prepare foods you remember from your childhood. Share your memories. Or do some research and cook a dish you’ve never tried.
- **Encourage your child** to learn more about the past and your family history by talking with grandparents, aunts, uncles—even you. Help her come up with a list of questions to ask, such as, “What was school like for you when you were my age?” and “What trends were popular?” She can record the conversations, write them down, or just listen.

Does your child have the right tools for school?



A carpenter knows that he can’t do his best work without the proper tools for the task. That’s

a good way to think about how your child can do his best in school. He needs to show up with the right tools to do the job.

Here are a few essential ones:

- **Enough sleep.** A good night’s sleep is essential to your child’s health—and his success in school. Children between the ages of seven and 12 need 10 to 11 hours of sleep per day.
- **A healthy breakfast.** Cars can’t run without fuel, and kids’ brains are no different. Many studies show that children who eat breakfast do better in class, earning higher grades and test scores. They are better able to focus and have fewer behavior problems.
- **High expectations.** When you believe your child can do his best, he’ll believe it, too. So send him off with an “I know you can do it!” and he’ll have the confidence he needs to tackle another day.

Try word games to strengthen your child's writing skills



Using proper grammar takes practice. If your child struggles with forming and punctuating sentences, turn writing into a game.

Here are two fun activities to try:

- 1. Fill-in-the-blank game.** Review the different parts of speech and write a story with missing words. For example: "The girl stepped on a ___ (*noun*)."
Take turns filling in the blanks. You can help by saying things like, "A noun is a person, place or thing. I'll choose the word *pie*!" Make the words as silly as you'd like. Then read the story aloud.
- 2. Punctuation game.** Write a short story without punctuation. Then

read it together. It's challenging! This illustrates how important punctuation is for a sentence's clarity. Now edit the story, adding punctuation that makes it easy (or funny) to read. Suggest that your child write a story for you to punctuate. Discuss why you chose—or didn't choose—certain punctuation marks.

"The most difficult and complicated part of the writing process is the beginning."

—A.B. Yehoshua

To motivate your child, make sure expectations are realistic



Expectations can be tricky. Research shows that students generally live up to parent and teacher expectations, whether the expectations are high or low. So, you want to set the bar high for your child.

But it's important to be realistic, too. Most students are not going to excel at everything. If you are only satisfied with near-perfection, your child may say to herself, "What's the point?" and stop trying altogether.

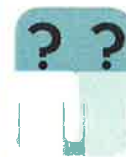
To make sure your expectations are realistic and effective:

- **Encourage your child** to do her best in all her pursuits.
- **Have unique expectations** for each of your children. Do not compare your child with her siblings, friends or classmates.

- **Let your child know** you are proud of her effort and hard work. Remind her that she should be proud of herself.
- **Remember that your expectations** are for your child, not for you. She is entitled to her own dreams. It is not fair to her if you simply want her to do what you wish you had done.
- **Learn about your child's interests.** When your child feels you value these, it can spur her to try to do better in all her pursuits.
- **Be a good role model.** Let your child see you give your best effort. Set expectations for yourself and talk to your child about how you plan to meet them.

Source: "Child Trends Databank: Parental Expectations for Their Children's Academic Attainment," Child Trends, nswc.com/elem_expectations.

Are you helping your child tackle that big project?



It's a fact of school life:

The older the child, the bigger the project. Do you know how to support your child as he tackles a big

school project? Answer *yes* or *no* to the questions below to find out:

- 1. Do you guide** your child if he needs to select a topic? Some students need help picking a topic they will understand.
- 2. Do you help** your child break down the project into lots of small steps? He can write each step on his homework calendar. As he finishes each step, he can cross it off.
- 3. Do you help** your child make a list of all the supplies he will need to avoid last-minute dashes to the store?
- 4. Do you take** your child to the library and encourage him to ask the librarian for resources that can help?
- 5. Do you review** your child's work, but avoid doing it for him?

How well are you doing?

Each *yes* means you are taking positive steps to help your child succeed on the big school project. For *no* answers, try those ideas from the quiz.

Elementary School Parents

make the difference!

Practical Ideas for Parents to Help Their Children. ISSN: 1523-1275

For subscription information call or write:
The Parent Institute, 1-800-756-5525,
P.O. Box 7474, Fairfax Station, VA 22039-7474.
Fax: 1-800-216-3667.

Or visit: www.parent-institute.com.

Published monthly September through May.
Copyright © 2017, The Parent Institute, a division of PaperClip Media, Inc., an independent, private agency. Equal opportunity employer.

Publisher: L. Andrew McLaughlin.
Publisher Emeritus: John H. Wherry, Ed.D.
Editor: Rebecca Hasty Miyares.

Improve your child's recall by making facts meaningful



Drilling your child over and over isn't the most effective way to help him remember new facts.

Instead, try connecting what he's studying to something meaningful.

Studies show that when new information is linked to something memorable, it's easier to retain. For instance, when your child is learning new words, his brain can digest the information in two ways: by repeating the sound of the word, or by focusing on its meaning. Although both approaches may work, emphasizing meaning leads to better overall recall.

To help your child absorb new facts:

- **Create a story.** He might struggle to remember the first three U.S. presidents, but what if you turned the information into a wild tale?

"One day, George Washington went to the park. He met John Adams by the swings. And later, the two bumped into Thomas Jefferson going down the slide." Suddenly, the presidents are put in a context he'll understand—and their order is laid out for him.

- **Focus on the bigger picture.** Rather than having him simply repeat the fact that "Jupiter is the largest planet," help your child tie it to something broader. "Everything about our solar system's biggest planet is big. Jupiter's 'big red spot' is even bigger than Earth." Small facts stick better when they are illustrated in a wider way.

Source: J.A. Meltzer and others, "Electrophysiological signatures of phonological and semantic maintenance in sentence repetition," *NeuroImage* Elsevier, niscw.com/elem_meaningful.

Expose your elementary schooler to other countries and cultures



Children don't always know much about other countries. Here are some ways you can expose your child to other cultures:

- **Learn about holiday customs** of people around the world. Use the library to discover how other people celebrate their special days.
- **Watch plays, movies or puppet shows** about people from other countries. Many libraries and museums present these programs for free.
- **Compare coins and stamps** from other countries. They often include information about the country. You may find stamps on mail from other countries at your workplace. You can also look online.
- **Learn simple words** in different languages. Teach your child to count to 10 in another language. Learn how to say *hello* and *thank you*.
- **Look for television programs** about other countries. When you watch the news, keep a globe or an atlas nearby to show your child the location of places mentioned.
- **Find a pen pal.** The best way for children to learn about other countries is for them to connect with kids from those places. Search online for free pen pal sites, such as www.studentsoftheworld.info.
- **Cook authentic recipes.** Pick a country and search online for a recipe to try. Prepare the dish with your child and enjoy it together!

Q: My husband is deployed overseas. He won't be here for the holidays. The longer he has been gone, the harder it has been on my third grader. Now my daughter's grades are starting to suffer. What advice do you have to help me get through a difficult holiday season and also get my child back on track?

Questions & Answers

A: Being separated from a parent is always hard. Having that parent be away during the holiday season can be even harder. Here are some ways to help:

- **Let your child know** that it is OK to miss her father. Say something like, "We love Daddy very much. Of course we're going to miss him. Whenever you feel sad, you can talk with me."
- **Talk to her teacher.** Be sure her teacher understands what she's going through and how she's feeling. Sometimes, a child feels she has to be brave at home but will confide in a teacher. Ask the teacher how you can help support your child so she gets her grades back on track.
- **Talk with your child** about some fun holiday traditions you want to continue—baking, decorating or watching a favorite holiday video. Even though the holidays won't be like every other year, they can still be a special time for you and your daughter.
- **Help your child stay in touch** with your husband as much as possible. Encourage him to call, send videos and email.
- **Look for ways** you and your daughter can help others. She may start to put her own problems in perspective when she sees that there are others who need help.

It Matters: Building Character

Empathize with your child—up to a certain point



Is there such a thing as being too supportive when it comes to your child's negative emotions? Experts say *yes*.

According to research, parents who are overly sympathetic about their children's troubled feelings think their kids are more socially well-adjusted than others. Those same kids' teachers, however, rate them as being less well-adjusted than their peers.

Why the disconnect? It could be that when parents indulge every bad mood their child has, the child never stops to consider that there may be little justification for that mood.

This doesn't mean you should ignore your child's feelings. But rather than rush to agree every time she feels she's been wronged:

- **Ask for details.** If your child says a classmate was mean to her, find out more before jumping to her defense. Say, "Tell me what happened." This way, you're encouraging her to open up but not automatically agreeing that she's a victim.
- **Challenge her.** Your child may be upset that she performed poorly on a math quiz, but was that quiz really "unfair," as she claims? Press her a bit. "Why wasn't it fair?" If the real story is that she didn't study for it, then point that out. She wasn't mistreated; she was irresponsible. It's a hard—but vital—lesson to learn.

Source: V.L. Castro and others, "Changing tides: Mothers' supportive emotion socialization relates negatively to third-grade children's social adjustment in school," *Social Development*, John Wiley & Sons, Inc., niswc.com/elem_negative.

Helping others promotes confidence and self-esteem

Children want to feel like they play an important role in their community. Volunteering can help your child build important social skills and develop self-confidence—which will also benefit him in school.

Find a volunteer or community service activity you and your child can do together. Here are some ideas:

- **Bake something** for a senior citizen or a parent of a new baby.
- **Make sandwiches** for people who are homeless.
- **Help take care of a pet.** If a neighbor is going away for a few days, you and your child could offer to feed and walk the dog.
- **Take part in a clothing drive.** Collect coats, gloves and hats and donate them to local shelters.



- **Donate money he has earned.** It's nice when your child sees you give money to a charity. But he'll remember it longer if he gives away even a small sum of his own money to help others.

Talk to your child about the importance of honesty



Research shows that by the time children reach elementary school, most know the difference between being honest and lying. But that doesn't make telling the truth easy!

- **To encourage honesty:**
 - **Talk about it.** Ask your child if she believes that honesty is the best policy. Does she want others to tell her the truth? When does she think it's OK to lie?
 - **Discuss the consequences** of lying. Lying destroys trust. If your child makes a habit of lying to people, they won't believe what she says—even when she is telling the truth!

- **Be a role model.** Children are good "lie detectors." They notice when parents tell the truth—and when they don't.
- **Create opportunities** for telling the truth. Say, "You broke my vase," instead of, "Did you do this?"
- **React calmly.** When your child lies, don't label her a "liar." Express confidence that she will make better choices in the future.
- **Reward trustworthiness.** If your child is truthful in a difficult situation, compliment her!

Source: McGill University, "The truth about lying? Children's perceptions get more nuanced with age," *ScienceDaily*, niswc.com/elem_honesty.