



# News From the Arata Creek Bulls

Principal: Ms. Kari Sanders  
April 2018



## Principal's Message

Parents & Guardians!

*Spring break is over and we are on the downslide of the school year. There is much still be accomplished over the next two months and we need your support in ensuring our kiddos continue to be engaged in learning. Teachers and staff have arrived back to the building, passionate about ensuring that your children receive the best possible education they can with additional supports in the social/emotional arena. Our commitment to our students and families is of utmost importance each and every day. If you have questions, concerns, please feel free to contact the school.*

*Smarter Balanced State Assessments will begin later this month. This is a state required assessment to gage the academic yearly progress of our students. Students are asked to do the best they can on the tests, please do not place any undo stress on your child as this is only one point of our progress tracking. Arata Creek students also take the MAP tests which are taken three times a year to get a better indication of student growth over the course of the year. The students will take this test one more time in May and it will be provide us a picture of the academic progress of each child. This information will be shared with you as part of the final grading reports.*

*There is no school on April 27th. This is our last inservice day of the school year where staff are engaged in learning through professional development opportunities. The learning that takes place during these sessions directly impacts the classroom. Staff bring new knowledge and ideas to the classrooms to help support our students.*

*As I close today, I want to share with you a Magic Johnson statement that keeps me moving forward....."All kids need is a little help, a little hope, and someone who believes in them". I join your team in making sure your child has many people who believe in them!!! Together we can this happen for all of our kids!*



*Thank you for your support!*

*Kari L. Sanders*

*Ms. Kari Sanders/ Arata Creek Principal*

### Inservice Day

April 27, 2018  
NO SCHOOL

### Smarter Balanced State Assessments

April 17 - May 11, 2018

### Recognition

Grown-ups get rewards for well-done work — employees receive year-end performance bonuses, raises, sometimes even vacations. Shouldn't your kids benefit in the same ways? They're not equivalent situations, most experts agree. School-aged children should get pleasure from just learning and discovering.

They should learn to feel that academic success is the result of hard work and that there's a reward in the work. But that doesn't mean you should never reward or praise them.

**Here are some tips on how to recognize your child's efforts:**

**Be spontaneous.** Kids when are aware of grade-incentives lose interest in the task twice as fast as those who didn't know a reward was coming. So have dinner out to celebrate a good report card or the completion of a tough project. But don't promise it in advance — and don't do it for every success.

**Praise effort, concentration, and hard work.** Make a point of emphasizing (and celebrating) progress over absolutes. The child who pulls a C up to a B probably worked as hard, or harder, than the one who coasts to an An every time.

## Tips for Parents

<https://kidshealth.org/en/parents/school-help-elementary.html> Send Your Child to School Ready to Learn

**1. A nutritious breakfast fuels up kids and gets them ready for the day.** In general, kids who eat breakfast have more energy and do better in school. Kids who eat breakfast also are less likely to be absent, and make fewer trips to the school nurse with stomach complaints related to hunger. You can help boost your child's attention span, concentration, and memory by providing breakfast foods that are rich in whole grains, fiber, and protein, as well as low in added sugar. If your child is running late some mornings, send along fresh fruit, nuts, yogurt, or half a peanut butter and banana sandwich. Many schools provide nutritious breakfast options at the beginning of the day.

**2. Kids also need the right amount of sleep to be alert and ready to learn all day.** Most school-age kids need 10 to 12 hours of sleep a night. Bedtime difficulties can arise at this age for a variety of reasons. Homework, sports, after-school activities, TVs, computers, and video games, as well as hectic family schedules, can contribute to kids not getting enough sleep. Lack of sleep can cause irritable or hyper types of behavior and might make it difficult for kids to pay attention in class. It's important to have a consistent bedtime routine, especially on school nights. Be sure to leave enough time before bed to allow your child to unwind before lights out and limit stimulating diversions like TV, video games, and Internet access.

**3. Make Time to Talk About School.** It's usually easy to talk with elementary students about what's going on in class and the latest news at school. You probably know what books your child is reading and are familiar with the math being worked on. But parents can get busy and forget to ask the simple questions, which can have an effect on children's success at school. Make time to talk with your child every day, so he or she knows that what goes on at school is important to you. When kids know parents are interested in their academic lives, they'll take school seriously as well. Because communication is a two-way street, the way you talk and listen to your child can influence how well your child listens and responds. It's important to listen carefully, make eye contact, and avoid multitasking while you chat. Be sure to ask questions that go beyond "yes" or "no" answers. Besides during family meals, good times to talk include car trips (though eye contact isn't needed here, of course), walking the dog, preparing meals, or standing in line at a store.

**4. Take Notice of Child Stress.** To adults, childhood can seem like a carefree time. But kids still experience stress. Things like school and their social life can sometimes create pressures that can feel overwhelming for kids. As a parent you can't protect your kids from stress but you can help them develop healthy ways to cope with stress and Kids deal with stress in both healthy and unhealthy ways and while they may not initiate a conversation about what's bothering them, they do want their parents to reach out and help them cope with their troubles. But it's not always easy for parents to know what to do for a stressed child who is feeling



### Here are a few ideas:

**Notice out loud.** Tell your child when you notice that something's bothering him or her. If you can, name the feeling you think your child is experiencing. ("It seems like you're still mad about what happened at the playground.") This shouldn't sound like an accusation (as in, "OK, what happened now? Are you still mad about that?") or put a child on the spot. It's just a casual observation that you're interested in hearing more about your child's concern. Be sympathetic and show you care and want to understand.

**Listen to your child.** Ask your child to tell you what's wrong. Listen attentively and calmly — with interest, patience, openness, and caring. Avoid any urge to judge, blame, lecture, or say what you think your child should have done instead. The idea is to let your child's concerns (and feelings) be heard. Try to get the whole story by asking questions like "And then what happened?" Take your time. And let your child take his or her time, too.

**Comment briefly** on the feelings you think your child was experiencing. For example, you might say "That must have been upsetting," "No wonder you felt mad when they wouldn't let you in the game," or "That must have seemed unfair to you." Doing this shows that you understand what your child felt, why, and that you care. Feeling understood and listened to helps your child feel supported by you, and that is especially important in times of stress.

Teach your children that their brains will get stronger and work better the more they use and challenge them — just like their muscles.

**De-emphasize grades.** Students who focus on grades tend to lose interest in learning for education's sake. Instead, note your child's efficient use of her time, praise her careful preparation for a test, or commend her for putting all her work away when she finished it. Together these are all tasks that make her a better student. Help her see that while grades do still matter (for college admission, for example), its education that will really fuel her long-term success.

### Stop the Frenzy

This media-savvy generation is being raised to believe that life is a non-stop rollercoaster of over-the-top phenomenal fun times — and if every moment isn't filled, well, something's wrong. Now is the time to stop the madness and re-order your family priorities. Remember:

**Leading a frenetic life is not inevitable or enviable.** Parenting is not a competitive sport. So ask yourself, honestly, what makes you think it is. Pressure from other parents or family members? Concern that your child will lack the extra edge to get into a good college? Children, like adults, have their own threshold for stress. Some families handle a busy schedule better than others, and some kids thrive when involved in multiple activities. If you sense (by noticing her mood, grades, and health) that your child isn't one of them, or if scrambling from one activity to another is not the way you want to live your life, resist the urge to sign up for another appealing lesson.

**Put a label on it.** Many younger kids do not yet have words for their feelings. If your child seems angry or frustrated, use those words to help him or her learn to identify the emotions by name. Putting feelings into words helps kids communicate and develop emotional awareness — the ability to recognize their own emotional states. Kids who can do so are less likely to reach the behavioral boiling point where strong emotions come out through behaviors rather than communicated with words.

**Help your child think of things to do.** If there's a specific problem that's causing stress, talk together about what to do. Encourage your child to think of a couple of ideas. You can start the brainstorming if necessary, but don't do all the work. Your child's active participation will build confidence. Support the good ideas and add to them as needed. Ask, "How do you think this will work?"

Listen and move on. Sometimes talking and listening and feeling understood is all that's needed to help a child's frustrations begin to melt away. Afterwards, try changing the subject and moving on to something more positive and relaxing. Help your child think of something to do to feel better. Don't give the problem more attention than it deserves.

**Limit stress where possible.** If certain situations are causing stress, see if there are ways to change things. For instance, if too many after-school activities consistently cause homework stress, it might be necessary to limit activities to leave time and energy for homework.

**Just be there.** Kids don't always feel like talking about what's bothering them. Sometimes that's OK. Let your kids know you'll be there when they do feel like talking. Even when kids don't want to talk, they usually don't want parents to leave them alone. You can help your child feel better just by being there — keeping him or her company, spending time together. So if you notice that your child seems to be down in the dumps, stressed, or having a bad day — but doesn't feel like talking — initiate something you can do together. Take a walk, watch a movie, shoot some hoops, or bake some cookies. Isn't it nice to know that your presence really counts?

**Be patient.** As a parent, it hurts to see your child unhappy or stressed. But try to resist the urge to fix every problem. Instead, focus on helping your child, slowly but surely, grow into a good problem-solver — a kid who knows how to roll with life's ups and downs, put feelings into words, calm down when needed, and bounce back to try again.

Parents can't solve every problem as kids go through life. But by teaching healthy coping strategies, you'll prepare your kids to manage the stresses that come in the future.

*Parents are the ultimate  
role models for children.  
Every word, movement  
and action has an effect.  
No other person or outside  
force has a greater  
influence on a child than  
the parent.*

*- Bob Keeshan*

**Be a role model.** You are your child's best teacher. If she sees that you value unstructured time, she will, too. "The world is a rich learning environment, without all the frills," says Hirsh-Pasek.

**Carve out time** to turn off your cell phone, stop checking your email, and just hang out, without lamenting that you "should" be doing something instead of "wasting time." Create retreats in your home to beckon everyone: a window seat lined with pillows, a corner filled with art supplies, musical instruments, CDs, a deck of cards. Eliminate, limit, or refuse to buy more high-tech gear such as video and computer games. See what happens.

**Sometimes as  
parents we need  
to.....**

**Take 3 deep  
breaths.....**

**Press rewind and  
play it over  
again!**

