

THE SPIN

SHERIDAN ELEMENTARY SCHOOL

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February 12, 2010

FROM MRS. KANTER'S OFFICE...

DISCIPLINE

Some parents think that the word discipline means something negative. But actually, *discipline* is much more than just the times you say no or give your child a consequence.

In fact, the word discipline comes from the Latin word that means "student" or "pupil". Experts say parents will be much more effective if they think about discipline as a way of teaching their children to behave in appropriate ways.

And one of the best ways to do that is by rewarding children who are doing something right. Suppose you are working at your computer. You see your child is sitting quietly at the kitchen table working on his book report. So take a short break. Say, "I am just so happy you started working on your book report without a reminder from me. And you gave me a little extra time to finish what I was working on. Now we can spend some time doing something together."

Then spend five or 10 minutes playing together, reading or doing something your child enjoys. Children love getting undivided attention from a parent.

Spend a few minutes with a child who is behaving well. Otherwise, you'll spend much more time with a child who is misbehaving!

KINDERGARTEN

Please let us know if you have a student or know a neighbor who will be attending our 2010-11 kindergarten class. We will be ordering supplies and staffing for this class in the near future. Kindergarten registration will be March 18 and 19.

FEBRUARY DATES TO REMEMBER

Monday, February 15

No School

Tuesday, February 16

PTO Meeting

7:00 p.m.

Tuesday, February 23

PLC Day

Early Dismissal - 2:18 p.m.



SPRING BOOK FAIR

Please join us for the Spring Book Fair held Tuesday, March 2 at Barnes and Noble Southpointe location from 4:00-8:00! March 2 is Read Across America Day and we will have a special appearance from The Cat and the Hat and other guest readers from Sheridan. Support Sheridan PTO with any purchases you make from books, movies, music, games, to Lattes! See you there!

LOST AND FOUND

Please check the lost and found for items that belong to you. We have several coats, sweatshirts and lunch boxes. Thank you.

FREE H1N1 INFLUENZA IMMUNIZATION CLINIC

BY APPOINTMENT ONLY – CALL 441-6262

FOR WHO: School-aged children (K-12) and
Children 6 months – 5 years

WHEN: Saturday, February 13
8:00 a.m. – 12:00 noon

WHERE: Lincoln-Lancaster County Health Dept.
3140 N Street

Park and enter the building on the east side. All children must be accompanied by a parent or legal guardian.

Reminder - Girls on the Run

Fun, non-competitive after school program for 3rd – 5th grade girls to promote healthy lifestyle and self-esteem while girls prepare for a 5K run/walk (3.1 mi.). Online registration is due by February 20 (\$65). GOTR practices begin March 8 - May 14 on Monday and Wednesday from 3:45 - 4:45. Coaches Jenn Strand and Sarah Gergen.

SOCIAL NORMING

Children of every age attempt to sway parents and other adults with the arguments that everyone is doing it, everyone has it, or no one else has their rules. This is a type of persuasion, much like the self-fulfilling prophecy that children can fall into if they believe that everyone is partying or participating in other risky behaviors.

Parents try to counter the arguments of younger children with comments such as, "If everyone was jumping off a bridge, would you?" But how can parents and adults respond to the other comments youth are exposed to in today's society? The answer is: know the facts. Be able to tell children and youth what the social norm actually is, not what they believe it to be.

By focusing on these positive statistics and emphasizing teenagers doing positive things, a new and more accurate social norm can be established. When children don't believe that everyone is participating in the negative behaviors, perhaps they will make the choice to join others in the majority who are not participating in the negative activities. As youth, they are trying to fit in and find themselves. Hanging out with positive peers doing positive things will lead them in that direction.

And parents can use this concept with their own children well before college age. Parents must let their children know that "there are a lot of teenagers doing positive things." (Dr. Sherry Blake, psychologist) The philosophy of social norming is to curb unhealthy habits and is a way parents can become a strong and positive influence in their child's life. Here are some tips from the National PTA to help parents stay involved and minimize risks their child takes:

- Keep lines of communication open.
- Set fair and consistent rules.
- Support your child's future.
- Be an example.

Keep in mind the following points about discipline from the American Academy of Child & Adolescent Psychiatry:

- Trust your child to do the right things within the limits of your child's age and stage of development.
- Make sure what you ask for is reasonable.
- Speak to your child as you would want to be spoken to if someone were reprimanding you. Don't resort to name-calling, yelling or disrespect.
- Be clear about what you mean. Be firm and specific.
- Model positive behavior.
- Whenever possible, consequences should be delivered immediately, should relate to the rule broken and be short enough in duration that you can move on again to emphasize the positives.
- Consequences should be fair and appropriate to the situation and the child's age.

(Source: www.connectwithkids.com) SCIP is funded in part by: Lincoln Public Schools • Nebraska Department of Health and Human Services, *Behavioral Health Services* • Region V Systems • United Way of Lincoln and Lancaster County

PEEK INTO OUR DAY

To get a peek into our day at Sheridan go to the Sheridan webpage and click on "For Parents". This page will give you some great field trip and class photos as well as dates to remember. The site can change daily so check often!

ENJOY!