

October 20, 2017

Happy Fall, Parents!

What a busy time of year this is for everyone. Halloween, All Saints Day, Thanksgiving, and Christmas are all approaching quickly. With all these exciting events it sometimes becomes a challenge to keep all of our students focused on "Aiming High!" The teachers and I hope we can count on your support to help us keep the students on target and working to their fullest potential. The Christmas holiday will give students and teachers a much deserved break, but until then we all need to keep working and learning as much as we can!

Academics: I observed Mrs. Tanner's 3rd grade students present their projects about South Carolina. What a treat! All the students were very knowledgeable about our state and were able to field questions and offer articulate answers. Parents of 3rd graders should be very proud!

Lego League continues to engage our students in real life, water related problem-solving. We are looking forward to a school visit from representatives of **Water Missions International** on October 25th that will tie directly to the research our Lego League students have been doing.

Fundraising: Thanks to the **Knights of Columbus** who hosted a hot dog sale last Saturday! Their efforts resulted in a donation of **\$165.00** to the school. The parents and teachers of DRS hosted a **Yard Sale**, also on Saturday that generated **\$1045.95** for the school.

Athletics: The volleyball team will be participating in the **Diocesan State Volleyball Tournament** beginning Friday night at 7:20 at Bethany United Methodist Church (Summerville) gym. Please come support these hard-working student-athletes!

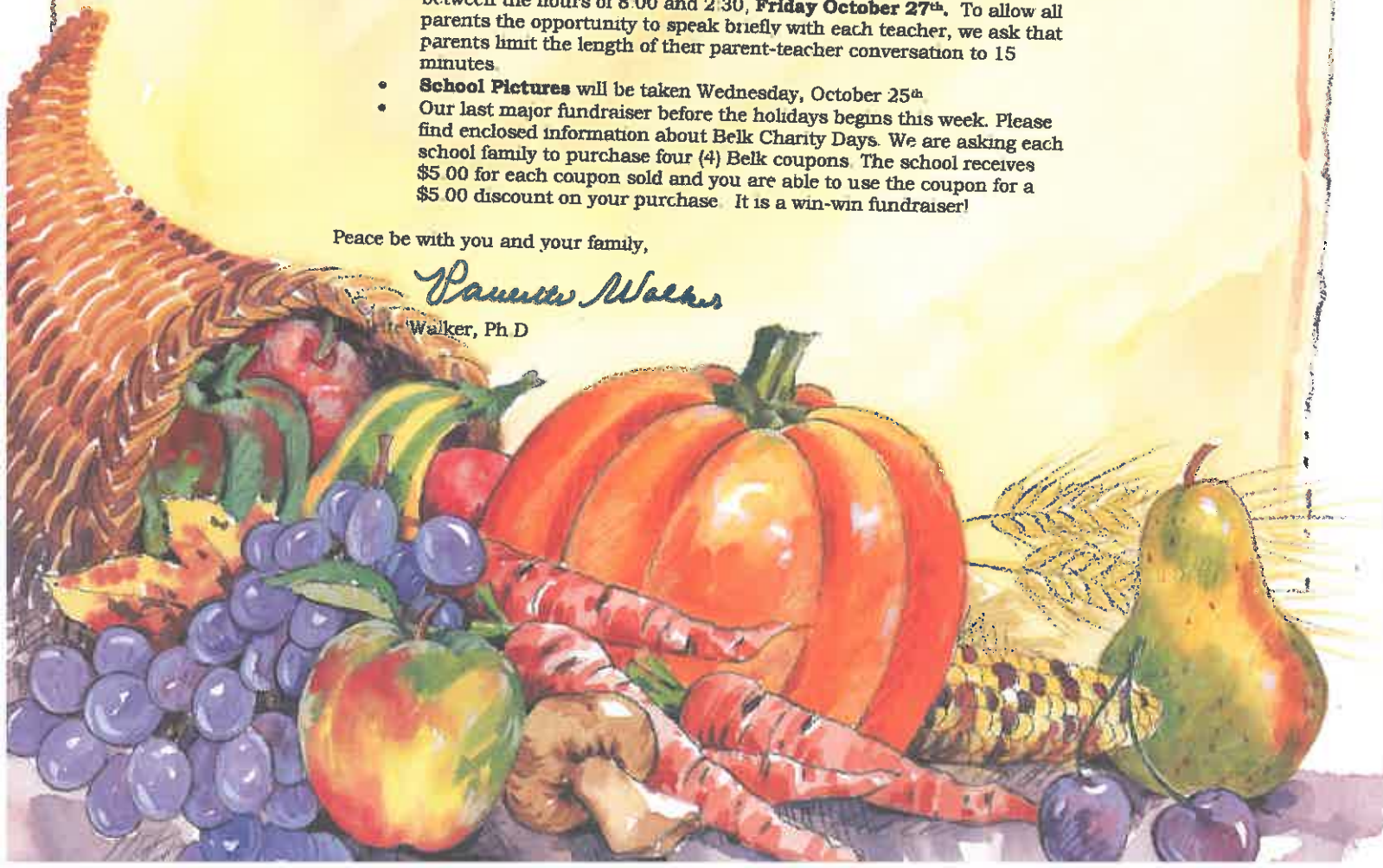
Information:

- **Report cards** may be picked up from your student's homeroom teacher between the hours of 8:00 and 2:30, **Friday October 27th**. To allow all parents the opportunity to speak briefly with each teacher, we ask that parents limit the length of their parent-teacher conversation to 15 minutes.
- **School Pictures** will be taken Wednesday, October 25th.
- Our last major fundraiser before the holidays begins this week. Please find enclosed information about Belk Charity Days. We are asking each school family to purchase four (4) Belk coupons. The school receives \$5.00 for each coupon sold and you are able to use the coupon for a \$5.00 discount on your purchase. It is a win-win fundraiser!

Peace be with you and your family,

Phyllis Walker

Phyllis Walker, Ph.D.



20 de Octubre, 2017

¡Feliz otoño, Padres!

Esta es una temporada muy ocupada para todo el mundo. Halloween, Día de todos los Santos, Acción de Gracias y la Navidad se están acercando rápidamente. Con todos estos eventos emocionantes, es a veces difícil mantener todos nuestros estudiantes enfocados en ¡"Apuntar Alto"! Los maestros y yo esperamos poder contar con su apoyo para mantener los estudiantes concentrados y trabajando duro. La Navidad va a dar a los estudiantes y maestros un descanso bien merecido. ¡Pero hasta entonces, tenemos que seguir trabajando lo más duro posible y aprendiendo mucho!

Académica: Yo observe la clase de tercer grado de Mrs. Tanner presentar sus proyectos de Carolina del Sur. ¡Que placer! Todos los estudiantes son muy informados sobre nuestro estado y pudieron responder preguntas con respuestas articuladas. ¡Padres de tercer grado deberían estar muy orgullosos!

Lego League: Este grupo continúa a ocupar a nuestros estudiantes con verdaderos problemas relacionados al agua. Estamos anticipando una visita a la escuela de representantes de **Water Missions International** el 25 de Octubre que se relacionará directamente al estudio los estudiantes de Lego League han estado haciendo.

Recaudación de Fondos: ¡Gracias a los **Knights of Columbus** por ser anfitrión una venta de perro caliente el Sábado pasado! Sus esfuerzos resultaron en una donación de **\$165.00** a la escuela. Adicionalmente, los padres y maestros de Divine Redeemer organizaron una **venta de garaje** que generó **\$1045.95** para la escuela.

Atletismo: El **equipo de voleibol** estará participando en el **torneo de voleibol de la diócesis** empezando el viernes las 7:20 en el gimnasio de la iglesia Bethany United Methodist (en Summerville). ¡Por favor ven a apoyar los esfuerzos de los estudiantes!

Información:

- **Los boletos** pueden ser recogidos del maestro de homeroom de su estudiante entre las 8:00 y 2:30 el **Viernes, 27 de octubre**. Para permitir a todos los padres oportunidad para hablar con los maestros, por favor ten un límite de 15 minutos para la conversación con el maestro.
- **Las fotos escolares** serán tomadas el miércoles, 25 de Octubre.
- Nuestro último recaudo de fondos antes de las vacaciones navideñas empieza esta semana. Por favor revise la información adjunto sobre Belk Charity Days. Estamos pidiendo que cada familia compre cuatro cupones de Belk. El colegio recibe \$5.00 por cada cupón y puedes usar el cupón para \$5.00 de descuento en su compra. ¡Todo el mundo gana!

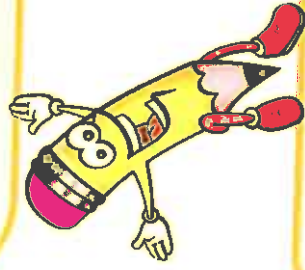
La paz este contigo y su familia,


Paulette Walker, PhD

Student Support Club

Cost is \$1

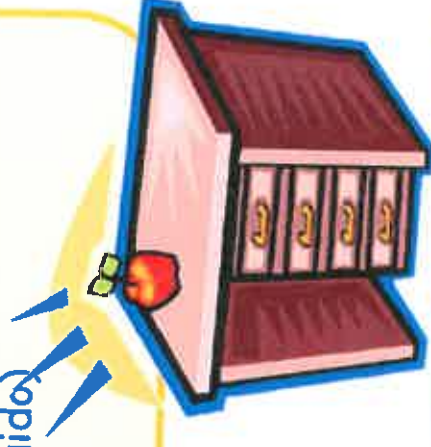
To participate, send in \$1 to your child's teacher marked SSG You can wear Jeans! (Teachers Included)



Spirit Shirt & Blue Jean Day
October 26th

Club de Apoyo Estudiantil cuesta \$1

Para participar, mande un \$1 al maestro de su estudiante marcado SSC.
Puede ponerse tejanos!(Maestros incluidos)

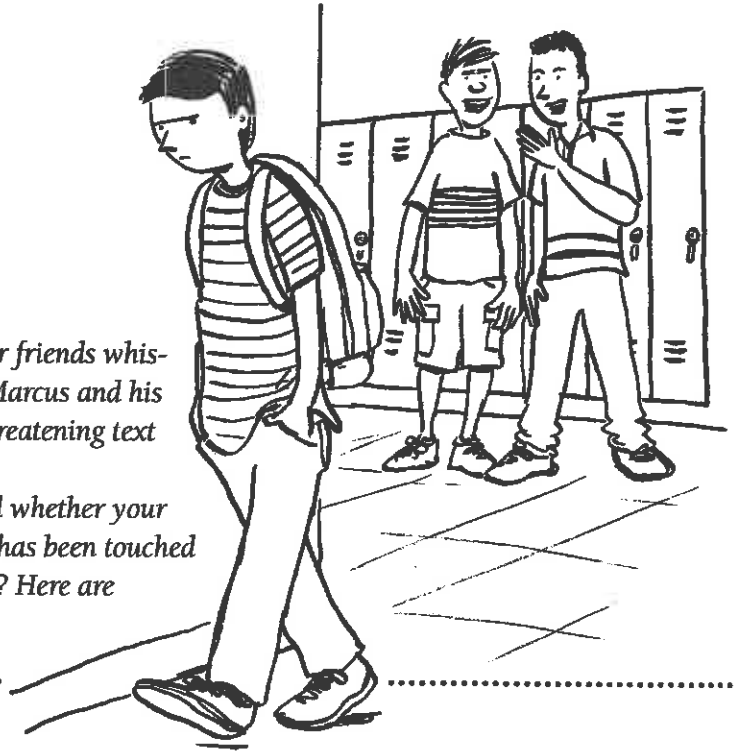


Dia de Camisa de Espiritu y Tejanos El 26 de Octubre

Bullying Q&As

Lisa sits quietly at the “popular” lunch table while her friends whisper about an overweight classmate. On the school bus, Marcus and his buddies push a younger boy off his seat. Ellie receives threatening text messages from her ex-boyfriend.

These middle graders are all affected by bullying. And whether your child is a witness, a bully, or a victim, it’s likely that she has been touched by the problem at some point, too. What can a parent do? Here are answers to common questions about bullying.



Q What is bullying?

A Bullying ranges from rejection (“This table isn’t for geeks”) to physical attacks like pushing and punching. It also includes spreading rumors, threats, name calling, and sexual harassment. When bullies use technology (say, by posting rumors on Facebook or sending hurtful text messages), it’s called *cyberbullying*. Usually, bullying is an ongoing problem rather than a one-time thing. Also, a bully typically has an advantage over his victim. For example, he might be more popular or physically stronger. Any form of bullying—verbal or physical—should be taken seriously.



Q I’ve been hearing a lot about bullying lately. Is it more common these days?

A Technology like text messaging and social networking has made it easier for tweens to continue harassing each other outside of school. Also, the problem is getting more attention as we learn about its serious consequences

for both bullies and victims. For instance, a child who bullies is more likely to get into trouble with the law as an adult. And being a victim can lead to increased school absences, falling grades, depression, low self-esteem, and dropping out. In some tragic cases, bullying has been tied to school violence and even suicide.

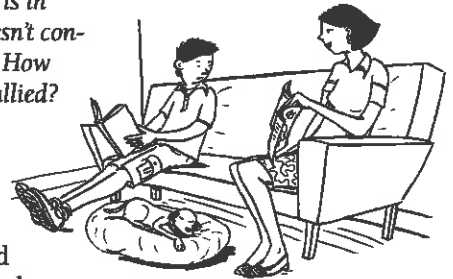
Q What motivates a bully?

A Experts used to believe that most bullies had low self-esteem and that they hurt others to feel better about themselves. While

this does happen, popular children can also be bullies. They’re motivated by social power, and they take advantage of less popular children to gain even more power. For example, a well-liked middle schooler might decide who gets invited to parties or where other kids can sit at lunch. If a classmate doesn’t do what she says, she might push or threaten the other child or call her names.

Q Now that my son is in middle school, he doesn’t confide in me very often. How will I know if he is bullied?

A It’s not unusual for children to keep bullying a secret. That’s because they’re afraid the bully will punish them for telling or because they’re ashamed of themselves for being picked on. Try bringing up the subject with your son. You might show him a newspaper or magazine article about bullying. Mention that it’s a common problem, and ask if it’s going on at his school and whether he feels safe. Also, know the risk factors—children are bullied for being overweight, having a disability, or seeming different, or because of their sexual orientation. Finally, be aware of warning signs. A victim might begin to spend more time alone, ask to stay home from school, or even experiment with dangerous behaviors (drinking alcohol, using drugs, having sex). If you suspect your youngster is being picked on, talk to the school counselor for advice.



Q What should my child do if she sees someone being bullied?

A Bullies love a crowd, so the best thing your middle grader can do is to pay attention to the victim and ignore the bully. If someone is being physically attacked, your youngster should tell the nearest adult. If a classmate is being teased, she might walk up and give the victim an excuse to escape (“Hey, we gotta go” or “Mrs. Jackson needs to see you in her office”). Keep in mind that it’s normal to be afraid to step in. It’s important for your youngster to remember that a child who is being bullied is probably scared and upset and wants help.



to make friends. Knowing that other middle schoolers go through the same thing can help her feel less alone, and she might learn about strategies for building friendships.

Q My son doesn’t want to go to school because kids tease him about his learning disability. And he doesn’t want me to talk to his teachers or school counselor about it. How can I help him?

A Let your son know this isn’t something he should have to handle alone. Perhaps he’ll let you write an email to his school counselor that doesn’t name the bullies but asks for help. (“What resources do you have for children who are bullied?”) The counselor’s reply might help him feel comfortable sharing. Also, since most bullying takes place when adults aren’t looking, encourage your son to stay with a friend or a group in “hot spots” like the bus, bathroom, cafeteria, or hallways. **Tip:** Have him practice assertive body language (standing up straight, looking others in the eye). This can send the message to the bullies that he isn’t an easy target.



Q My son’s school counselor called and said he’s part of a group that’s bullying a boy in the cafeteria. We have a meeting at school this week. How should we react?

A First, get your son’s side of the story. Tell him about the phone call, and ask for an explanation. If he admits to participating in bullying, let him know that his behavior is unacceptable, and tell him what the consequence will be at home (the school will likely have its own consequence). Also, help your child become more empathetic. Talk regularly about others’ feelings (“Your sister is disappointed that she didn’t make the drill team, so let’s try to cheer her up”), and consider getting involved in community service as a family.

Q My daughter has been unhappy lately. She finally told me it’s because some of her friends have become more popular, and now they say she isn’t “cool enough” for them. Is there anything I can do?

A You can explain to your daughter that friendships change as kids get older. But let her know that you understand it doesn’t make things easier now. Although she might not be able to change these girls’ behavior,



she can seek out other friends. For instance, she might join an after-school activity (yearbook, field hockey) where she can find classmates who share her interests. In the meantime, ask a librarian to help you find books about tweens who struggle

Q A classmate has been spreading rumors about my daughter on Facebook. What can we do?

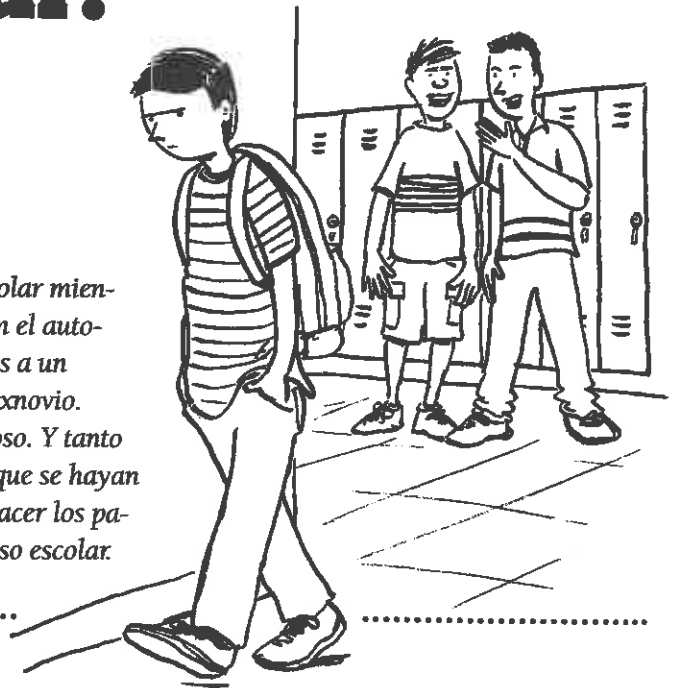
A The first step is to help your daughter block the student from her account. Although this won’t stop the bully from posting rumors on other people’s pages, knowing that your child is ignoring her might encourage her to stop. That’s because cyberbullies enjoy the drama of posting and getting reactions. If the problem continues, you might consider contacting the bully’s parents if you feel comfortable doing so. Or the school counselor might suggest peer mediation. In the meantime, keeping an eye on your daughter’s online activities can help protect her. Try putting your computer in a common area so you can see what she’s doing. Some parents insist that their child “friend” them as a condition of joining a social networking site. Finally, remind your daughter never to share her password with anyone.

Middle Years

El acoso escolar: Preguntas y respuestas

Lisa se sienta en silencio a la mesa “popular” en el comedor escolar mientras sus amigas murmuran sobre una compañera con sobrepeso. En el autobús escolar Marcus y sus compañeros echan de su sitio a empujones a un niño más joven. Ellie recibe amenazas por mensaje de texto de su exnovio.

Estos estudiantes de la escuela media se ven afectados por el acoso. Y tanto si sus hijos son testigos, acosadores o víctimas, lo más probable es que se hayan visto implicados en el problema en algún momento. ¿Qué pueden hacer los padres? He aquí respuestas a algunas comunes preguntas sobre el acoso escolar.



P ¿Qué es el acoso escolar?

R El acoso escolar va desde el rechazo (“Esta mesa no es para sabiondos”) hasta ataques físicos como empujones o puñetazos. Incluye también la difusión de rumores, amenazas, insultos y hostigamiento sexual. Cuando los acosadores usan la tecnología (por ejemplo difundiendo rumores en Facebook o enviando mensajes de text insultantes) se llama ciberacoso. Por lo general el acoso escolar es un problema continuo, no un incidente aislado. Así mismo un acosador por lo general tiene ventaja sobre su víctima. Por ejemplo, podría ser alguien más popular o más fuerte. Cualquier forma de acoso—verbal o físico—debería ser tomada con mucha seriedad.

mismos. Aunque esto se da, los niños populares también pueden ser acosadores. Les motiva el poder social y se aprovechan de niños menos populares para conseguir todavía más poder. Por ejemplo, una niña que cae bien a todos podría decidir a quién se invita a fiestas o dónde se sientan los otros niños durante el almuerzo. Si una compañera no hace lo que ella dice, podría empujar a la otra niña, amenazarla o insultarla.

P Últimamente se habla mucho del acoso escolar. ¿Es más frecuente hoy en día?

R El uso de tecnología como mensajes de texto o las redes sociales facilita que los adolescentes continúen acosándose fuera de la escuela. Así mismo el problema atrae más atención según vamos ente-

P Mi hijo está ahora en la escuela media y no me cuenta tantas cosas como antes. ¿Cómo puedo enterarme de si lo acosan?

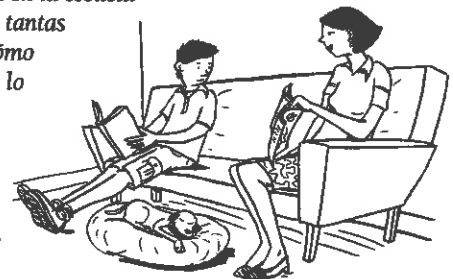
R No es infrecuente que los niños acosados mantengan el acoso en secreto. Temen que el acosador los castigue si lo cuentan o porque les avergüenza que alguien se meta con ellos. Procure mencionar el tema en las conversaciones con su hijo. Podría enseñarle un artículo de un periódico o una revista sobre el acoso escolar. Mencione que es un problema común y pregúntele si se da en su escuela y si él se siente seguro. Conozca también los factores de riesgo: los niños pueden ser acosados si tienen sobrepeso o una discapacidad, si parecen distintos o por su orientación sexual. Finalmente, preste atención a las señales de aviso. Una víctima podría pasar más tiempo solo, pedir permiso para no ir a la escuela o incluso experimentar con comportamientos peligrosos (beber alcohol, usar drogas, sexo). Si usted sospecha que alguien se está metiendo con su hijo, pídale consejo al orientador escolar.



rándonos de sus graves consecuencias tanto para las víctimas como para los acosadores. Por ejemplo, un niño que acosa tiene más probabilidades de meterse en problemas con la ley de mayor. Y para las víctimas puede suponer más ausencias de clase, notas más bajas, depresión, autoestima pobre y abandono de los estudios. En algunos casos trágicos, el acoso escolar se ha relacionado con violencia en la escuela e incluso suicidios.

P ¿Qué mueve a un acosador?

R Los expertos solían pensar que los acosadores tenían poca autoestima y que herían a los demás para sentirse mejor sobre sí



P ¿Qué debería hacer mi hija si ve que alguien está siendo acosado?

R A los acosadores les encanta tener público, así que lo mejor que puede hacer su hija es prestar atención a la víctima e ignorar al acosador. Si alguien está siendo atacado físicamente, su hija debería comunicárselo al adulto más próximo. Si alguien se burla de una compañera, debería acercarse a ella y darle una vía de escape (“Oye, tenemos que irnos” o “Mrs. Jackson necesita verte en su oficina”). Recuerde que es normal el temor a intervenir. Es importante que su hija recuerde que un niño acosado tiene miedo y está disgustado y desea ayuda.



hacer amistades. Saber que otros estudiantes de la escuela media pasan por lo mismo quizá le ayude a sentirse menos sola y podría además descubrir estrategias para hacer nuevos amigos.

P Mi hijo no quiere ir a la escuela porque sus compañeros se burlan de él por su discapacidad de aprendizaje. Y no quiere que yo hable con sus maestros o su orientador. ¿Cómo puedo ayudarlo?

R Explíquelo a su hijo que no debería enfrentarse a eso solo. Quizá le permita que le escriba un correo al orientador mencionando el problema pero sin especificar el nombre de los acosadores. (“¿Qué recursos tienen para niños que sufren acoso?”) La respuesta del orientador podría animarlo a compartir con él su problema. Así mismo, como la mayoría de los incidentes de acoso escolar se producen cuando los adultos no miran, anime a su hijo a ir con un amigo o en grupo a los “lugares conflictivos” como el autobús, los aseos, el comedor escolar o los pasillos. *Idea:* Dígale que practique el lenguaje corporal firme (mantener una postura erguida, mirar a los ojos). Esto puede comunicar a los acosadores que él no es una víctima fácil.



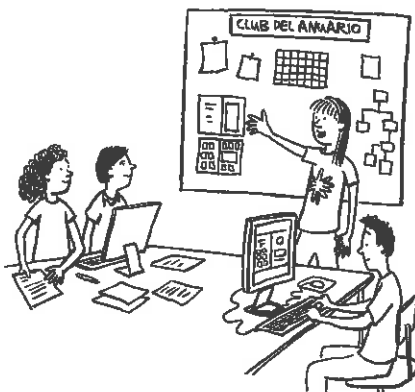
P El orientador escolar de mi hijo llamó y me dijo que él forma parte de un grupo que está acosando a un niño en el comedor escolar. Tenemos una reunión esta semana en la escuela. ¿Cómo deberíamos reaccionar?

R Antes de nada, pregúntele a su hijo su versión de los hechos. Infórmele de la llamada y pídanle una explicación. Si admite que participa en el acoso, explíquelo que su comportamiento es inaceptable y díganle cuál será el castigo en casa (la escuela impondrá el suyo propio). Ayude a su hijo a sentir más empatía. Hable con regularidad de los sentimientos de los demás (“Tu hermana está muy decepcionada porque no se clasificó para la escuadra de fantasía, así que vamos a animarla un poco”) y consideren participar como familia en algún tipo de servicio comunitario.

P Mi hija últimamente no es feliz. Por fin me dijo que es porque algunas de sus amigas son muy populares y ahora le dicen que no es lo suficientemente “chêvere” para ellas. ¿Puedo hacer algo al respecto?

R Explíquelo que cuando uno crece, las amistades cambian.

Pero dígale también que usted entiende que eso no le facilita a ella las cosas ahora. Aunque quizá no pueda cambiar el comportamiento de esas niñas, sí que puede buscar otras amistades. Por ejemplo, podría participar en una actividad extraescolar



(anuario, hockey sobre hierba) donde quizá encuentre compañeros que compartan sus intereses. Mientras tanto pregunte a la bibliotecaria por libros sobre adolescentes con dificultades para

P Una compañera de clase está difundiendo rumores sobre mi hija en Facebook. ¿Qué podemos hacer?

R El primer paso es bloquear el acceso de esa estudiante a la cuenta de su hija. Aunque esto no impedirá que la acosadora difunda rumores en las páginas de otras personas, saber que su hija la ignora quizá haga que desista. Esto es porque los ciberacosadores disfrutan con el drama de escribir algo y recibir reacciones. Si el problema continúa podría considerar contactar con los padres de la acosadora si le resulta cómodo hacerlo. El orientador escolar podría también sugerir la mediación de los compañeros. Mientras tanto proteja a su hija echando un vistazo a sus actividades en la red. Ponga la computadora en una habitación de uso común para poder ver qué está haciendo. Algunos padres insisten en que sus hijos los inviten a ser sus “amigos” como condición previa a unirse a una red social. Finalmente recuerde a su hija que no comparta nunca su contraseña con nadie.

Middle Years

Build Better Behavior



Good behavior is a habit all parents can try to instill in their children, but it doesn't happen overnight. Use patience and the strategies in this guide to help you lay a foundation for good behavior at home and at school.

Give positive attention. Try to set aside a little uninterrupted time with your child each day, and let her take the lead in deciding how to spend it. She might want to have a special story time with you or take a walk around the neighborhood to talk about the day. She'll feel more important and secure—and be less apt to misbehave in an effort to make you notice her.

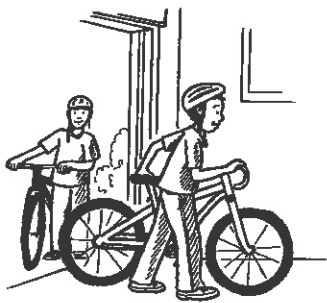
Tip: While you're enjoying each other's company, be sure to give her your total attention. Turn off distractions like your cell phone or the television.

Set ground rules. Your youngster may be more likely to behave if he knows exactly what you expect.

Talk about the rules for behaving at home and in public. These might include things like keeping his hands to himself and listening quietly when others are speaking. Remember, you know your child best—choose rules that fit his age and abilities. As he gets older, you can update the rule list. *Tip:* To help everyone remember the rules, post them where they can be seen. Also, state them in a positive way. Instead of "Don't leave your bike on the driveway," write, "Put your belongings away when you finish using them."

Discuss consequences. The best time to talk about consequences is before a rule is broken. Let your youngster know in advance what will happen if she misbehaves or breaks a rule. For instance, you could say, "If you put your bike in the garage, you will be able to ride it tomorrow." *Tip:* Involve your child in deciding fair punishments for breaking rules.

continued



A measure of self-control

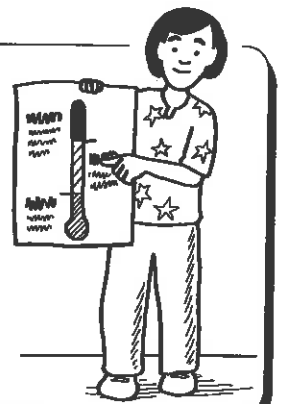
This activity can help your youngster practice taking control of her own behavior.

1. Help her draw a thermometer on paper and add horizontal lines to divide it into thirds. She can color the bottom third blue and label it "Keeping my cool." Have her color the middle section yellow and write "Getting warmer." And she should color the top portion red and label it "Danger zone."

2. Together, brainstorm a list of ideas she can use to control herself when her "temperature" starts to rise. For instance, if she's starting to feel frustrated (perhaps her brother makes a

face at her), she might close her eyes and take a deep breath. If she's entering the danger zone (say, she feels like hitting him), she could walk away for a few minutes and cool down.

3. Let her write the ideas on the paper. Then, hang up the thermometer where it can remind her that she is in control of herself.





Point out benefits of behaving well. When your youngster sees the results of good behavior, he may try harder to stay on course. You can reinforce the idea by mentioning the positive consequence in connection with his behavior. “Sam, since you did all your chores without being reminded, we’ll have an extra half-hour to spend at the park.” *Tip:* It may be tempting to “bribe” your child to behave well, but this can make him dependent on rewards in the future. Skip the sticker or candy in favor of a more natural reward (say, time for an extra bedtime story because he got ready quickly).

Catch your child being good. Look for times when your youngster is behaving well, and praise her for it. Try to make your compliment specific: “I know you’re disappointed your brother got to pick the cereal—you handled it nicely.” Pointing out what she did right helps her recognize good behavior so she can repeat it in the future.

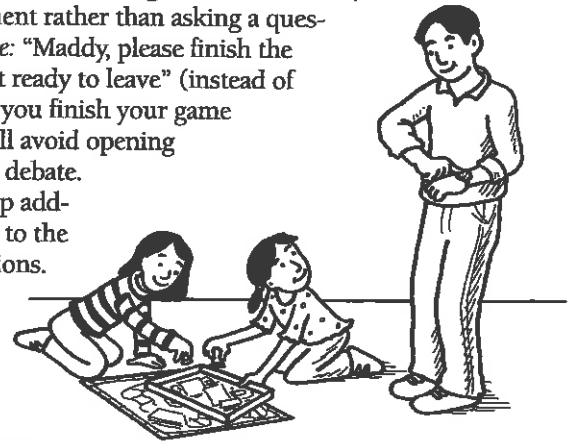
Use logic. It’s easier for your child to understand cause and effect if the consequences are related to his misbehavior. For example, if he skates without his helmet, it makes more sense to take away the skates than to take away dessert. *Tip:* Where appropriate, use “make it better” consequences that encourage your youngster to correct his behavior in a positive way. If he knocks down his sister’s block tower, he could help her rebuild it, for instance.

Use statements instead of questions. When you expect your child to do something, tell her in a clear, polite statement rather than asking a question. *Example:* “Maddy, please finish the game and get ready to leave” (instead of “Maddy, can you finish your game now?”). You’ll avoid opening the door to a debate.

Tip: Also, skip adding, “Okay?” to the end of directions.

It makes it sound like your request is optional.

Rather than saying, “Let’s get ready to go, okay?” just say, “Let’s get ready to go.”



Be consistent. Even the most well-behaved youngster will act up or test the rules occasionally. When that happens, the best idea is to stick to your rules and consequences for breaking them. Knowing that you will respond exactly the same way every time he misbehaves can motivate your child to make better choices.

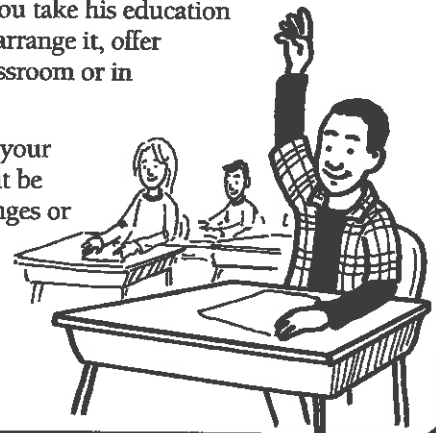
When behavior is a problem at school

If your child acts out at school, what should you do? Here are some strategies to try:

- Be a team player. Meet with the teacher to discuss ways you can work together to improve the situation.
- Communicate regularly. Find out which method the teacher prefers (notes, emails, phone calls). Ask her to tell you about your youngster’s good days as well as the not-so-good ones. That way, you can praise him for his good behavior as well as talk to him about problems.
- Try to keep expectations consistent between home and school. Let your child know that you expect good behavior in both places. For example, if talking out of turn is the problem at school, remind him not to interrupt at home.

- Volunteer. When you are active in your youngster’s school, you show him that you take his education seriously. If you can arrange it, offer to help out in his classroom or in the cafeteria.

Note: If you think your child’s behavior might be related to family changes or other stress, or could have a physical cause, check with his school counselor or his pediatrician.



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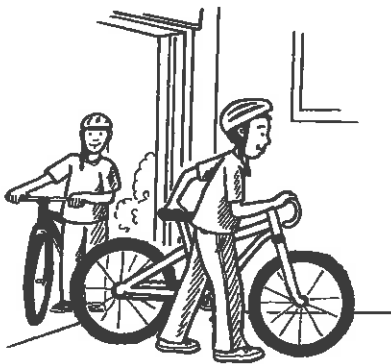
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A mejorar la conducta

El buen comportamiento es un hábito que todos los padres procuran desarrollar en sus hijos, pero no se produce de la noche a la mañana. Tenga paciencia y utilice las estrategias de esta guía para cimentar el buen comportamiento en casa y en la escuela.



Preste atención positiva. Procure reservar algo de tiempo sin interrupciones cada día para su hija y que ella decida cómo pasarlo. Podría pedirle que le cuente una historia especial o dar un paseo por su barrio para comentar el día. Se sentirá más importante y más segura y tendrá menos necesidad de portarse mal para que usted le preste atención. *Consejo:* Mientras esté con ella, dele toda su atención. Apague las distracciones como el celular o la televisión.



Establezca normas básicas. Su hijo tenderá a portarse mejor si sabe exactamente qué se espera usted de él. Hablen de las normas de comportamiento en casa y en público. Podrían incluir cosas como no tocar lo que no debe y escuchar en

silencio cuando otros hablen. Recuerde, usted es quien mejor conoce a su hijo: ponga normas que se adapten a su edad y a sus habilidades. Según crezca, ponga la lista al día. *Consejo:* Para que todo el mundo recuerde las normas, colóquelas donde todos las vean. Expréselas de forma positiva. En lugar de “No dejes tu bicicleta en la entrada”, escriba “Coloca tus pertenencias en su sitio cuando termines de usarlas”.

Comenten las consecuencias. El mejor momento para hablar de las consecuencias a una acción es antes de que se desobedezca una norma. Explíquelo a su hija por anticipado qué sucederá si se porta mal o desobedece una norma. Por ejemplo, podría decirle: “Si colocas tu bici en el garaje podrás montarla mañana”. *Consejo:* Incluya a su hija en la toma de decisiones sobre el castigo justo por desobedecer las normas.

continúa

Una medida de autocontrol

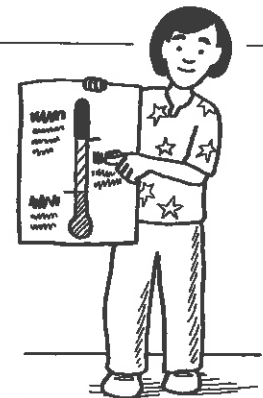
Esta actividad puede ayudar a su hija a practicar el control de su propio comportamiento.

1. Ayúdela a dibujar un termómetro en papel y a añadir rayas horizontales para dividirlo en tercios. Puede colorear el tercio inferior de azul y rotularlo con las palabras “Conservo la sangre fría”. Que coloree la sección central de amarillo y escriba “Me estoy calentando”. Y debería colorear el tercio superior en rojo y rotularlo “Zona de peligro”.

2. Piense con ella en ideas que puede usar para controlarse cuando la “temperatura” empiece a subir. Por ejemplo, si empieza a sentirse frustrada (tal vez porque su hermano le

pone mala cara), podría cerrar los ojos y respirar hondo. Si está entrando en la zona de peligro (por ejemplo, le apetece pegarle a su hermano), podría marcharse unos minutos y calmarse.

3. Dígale que escriba las ideas en el papel. A continuación coloquen el termómetro donde pueda recordarle que ella está en control de sí misma.





Indique los beneficios del buen comportamiento. Cuando su hijo vea los resultados del buen comportamiento quizá se esfuerce más por no desviarse del camino recto. Refuerce la idea mencionándole una consecuencia positiva relacionada con su comportamiento. “Sam, como hiciste todas tus tareas sin que tuviera que recordártelas tenemos media hora más para jugar en el parque”. *Consejo:* Puede ser tentador “sobornar” a su hijo para que se porte bien, pero esto puede ser causa de que en el futuro dependa de las recompensas. Olvídense de la pegatina o del dulce y elija en cambio una recompensa más natural (por ejemplo, tiempo para un cuento más a la hora de dormir porque se preparó rápidamente).

Sorprenda a su hija portándose bien. Preste atención a las veces que su hija se comporta bien y alábelas por ello. Procure que su felicitación sea específica: “Sé que te disgustó que tu hermano eligiera el cereal, pero lo sobrellevaste estupendamente”. Indicarle qué ha hecho bien la ayuda a reconocer el buen comportamiento a fin de que lo pueda repetir en el futuro.

Use la lógica. Es más fácil para su hijo entender el concepto de causa y efecto si las consecuencias se relacionan con su mal comportamiento. Por ejemplo, si patina sin casco es más lógico quitarle los patines que quitarle el postre. *Consejo:* Cuando sea adecuado, use consecuencias “constructivas” que animen a su hijo a corregir su comportamiento de manera positiva. Si derrumba la torre de bloques de su hermana, por ejemplo, podría ayudarla a reconstruirla.

Use afirmaciones en lugar de preguntas. Cuando quiera que su hija haga algo, dígaselo con una frase afirmativa clara y cortés, en lugar de hacerle una pregunta. *Ejemplo:* “Maddy, termina el juego y prepárate para salir” (en lugar de “Maddy, ¿puedes dejar de jugar ya?”). Evitará abrir la puerta a una discusión.

Consejo: Evite también añadir “¿De acuerdo?” al final de sus instrucciones. Podría parecer que su petición es optativa. En lugar de decir “Vamos a prepararnos para salir, ¿de acuerdo?”, diga simplemente “Vamos a prepararnos para salir”.



Sea consistente. Hasta el niño más educado se portará mal o pondrá a prueba las normas de vez en cuando. Cuando suceda eso, lo mejor es atenerse a sus normas y a las consecuencias. Saber que usted responderá exactamente de la misma forma cada vez que se porte mal, quizá motive a su hijo a tomar mejores decisiones.

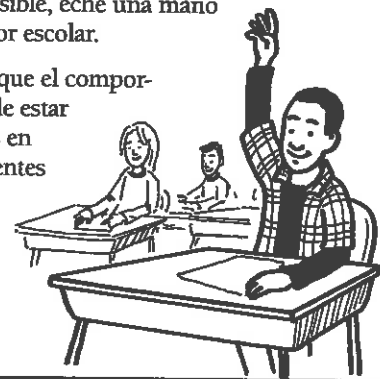
Cuando el comportamiento es un problema en la escuela

Si su hijo se porta mal en la escuela, ¿qué debería hacer usted? He aquí algunas estrategias que puede poner en práctica:

- Sea parte del equipo. Reúnanse con la maestra para comentar formas en las que pueden colaborar para mejorar la situación.
- Esté en constante comunicación con la maestra. Averigüe qué método prefiere (notas, correos electrónicos, llamadas telefónicas). Pídale que le hable tanto de los días buenos de su hijo como de los regulares. Así usted podrá felicitarlo por su buen comportamiento además de hablar de los problemas.
- Procure que las expectativas entre casa y escuela sean consistentes. Explique a su hijo que usted exige buen comportamiento en ambos lugares. Por ejemplo, si hablar fuera de turno es el problema en la escuela, recuérdale que no interrumpa en casa.

● Haga voluntariado. Cuando usted participa activamente en la escuela de su hijo le demuestra que usted se toma su educación con seriedad. Si fuera posible, eche una mano en el aula o en el comedor escolar.

Nota: Si usted piensa que el comportamiento de su hijo puede estar relacionado con cambios en su familia o con otras fuentes de estrés, o que podría tener una causa psicológica, consulte con el orientador escolar o con su pediatra.



Belk Fundraiser

FREQUENTLY ASKED QUESTIONS

What is Charity Sale?

Charity Sale is a private, four-hour sale dedicated to supporting local non-profit organizations. Participating charities will have the opportunity to raise money for their organization while private sale customers receive 15% - 70% off Belk purchases storewide, including special savings on rarely-discounted brands. Charity sale ticket can be redeemed for \$5 off your first purchase during charity sale hours and pre-sale. Limited exclusions apply.

When and where will this event be held?

Charity Sale will be held on Saturday, November 4th, from 6 – 10 a.m. in every Belk store.

How do organizations raise funds?

Participating charities sell \$5 tickets to this event. One ticket may be redeemed per customer. Organizations keep 100% of the proceeds from every ticket sold. By purchasing a ticket, customers can support a worthy cause and enjoy storewide discounts during the private sale. Charities are encouraged to promote the benefits of customer preselling in advance of the event as well.

Do organizations have to pay a fee to participate?

No. There is absolutely no cost to participating organizations. Belk provides tickets, flyers and other promotional tools to participating organizations for free.

Does Belk keep a percentage of the ticket sales?

No. All ticket sale proceeds go directly to the participating charities.

Are there any specific rules regarding ticket sales? Yes:

- Tickets provided by Belk to participating organizations are to be treated as cash and sold uniformly for \$5 each.
- Tickets cannot be given away, discounted or reproduced.
- Only ONE charity sale ticket per ONE customer may be redeemed for \$5 from the customer's first purchase. DO NOT redeem more than one ticket per transaction.
- Any un-sold tickets must also be returned to your Belk Charity Sale representative.

Can organizations sell tickets in their Belk store?

Yes. You may work with your local Belk store to inquire about specific opportunities to sell tickets on behalf of your organization in the store.

Are there any restrictions on who can sell Charity Sale tickets on behalf of our organization?

No. Tickets can be sold by organization staff or volunteers. However, all organizations are responsible for their own financial and numerical accounting of all tickets.

What if someone comes to the store for Charity Sale and doesn't have a ticket?

Tickets will be sold at all Belk registers beginning on Monday, October 23rd through Saturday, November 4th, during the four hours of the Charity Sale event. All ticket money collected in-store will be allocated equally among the organizations that participate in the event at that particular Belk store.

What does volunteering in the store entail to receive additional payout of tickets sold at Belk registers?

Charities can send staff or volunteers to their designated Belk store to sell charity sale tickets before the event, sort merchandise, clear go back racks, clean sales floor areas and retrieve pre-sell merchandise for customers on the day of the event.

Can customers still shop the private sale if unable to attend on Saturday, November 4th?

Yes. Customers are welcome to reserve their desired merchandise for the event beginning on Monday, October 23rd. Simply present your Charity Sale ticket to a Belk associate and ask them for details on reserving merchandise.

How can we spread the word about this event? Belk promotes the event through a comprehensive advertising and public relations campaign across the entire Southeast. Each organization is encouraged to spread the word on their own via newsletter, email blasts or other publicity vehicles. Grassroots efforts are welcomed and encouraged.



SUPPORT

SHOP

SAVE

Buy Tickets to the Belk Charity Days to support Divine Redeemer School!

**The Belk Charity Days Sale is a private four-hour sale to be held on
Saturday, November 4th from 6am – 10am.**

SUPPORT

The event is dedicated to supporting local non-profit organizations giving them the opportunity to raise funds by selling special event tickets for \$5 with 100% of the proceeds raised going to the organizations.

SHOP

Use your ticket on Saturday, November 4th from 6 am – 10 am and Belk will give you \$5 off your first regular, sale or clearance purchase, including cosmetics and fragrances. (Not valid on phone orders or on Belk.com)

With these tickets, you can reserve items in the store ahead of time, starting Oct. 23rd. On the day of the sale, or after that day, you can purchase your items at the sale price and receive the \$5 discount.

For those who shop on Nov. 4th, there is an added bonus! Prizes will be handed out for the first 100 customers who come into the store at 6:00 am.

SAVE

Those that purchase the \$5 tickets will not only be contributing to Divine Redeemer School but will receive 20% - 70% off purchases storewide including special savings on rarely discounted brands plus \$5 off their first purchase for buying the ticket to the event.

We are asking each school family to purchase / sell a minimum of four (4) tickets and are aiming for 100% participation. Children and their adults can ask friends, neighbors, co-workers, grandparents, aunts, uncles, cousins, babysitters, tutors, almost anyone to purchase tickets. Families have until Tuesday, October 31st to sell tickets. The school receives \$5.00 for each ticket sold, and you are able to use the ticket / coupon for a \$5.00 discount on your purchase the day of the sale. It's a win-win fundraiser for everyone!

Please complete and return this form to preorder your tickets. Once you submit this form with the number of tickets you are ordering as well as your payment, you will receive your tickets. You can turn this order form into your child's teacher or drop it off at the school office. All tickets will be distributed no later than Wednesday, November 1st.

Family name: _____

Email: _____ Phone: _____

Number of tickets requested: _____

x \$5.00

Total amount due: _____

Join us for All Saints Day!

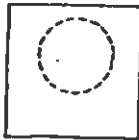
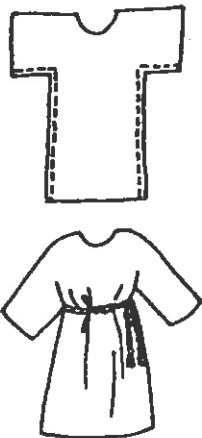
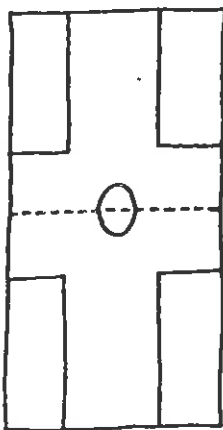
On Wednesday, November 1st at 7:50 a.m. we will be having our annual All Saints Day mass complete with the saints procession from the school to the church. All students are welcome to dress as their favorite saint for the procession and mass. In this folder you will find instructions and ideas for making a simple saint costume at home. Please remember to have your child wear their PE uniform under their costume or their normal dress uniform if they choose not to dress up. We cannot wait to see everyone dressed up as their favorite saint!



All Saints Costume Ideas

BIBLE DAYS

MEN: rough tunic in brown or gray, add a bright shoulder-wrap; fasten with leather or rope belt. Wear sandals (weather permitting!) and desert headgear, using a sweat band to hold it in place (see illustration).



Shepherd or Patriarch: carry cane as shepherd's crook, tie a cloth bag to the belt.

Judge: staff (a sign of leadership).

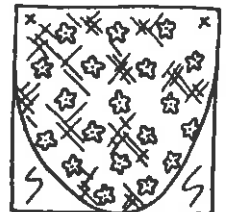
Prophet: carry scroll; quill pen.

King: use brocade-like fabric for tunic; add crown.

Apostle: Add a paper flame on the head, as a symbol of the grace of Pentecost.

Evangelists: short tunic, writing tablet and pen, book with symbol (Mark, lion; Luke, ox).

WOMEN: long tunic, rope belt, shawl, veil (use a headband to hold it in place). Items may be brightly colored and patterned. Accessories: wicker basket; "loom" or wooden frame (for making cloth); wooden or clay bowl.



Mother: carry baby doll (in swaddling clothes, of course).

Judge: staff (a sign of leadership).

Queen: brocade-like fabric for tunic; add crown and jeweled sandals (weather permitting!).

Prophetess: scroll (Israel's prophetesses did not leave writings, but they did receive the word of the Lord).

Some apostles also have their own symbols:

Peter: keys, fishing net (for example, the kind oranges come in), upside down wooden cross.

John: eagle, pen, fishing net.

James: staff; pouch with shell design on it.

Andrew: X-shaped wooden cross, fishing net.

Bartholomew (Nathaniel): a cloth with his face on it.

Matthew: pen, bag of gold, book with angel.

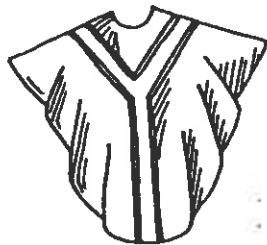
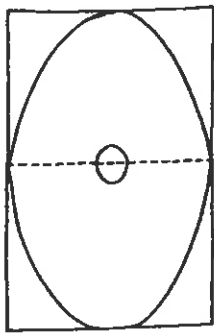
Jude (Thaddeus): a medallion of Christ.

Paul: pen, sword.

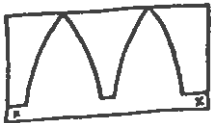
ROMAN ERA

(from 100 A.D. to 500 A.D.)

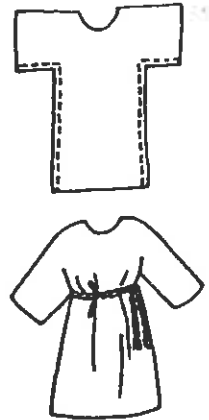
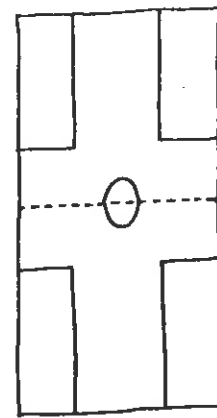
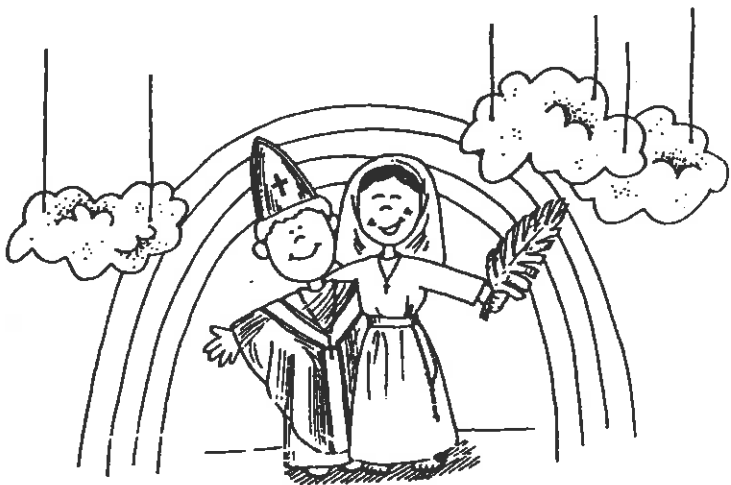
For the basic item of clothing, make a white tunic (see illustration), fastened at the waist with a rope belt. Add other things according to the saint's vocation.



Pope or Bishop: Over the tunic, add a colored vestment (red for a martyr) and a large cross (worn around the neck). A miter is the special "hat."



Carry a cane as the "shepherd's staff" representing the bishop's duty to shepherd God's people. For Pope, add "keys" to the belt.



Priest: Over the tunic, add a colored vestment (red for a martyr).

Deacon: Over the tunic, add the special wide-sleeved deacon's robe (called a "dalmatic"). The dalmatic can be any liturgical color. Red would be especially good for a martyr.

Virgin: White tunic; add a pastel shawl around the shoulders, and a white veil (held in place with a headband).

Hermit or monk: Long tunic in a dark color. (Tunic may have a hood.) Tie a cloth sack to the belt.

Lay man: Short tunic (may be a "rough" fabric and color), and a tool of his trade (if known).

Lay woman: Long tunic (pastel color) with shawl and colored veil.

Martyr: Dress according to the saint's station in life. Carry a palm branch and a picture or symbol of the way the saint died.

PALM BRANCH:

The palm branch was a sign of victory. It is also a symbol for the martyrs. To make a palm branch for your martyr costume, use crayon to tint a paper grocery bag green. Draw a long leaf outline, using one of the bag's creases as your center. Cut it out. Glue a kite stick or narrow switch to the crease. Cut along the edge of the "leaf" toward the center, leaving about 1 inch on either side.

