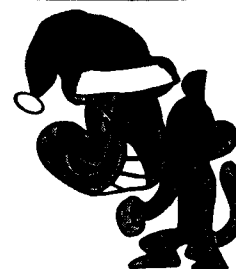


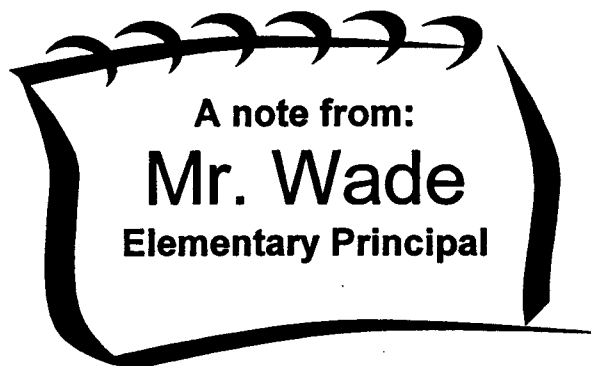
**AT
ALEXANDER
ELEMENTARY**

PARENTS

**Make A
Difference!**



Vol. 7, No. 4 December 2004



A note from:
Mr. Wade
Elementary Principal

It is our hope that each of our students and their families has a wonderful Holiday Season.

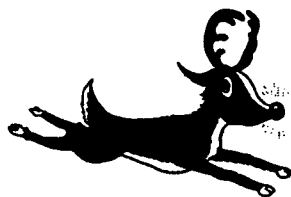
For those who may need a little assistance during this time of the year the following information is being provided:

Coats for Kids Closet- If you or your child is in need of a coat you can contact the First United Methodist Church in Miami. They have a wonderful program that provides coats in all sizes—from toddler to adult. They also have hats and gloves available. Call Conni Rivers at 542-9803.

Our school is currently having a food drive. All donated food will be given to families here in Commerce. If you are in need or know of a family that is in need, please contact our School Based Social Worker, Beth Rotman. You can call her at 675-4336.

We also encourage all families to participate in this year's "Lights on for Life." Your child will receive a "Lights on for Life" sheet to collect as many signatures as possible. Those who sign, pledge to celebrate the Holiday Season safely by refraining from drinking and driving.

Again, have a wonderful break!



What's Up!

Pre-Kindergarten and Kindergarten to Welch State Bank (Miami) to meet Santa!- Wednesday, December 8.

Decorate City Hall Christmas Tree- Monday, December 13.

5th Grade Basketball Game at Quapaw- Tuesday, December 14.

Santa Pictures- Wednesday, December 15.

Alexander Elementary Christmas Program- Thursday, December 16 at 7:00 P.M.

Christmas Break- December 22 through January 4.

Grade Cards For First Semester- Thursday, January 6.

Spelling Bee- Thursday, January 13 at 1:30 P.M.



Happy Holiday's

**--From the Teachers,
Staff and Principals at
Alexander Elementary!**

ALEXANDER ELEMENTARY

CHRISTMAS PROGRAM

Thursday, December 16

7:00 PM -- Gym



Keep Stress Low Over the Holidays and Year Around!

A great way to keep family stress down over the holidays and year around is to play together!

Making time to play together also helps build a stronger family.

In stress and the Healthy Family, Dolores Curran says that while playing together "sounds almost too simple," it is a major factor in living with stress in the modern family."

As you start thinking about how your family will spend time during the holidays and the coming New Year, be sure to build in time for having fun. Start by making a list of fun things to do together. What have you done in the last year that was fun? What are some things you'd like to do together?

You can make many everyday activities into fun family time by thinking creatively. One family turned fall leaf raking into a great family tradition. After everyone raked the leaves, family members took turns jumping into the big pile they'd created. Then they ate hot dogs and marshmallows cooked over an open fire.

Include other people in your play activities. As your children grow older, they'll want to spend time with their friends. If you have established a tradition of welcoming others into your family play, they'll be more likely to stay connected.

One family was amazed that their traditional family New Year's Eve gathering remained a favorite of their children as they grew older. Instead of going to another party, the teenagers just asked if their friends could be added to the family guest list.



Give Your Child Four Priceless Gifts for Christmas

As you think about giving gifts this Holiday Season, remember that there are some gifts only you can give. Unlike toys that may break before next month, these gifts will last a lifetime:

The gift of time. The old saying is true. Children really do spell love T-I-M-E. Give the gift of listening to your child, reading with your child, helping your child, and just hanging around with your child.

The gift of understanding. Children aren't perfect. (Who is?.) If your child makes a mistake, listen first.

The gift of confidence. When you believe in your child, you help him believe in himself. When you tell him that you know he can do it, he'll never doubt that he can. Years from now when he faces another challenge, he'll hear your words in the back of his mind.

The gift of enthusiasm. Whether you're working on a household project or going out to toss a ball, do it with verve. Your excitement about the task will rub off on your child. When he has to tackle a tough project in school (or later in life), he'll find the energy to carry it through.

Bright Ideas!

*Don't let learning end during the Christmas Break. Find plenty of time to have fun playing but also find enjoyable ways to help your child keep learning. Some bright ideas include: Reading, art projects, trips to a museum, or even to a zoo. When picking out gifts for your child give strong consideration to ones that increase learning!

