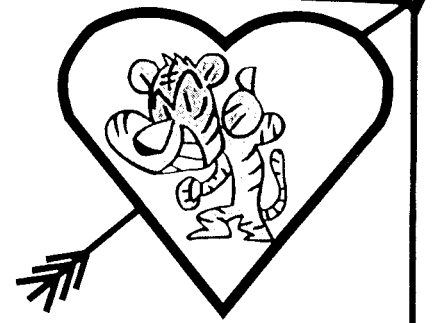


AT
ALEXANDER
ELEMENTARY

PARENTS

Make A
Difference!




Vol. 6, No. 6 February 2004

A note from:
Mr. Wade
Elementary Principal

Yes, it is true!
Mr. Wade is going to
eat worms. (Yuk!)

At the beginning of
the school year
while visiting with

Mr. Brough I mentioned that eating real live worms
(Fear Factor Style) would be a good Principal's
Challenge to encourage students to read books. Over
the last several years Mr. Brough has done several
brave things like the time he stayed up on the roof of
the school for 24 hours. Then there was the challenge
that ended with him shaving his head bald!

Well, he too thought eating worms was a great
idea...as long as I was the one doing the munching!
At first I thought no problem. That was until our
students did their job and read books...a lot of books!
They worked hard and more than exceeded their goal
causing me not to eat just one worm but two whole
worms! Way to go kids! 

Now that the time is drawing near I have started
thinking. Questions have ran across my mind such as,
"Should I just swallow the worms whole?" and "What if
I get sick?...on the spot!"

Oh well, like I told the students a few days ago, "You
will either get to see your principal eat worms or throw-
up!"

So, if you want to see a live worm eaten to get your
week started, come to our Rise and Shine Assembly
on Monday, February 9 at 8:00 AM. It should be a
special moment indeed!

I have been wondering, "If the early bird gets the
worm, what happens to the early worm?"



What's Up?

Parent-Teacher Conferences- Thursday,
February 5, 3:30 PM to 6:30 PM. Friday,
February 6, 8:00 AM to 12:00 PM.

**NO SCHOOL FOR STUDENTS ON FRIDAY,
FEBRUARY 6**

Fifth Grade Writing Test- Wednesday, February
11.

Jump Rope For Heart Exhibition- Assembly
begins at 10:15 AM

Parent-Faculty Club Meeting- Thursday,
February 12. The meeting will begin at 6:30 PM
in the cafeteria.

Valentine's Day Parties- Friday, February 13.

Valentine's Day- Saturday, February 14.

President's Day- Monday, February 16.

Ottawa County Spelling Bee- February 18.
Held at Fairland Elementary. Good Luck Carley!

**Professional Day- Friday, February 20.
NO SCHOOL**

End of Third Quarter- Friday, March 5.

Spring Break- March 15-19.

Channel 7 Weather Assembly- Friday, March
26, 1:30 PM.

Spring Pictures- Wednesday, March 31.



Sometimes...Behavior Can Be More Than Just a Phase

When your children do something that drives you crazy, it's tempting to excuse their behavior as "just a phase." But that attitude can lead parents to overlook real problems.

Every stage of childhood presents certain challenges. As children overcome these challenges, they gain the skills they need to become healthy adults. But if children don't get the help they need at a particular stage, they can actually get "stuck" at that point in their development. That's one reason you may see teenagers who still throw tantrums to get what they want.

If you tend to dismiss your child's experiences as "just a phase," you may overlook the seriousness... and the depth... of your child's feelings. That may lead your child to believe you don't understand, you aren't listening, or you just don't care.

Children who don't feel they can turn to their parents for support will get help elsewhere. Here are some ways to help your child deal with a difficult emotional stage:

1. Carefully examine the problem. Does your son seem to use lots of unacceptable language after playing with a particular friend? Does your daughter seem especially fearful on the day of a spelling test? Watch your children carefully. Then ask them to talk about what's going on.
2. Listen to your children. Sometimes children know exactly what's wrong but don't want to tell you because they're afraid of your reaction. In that case, try to listen without getting angry, sarcastic or defensive. If your children don't know what's causing the problem, keep watching and listening until you start to figure it out.
3. Encourage your child to solve the problem. Many parents want to solve all problems for their child. That doesn't help them grow to be strong adults. For many problems, your role is to listen to your child, to suggest some alternative and to help your child deal with the issue.
4. Correct inappropriate behavior. You're still the parent. If your child is suddenly using bad (cont. col. 2)

language, you have a right to tell him to stop. A bad phase can drag on longer if parents don't set some limits

5. Ask what you can do to help. Children can't solve all problems on their own. You can let your child know you'll always be there to help



Does Your Child Really Know That You Love Him?

As parents, we have unique ways of sending our children messages of love. Sometimes, a child just doesn't get the message and thinks his parents don't care.

The problem usually is we're sending the message in the wrong language!

"There are at least three languages of love", says child development specialist H. Wallace Goodard. They are showing, telling and touching:

*A child who wants to be shown love—wants you to do things for and with her. Spend time with her, take her for an ice cream, or fix her bike.

*A tell-me child wants to hear words like, "I love you," "I'm so glad you're my child" and "I enjoy being with you."

*A touch-me child needs a parent to hug him, wrestle or snuggle up together with a good book.

To find out which kinds of messages your child is most likely to hear:

*Notice what your child asks for. Does he want your time and attention? Does he ask you to listen or supply materials for a hobby?

*Watch how your child sends her own messages of love. Does she tell you, hold your hand, write someone a note, or volunteer to do a chore for you or others?

Once you've figured this out, plan how you will send your child at least one love message a day. To be really safe, send the message in all the ways.