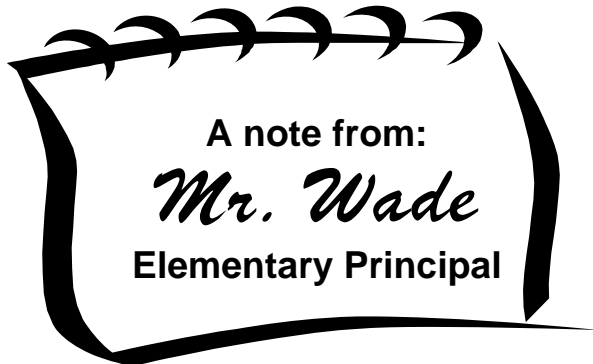


Alexander Elementary



Parents Make A Difference!

Vol. 9, No. 4 Dec. 2006



A note from:
Mr. Wade
Elementary Principal

Ah...the pains that comes along with change.

This year for our Christmas Program we are going to try something different. Due to the crowdedness we have experienced in the past we are moving the program to the high school.

As most of you know, having the Christmas Program in the elementary gymnasium is like trying to fit Santa Claus down a straw. There is just not enough room.

Over the years I have had more than a few people suggest we hold the Christmas Program at the high school. I appreciate suggestions but I never really wanted to do that for a number of reasons. Although the high school principal, Mr. Buttrum, has been more than accommodating, I prefer to have elementary events on our campus. Second there is the issue of getting the students to the high school before the event to practice. This means more time out of class. And finally, even with the use of bleachers we do not have enough folding chairs in our district to hold all the elementary students at the same time. This is going to require us to use and move some of our classroom chairs.

This year we will see how it all goes. Without a doubt our Christmas Program is going to be one of the best ever...so you don't want to miss it! It is just going to require "change."

One of my favorite quotes on the subject of change is by Robert C. Gallagher. He said,

"Change is inevitable - except from a vending machine."



DECEMBER CALENDAR

5th Grade Basketball
Game- Wednesday,
December 13 at 12:30
PM at Quapaw.

Christmas Program- Tuesday, December 19
at 7:00 PM. High School Gym. Students
need to be there no later than 6:50 PM.

5th Grade Caroling- Wednesday, December
20.

Christmas Break- December 22 through
January 2. Classes resume on Wednesday,
January 3, 2007.

1st Semester Grade Cards- Go out Tuesday,
January 9.

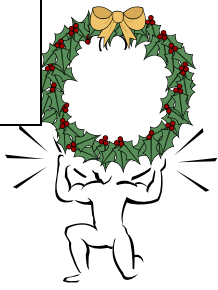
Spelling Bee- Thursday, January 11 at 1:30
PM

5th Grade Basketball Game- Wednesday,
January 17 at Commerce High School.
Game begins at 12:30 PM.

MERRY



**FROM THE TEACHERS,
STAFF AND ADMINISTRATION
AT ALEXANDER
ELEMENTARY**



How to Handle Holiday Stress: 'Tis the season to be jolly, so why do I feel so stressed out?

By Karen Susman

1. Lower expectations. Have a realistic view of what is really important. Your children want your time. They are not going to remember the Martha Stewart decorations - unless you involve them in the making of the decorations.
2. Don't over schedule yourself or your family. Pick and choose the holiday functions.
3. Take care of yourself. You can't give what you don't have. So, eat healthfully, avoid the sweets as much as possible. Exercise routines are sacrificed when we're overwhelmed, but exercise is the best investment of your time.
4. Get plenty of sleep. Most of us are suffering from sleep deprivation as it is. Nothing is worth your getting sick.
5. Ask for help. Involve your children, spouse, family and friends.
6. Ask yourself, "If I only had half the time, what would I do?" This will help you prioritize.
7. Pick names for gifts instead of buying a gift for everyone. This will save you money and time.
8. Make gifts with your children. They'll love the time spent together and they'll be proud of their creations.
9. Read holiday stories to your children. This allows you to sit down, relax and connect.
10. Start new holiday traditions that are less stressful for you but just as meaningful.
11. Ask yourself why you're really working this hard on the holidays. Many times our egos get in the way, or we're in competition with a friend or family member. Martyrdom has lots of payoffs. Give it up!
12. Take a minute to write down all your stressors. Include your everyday stressors as well as holiday stressors. Which ones can you face head on, take care of and get off your list? For instance, if paying bills is hanging over your head, sit down and get that done. Get the snow tires on instead of praying it doesn't snow. If money's short, spend less, cut up credit cards or call a financial advisor.
13. Do a mental makeover. Reframe what the holidays are all about for you. Is this a religious holiday? Then forget the fluff and focus on the real meaning. If your kids are pressuring you to buy, buy, buy, this is a wonderful opportunity to help them learn the value of giving to others. Have them go through their toys and pick some to take to a homeless shelter.
14. Remember how you felt on December 26 or January 2 last go 'round. What did you say you'd never do again? What did your kids enjoy most? How would you like to feel this year after the holidays? How can you achieve this?
15. Don't get caught up in the hoopla. Just because the media, family, friends, etc. say we should be doing something doesn't mean we have to.
16. When a "should" runs through your mind, you don't have to act on it.
17. Embrace your imperfection. It's one of the nicest things you can do for your children and your mate. Being imperfect takes the pressure off of you and off of them.
18. Limit your TV watching - especially the news.
19. Don't do anything in December you're going to regret in January. Why be stuck with huge bills and 10 extra pounds?
20. One last de-stressor to remember...the holidays will pass and you'll survive. You always do.

Merry Christmas and Happy New Year to You and Yours!