

PRAIRIE ELEMENTARY

David Engelking, Principal
MARCH 2018

**BUDDY SAYS
“READ FOR 20
MINUTES
EVERY DAY”**



UPCOMING EVENTS

NO SCHOOL Inservice	Mar 9
Class & Spring pictures	Mar 13
5th grade to Topeka—6 A.M.— 6 P.M.	Mar 15
Prairie Night at Haysville Sonic, 5-8 P.M.	Mar 15
PTO Meeting –6 P.M.	Mar 15
NO SCHOOL Spring Break	Mar 19-23
NO SCHOOL Non Contract Days	Mar 30 & Apr 2

PANDO INITIATIVE

Through the Pennies for Pasta fundraiser, Prairie students and staff members will be raising money for the Leukemia and Lymphoma Society. Money raised will go towards finding cures for blood cancers. If you have spare change lying around the house, please put it in the collection box that was sent home with your child. Please send the boxes back to school on or before Thursday, March 15th. The classroom that brings in the most money will win a pasta party from the Olive Garden!

GraceMed Dental Clinic will be coming to Prairie on Monday, March 26th to provide free dental screenings, cleanings, fluoride varnish and sealants to students. This was originally scheduled to take place on January 22nd, but GraceMed had to reschedule. The results of your child's screening/cleaning will be sent home on March 28th in Wednesday folders. If you have any questions, please contact the Pando office at 554-2350.



LITERACY FIRST

Spring is just around the corner and that means students will be out for spring break soon. It is important that kids keep reading during their time off. Kids need to be exposed to and learn between 3,000-4,000 words a year to help them understand grade level material. Teachers do a great job incorporating vocabulary in their daily lessons in all subject areas. They consistently have those vocabulary-rich conversations in the classroom to help expose your child to a variety of words.

So what can you do at home to help your child keep up? There are plenty of ways to make reading fun:

- Go to the city library and check out a variety of things to read; kids magazines, nonfiction and fiction books, newspapers from years past, journals about an interesting topic. Have kids read joke books, the cereal box, poems, a grocery list, a play and song lyrics. Read while wearing silly glasses or using funny voices (robot, queen/king, mouse, giant).
- If your child is not reading yet, practice saying the letter sounds of the alphabet. Put High Frequency Words on notecards and post them around the house. Label everything. Read to them and be their biggest supporter. Encourage them. Praise them. The key is to find things that interest your child and have fun while reading.

The staff at Prairie encourages your child to read over the weekends and holiday breaks. Our goal for your child is to instill a life-long love of reading and learning.

Marnie Trotter
Learning Facilitator

THANKS FOR A SUCCESSFUL FAMILY MOVIE NIGHT!!! It was great seeing everyone having a good time. Watch your child's Wednesday folder in the coming weeks for information on our next **Family Bowling Night on April 14th**. We will be selling tickets ahead of time.

THE AMAZING BRAIN: WHAT EVERY PARENT AND CAREGIVER NEEDS TO KNOW

LINDA BURGESS CHAMBERLAIN, PHD, MPH

Experience Shapes Our Brains

How your child's brain develops each and every day is being shaped by the environment and experiences you provide. The world your child lives in actually affects how their brain grows. Your child needs lots of new, positive experiences in a safe, stable home environment to build a healthy brain. Healthy relationships are the most important experiences your child can have.



WE CAN PROMOTE HEALTHY BRAIN DEVELOPMENT AND WANTED BEHAVIORS BY FOLLOWING SIX BASIC STEPS. PART THREE OF THE AMAZING BRAIN!

SEVERAL POSITIVE STRATEGIES FOR EFFECTIVE DISCIPLINE ARE SHOWN IN THE CHART BELOW. ASK YOURSELF HOW YOU CAN ADAPT AND COMBINE THESE STRATEGIES FOR YOUR CHILD. FOR EXAMPLE, SELECTIVE IGNORING CAN BE COMBINED WITH REDIRECTING BY IGNORING A CHILD'S WHINING BECAUSE SHE IS UPSET THAT SHE CAN'T WATCH TELEVISION AND THEN REDIRECTING HER ATTENTION TO FINISHING A PUZZLE TO DISTRACT HER.

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AGE	STRATEGY	EXAMPLE
3 years old or younger	Redirect, distract, surprise	Redirect child to focus on something else such as a new activity. Remove or block access to problem (place gate on stairway).
All ages	Selective ignoring	Stop paying attention to the behavior you don't want; encourage and reward the behavior you do want.
All ages; should occur at the time the problem occurred for children less than 7 years old	Withholding privileges	Choose something that your child values but don't withhold something that your child needs, such as a meal.
All ages	Catch you child doing something right!	Reinforce positive behaviors with praise and rewards.

Children can't listen or learn well when they feel scared, hurt or angry. Physical punishment often has the opposite effect of what parents want. Instead of teaching children how to behave responsibly, physical punishment is more likely to increase problem behaviors including resistance, power struggles, anger and rebellion.

Physical punishment can interfere with healthy brain development. Children build and keep brain connections that are reinforced by experience. Physical punishment, pain and fear can wire and shape a child's brain in unhealthy ways that lead to unwanted behaviors. These problems include aggression, conduct problems, depression, and substance abuse. Children who are hit are more likely to hit their friends and siblings.

Parents often say that they used physical punishment as a last resort when "they lost it" and that they had regrets afterwards. When a parent gets angry, their child can feel or mirror that emotion and get angry too. When children get angry, they cannot use the upper area of the brain that helps them control emotions and impulses. When a child is angry, they also cannot use this part of the brain to learn right from wrong.

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