

PRAIRIE ELEMENTARY BULLDOG

David Engelking, Principal
March 2019

**BUDDY SAYS
"READ FOR 20
MINUTES
EVERY DAY"**



UPCOMING EVENTS

NO SCHOOL INSERVICE	MAR 8
DAYLIGHT SAVINGS BEGINS	MAR 10
NO SCHOOL SPRING BREAK	MAR 11-15
PICTURES CLASSROOM AND INDIVIDUAL	MAR 19TH
2nd SPLASH DAYS (GROUP A) MARCH 20, 27 9:15 - 11:00	
2nd SPLASH DAYS (GROUP B) MARCH 22, 29 9:15 - 11:00	
FOURTH GRADE PERFORMS AT ART FAIR - 9:30	MAR 22



District Fine Arts Fair

March 21st 5:00-8:00 P.M.

March 22nd

8:00 A.M.-3:00 P.M.

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 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. They consistently have vocabulary-rich conversations in the classroom to 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 and praise them. The key is to find things to read that are fun and interesting for your child.

Our goal is for your child is to instill a life-long love of reading and learning.

Marnie Trotter
Learning Facilitator

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TOO BUSY TO READ TO YOUR KIDS? NOW THERE'S HELP ---

A recent project by The Wichita Eagle showed a disturbing trend in early childhood literacy in Kansas. Nearly two-thirds of Kansas fourth-graders are not reading at grade level, according to the National Assessment of Educational Progress. Research shows that kids who don't read at grade level are less likely to graduate high school and more likely to end up in prison or poverty.

Here's the challenge: Most Kansas parents know reading is important, but they're short on time, and they're not sure how to fit reading into their busy routines.

Parents of toddlers may wonder what to do if their child won't sit still for a book. Some worry that they're not solid readers themselves, or they can't read English and don't want to confuse their children with multiple languages. (Important point: Being bilingual does not slow down or confuse children when it comes to reading; in fact, it's often an advantage.)

The Kansas Health Foundation's new campaign and website, ReadWithThem.org, offers advice for parents and caregivers where they live – online and on their mobile phones. Parents can sign up for 28 days of texts or e-mails, in English or Spanish, that feature free tips, resources and information about organizations that can help their kids learn.

The overall message: Start now! Take just a few minutes to share words, sing songs, or look at pictures in a book. Play a word game instead of a video game. Make up an alphabet game at the grocery store: "A is for apple. 'B' is for banana . . . "

As the campaign so effectively points out, "The window for early learning closes quickly on preschoolers. If they don't experience reading before kindergarten, they may never read above a third-grade level or finish high school, and they could see their life choices shut off."

Kids can't wait to read; and we shouldn't wait to help them!

PANDO INITIATIVE ---

Medical Mission at Home: A Day of Free Healthcare will be held on Saturday, April 13th from 9:30 a.m. – 3:00 p.m. at Mueller Aerospace and Engineering Discovery Magnet Elementary School, located at 2500 E. 18th St. N., Wichita, Kansas, 67214.

Medical Mission at Home offers spiritually centered care designed to improve your health and the health of our community. Best of all, it's free, so no insurance is needed. Services will be provided on a first-come, first-served basis. Last patient admitted at 3 p.m.

Most services and activities are indoors. Patients: Please plan to arrive no sooner than 8:45 a.m. Indoor patient registrations will begin at 9:30 a.m. All patients who have registered by 3 p.m. will be seen. Services provided include:

- Medical testing
- Medical care
- Dental, vision and hearing screening
- Foot care
- Community services
- Connection to follow-up care

Some people are not able to get the medical care they need for themselves or for their families. Our doctors, nurses, staff and community partners will provide both children and adults with a free doctor's appointment. We will also connect you to community resources and follow-up care.

If you have any questions, please visit <https://www.viachristi.org/about-via-christi/mission/medical-mission-home>



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.

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.