



Issue 6 | Date: January 2020

KEY DATES

Jan. 6th: School begins again

Jan. 6th: PTA Meeting

Jan. 8th: HOPE Squad meeting

Jan. 10th: Spirit Assembly

Jan. 16th: Art Night sponsored by PTA 5:30-7 p.m.

Jan. 17th: 9:15 a.m. 4th Grade Raptor Reading

Jan. 20th: MLK, Jr. Day-No School

Jan. 21st: DIBELS Day

K-3rd grade students will be taking a middle of the year reading benchmark.

Jan. 22nd: HOPE Squad meeting

Jan. 30th: Science Fair 6-7 p.m. in gym

****School Store every Wednesday during lunch recess.**

*****Look Ahead: Kindergarten Registration is Monday, March 23rd. Questions? Ask in the office.**

THANKS Special thanks to our parent volunteers. From Take Home Reading, class parties, to helping out with math, reading, and writing, we see your influence in the building. Thank you for your support.

EFFECTIVE COMMUNICATION WITH CHILDREN

How often have we asked, "How was your day?" to receive the answer, "Fine"? Or asked what they think about a book they are reading and receive the answer, "I don't know"?

Communication is one of the 6 C's that we focus on. We teach the students how to be effective communicators at school and are seeing great results! When we allow time and space to give children voice, we are able to have more insight into their thoughts and goals. It helps us be even more supportive in their learning.

When it comes to educating the whole child, educators and family are a team. So, how can you help? Here are tips on how to improve speaking and listening skills with children:

- Set aside time to talk and listen
- Talk about everyday things
- Be open to talk about all kinds of

feelings (happy as well as sad)

- Tune in to body language
- Work together to solve problems
- Emphasize the importance of honesty/ Praise when they tell the truth
- Help prompt your child with statements like, "Tell me more"
- Make lots of eye contact
- Try not to jump in/ Be patient and listen
- Don't rush to solve the problem, your child may just want you to listen
- Be a role model with your communication skills-take turns, listen, ask them to help you understand when you get it wrong

These tips and more are found at: <https://raisingchildren.net.au/>



MESSAGE FROM OUR PRINCIPAL, MRS. JENSEN

Hello Raptor Families,

Just before Christmas break, the four mental health specialists who work at Thunder Ridge got together to create a parent night entitled, "Unravelling Anxiety." One of the points they made really stuck with me. Healthy habits such as getting enough sleep, eating right, and exercising, can help our bodies produce more dopamine and serotonin; chemicals that play an important role in how we feel. But if we really want to get those chemicals flowing, we need to serve someone. That is what research is showing. By stepping outside of ourselves to help someone, or contribute to a greater cause, we feel great!

When our students "fill someone's bucket," contribute while doing a group project, or do something to build the school or community, they are protecting themselves against anxiety and stress! Feel free to join in as families as we continue to challenge our students to participate in service projects, and to "fill someone's bucket." We are committed to providing an excellent education for your children, and we recognize that social and emotional education must play a big part in that.