

NVAD



HOME AND SCHOOL NEWS

APRIL - MAY 2010

NAD HOME & SCHOOL NEWS

Prepared by Upper Columbia Conference

Office of Education

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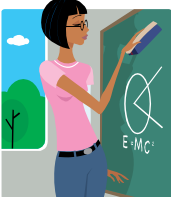







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April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Contact your administration regarding the upcoming science fair. Invite each classroom to participate.		Provide teachers with science fair ideas and guidelines.		1 Contact local science professionals to judge the science fair. Purchase awards.	2 	3 “For wisdom is better than rubies;” Proverbs 9:11
Math Education Month						
4 Easter Sunday 	5 Educator Booker T. Washington’s Birthday	6	7 Visit classrooms to explain how a science fair works. Give students age-appropriate guidelines.	8 	9 Advertise the science fair in your school newsletter.	10 “A wise son makes a glad father;” Proverbs 10:1
11 	12 Author Beverly Cleary’s Birthday, 1916	13 	14	15 Contact school fathers to help set up booths in your gymnasium or fellowship room for the science fair.	16 Invite church members to attend the school science fair.	17 “Hear children, the instruction of a father, and attend to know understanding” Proverbs 4:1
18 Acquire tree seedlings to give to students on Arbor Day. Plan to have student plant some trees at the school.	19 	20 Plan a May Day celebration for your school. Bring materials so children can make May Baskets	21 	22	23 Send out notices & packets for Fun Run or Bike-a-thon. Announce this in an assembly today. Email Science Fair reminders.	24 “A wise son hears his father’s instruction: but a scorner hears not rebuke.” Proverbs 13:1
25 Science Fair 	26	27 Celebrate Arbor Day tomorrow by bringing tree seedlings to the school.	28 Arbor Day 	29 Bring supplies for May Baskets for tomorrow. Children can also plant potted flowers.	30 Use volunteers to help students make May baskets today.	







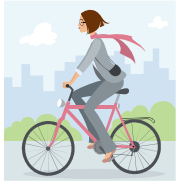









March						
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Notes: This is just a small reminder – I’ve put MORE ideas on these calendars than you can ever use. Don’t think you should do EVERYTHING suggested. It’s impossible. I’ve put them here so you can pick and choose activities that fit your community and your talents. Enjoy yourself.

May						
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Social Science Month

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>“Success is the sum of small efforts—repeated day in and day out.”</p> <p>Robert Collier</p>	<p>Set up a table in and arrange for students to make thank you cards for their teachers for next week.</p>		<p>Email an invitation to parents to send an appreciation card to their child’s teacher.</p>		<p>“Do what you love.”</p> <p>Henry David Thoreau</p>	<p>1 “Blessed is the man who walks not in the counsel of the ungodly...</p>
<p>2 Organize helpers for Fun Run/Bike-a-Thon. You need timers, lap-counters, recorders, etc.</p>	<p>3 Place a bouquet on teacher’s desks before school begins.</p>	<p>Teacher Appreciation Week</p>				<p>8 nor stands in the way of sinners, nor sits in the seat of the scornful. But his delight is in...</p>
<p>9 Mother’s Day</p> 	<p>10 Remind students to return all sponsor forms for Fun Run or Bike-a-Thon.</p>	<p>11</p> 	<p>12</p> 	<p>13</p> 	<p>14 Fun Run or Bike-a-Thon</p>	<p>15 the law of the Lord; and in his law does he meditate day and night.</p>
<p>16 No rest for the weary, begin planning your picnic and track & field day.</p>		<p>18 Meet with your team, decide what events you want to do at your picnic. Assign persons to lead events.</p>	<p>19</p> 	<p>20 Assign a least two leaders to organize the picnic. Assign someone to organize groups for competition.</p>	<p>21 You’ll need a team to measure distances, mark starting lines, or, set up obstacle courses, etc.</p>	<p>22 And he shall be like a tree planted by the rivers of water, that bring forth fruit in due</p>
<p>23</p> 	<p>24 Plan a Father’s Day event for your school.</p>	<p>25</p> 	<p>26 How about a sports night out for dad and kids?</p>	<p>27</p> 	<p>28</p> 	<p>29 season; and his leaf shall not wither; whatever he does shall prosper.” Psalms 1:1-3</p>
<p>30 “Your aspirations are your possibilities.”</p> <p>Samuel Johnson</p>	<p>31 Send Track & Field/Picnic announcement to your church secretary so this can go in your church bulletin.</p>		<p>Consider getting group-rate tickets for a sporting event – then the whole family can enjoy an outing together.</p>		<p>Send notices for Track & Field/Picnic Day. Contact parents by email, put events on your Web-site.</p>	

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June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2	3 Dad's Night Out With Kids 	4 Advertise your Track & Field Day/Picnic. Make sure this is in your church bulletin.	5 "Rejoice in the Lord always: and again I say, Rejoice." Philippians 4:4
6	7 	8 School Track & Field Day & Picnic	9 	10 	11 	12 "Love the Lord your God with all your heart, with all your soul, with all your mind..." Mark 12:30
13	14 Consider planning a fundraising golf tournament for your school. Plan to hold it in July or early August.	15 	16	17 	18	19 "O sing unto the Lord a new song: sing unto the Lord, all the earth." Psalms 96:1
20 Father's Day	21 	22	23 	24 It isn't too early to begin recruiting your home and school team for next year.	25	26 "Declare his glory among the heathen, his wonders among all people. For the Lord is great..." Psalms 96:3,4
27	28	29	30			

May						
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Your Personal Jesus

There is a very interesting physical description of Jesus in Revelation, chapter one. It is obvious as one reads it that it is a symbolic representation of who He is. While reading it, I came to realize each of us has such a unique relationship with Jesus that should we be asked to describe His appearance each of us would describe someone uniquely different. Your Jesus and my Jesus would not look the same. We each have a personal Jesus.

The people in Nazareth saw the carpenter down the street who fixed their door frame. Peter saw the Transfigured Son of God who walked with him on water. Mary Magdalene would describe the most handsome man in the world who rescued her from her demons. Herod Antipas would describe Him as a weak political contender who didn't even know how to defend Himself. Pilate would describe Him as a Galilean nuisance who looked like a dozen other Messiah wannabes. Each person who met Him would see Him in a different light, which would greatly change what they saw and what they remembered.

I once had a close friend with a large purple birthmark on his face. After we had grown close, if you would have asked me for a description, I would never have mentioned what everyone noticed when first meeting him. I would have instead described the warm, caring, intelligent person who lived beneath his skin. Skin doesn't matter, except to keep our insides from falling out. Who we are and what we look like is all about relationships. That's why none of us really knows what we look like.

Roger B.





The Knots Prayer

Dear God:

Please untie the knots
that are in my mind,
my heart and my life.
Remove the have nots,
the can nots and the do nots
that I have in my mind.

Erase the will nots,
may nots,
might nots that may find
a home in my heart.

Release me from the could nots,
would nots and
should nots that obstruct my life.

And most of all,
Dear God,
I ask that you remove from my mind,
my heart and my life all of the 'am nots'
that I have allowed to hold me back,
especially the thought
that I am not good enough.

Amen

Author Known To God

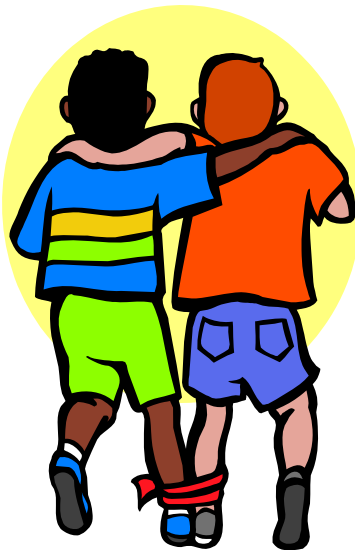
Fit to Be Tied

A few weeks ago, while I was making dinner, I called Crislynn to come set the table. Davis came with her and said, "Can I help her mom?" They had their arms around each other. I about passed out! Together? They wanted to do something together? And they were touching each other without shoving! They've been at each other (about to drive me nuts) for weeks now.

In disbelief, I told them it was fine with me. Then I noticed that they were walking funny. When I looked around the bar, I saw it...they were tied together.

Earlier that day we had a field day and, of course, there was a three-legged race. So, they were trying it out at home. I was thrilled (and stored away this three-legged thing in my discipline arsenal for a day when they weren't getting along so well)!

What if I always remembered every step, much like a three-with Him, it's like He wraps around Him, and we start to way, I fall flat on my face, but up. Sometimes He drags me trying to strap myself to holds me a little tighter to let When my eyes wander from the goal. He doesn't carry me He knows I can learn from and miles. He has allowed me though I am stubborn and with me because we are in



that I'm joined to God, everyday, legged race? When I spend time His arm around me and mine walk together. If I try to go my own when I fall, he stops and lets me get for a few steps. When He sees me someone or something else, He me know He's a better partner. the finish line, He reminds me of unless it gets really tough, because walking in step with Him for miles to join Him on this journey-even often slow Him down. He sticks this race together.

Mother's Day is a great time I've decided to let the month of May be a new beginning for me as a mom. I need that fresh start. Maybe you do too. Let's get back in the race, 'cause we're not in this alone...

Holding on to Him...

Sharon Autrey

"Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." -Philippians 3:13b
What has been dragging you around lately? Are you tied to the One who knows you best and loves you most? We would love to hear what's going on with you and your family. [Email us today!](mailto:mail@momandlovingit.org) mail@momandlovingit.org, Mom-and-loving-it Ministries.

Phone Numbers
1-888-952-MOMS

BEFORE I WAS A MOM

*Author Unknown

Before I was a Mom I never tripped over toys
or forgot words to a lullaby.
I didn't worry whether or not my plants were poisonous.
I never thought about immunizations.

Before I was a Mom - I had never been puked on.
Pooped on.
Chewed on.
Peed on.
I had complete control
of my mind and my thoughts.
I slept all night.

Before I was a Mom I never held down a screaming child so
doctors could do tests.
Or give shots.
I never looked into teary eyes and cried.
I never got gloriously happy over a simple grin.
I never sat up late hours at night watching a baby sleep.

Before I was a Mom I never held a sleeping baby just because
I didn't want to put him down.
I never felt my heart break into a million pieces
when I couldn't stop the hurt.

I never knew that something so small could affect my life so much.
I never knew that I could love someone so much.
I never knew I would love being a Mom.

Before I was a Mom - I didn't know
the feeling of having my heart outside my body.
I didn't know how special it could feel to feed a hungry baby.
I didn't know that bond between a mother and her child.

I didn't know that something so small
could make me feel so important and happy.

Before I was a Mom - I had never gotten up in the middle of the night
every 10 minutes to make sure all was okay.
I had never known the warmth, the joy, the love, the heartache, the
wonderment or the satisfaction of being a Mom.

I didn't know I was capable of feeling so much, before I was a Mom.



Hot Science Snippets

What is in the Food I Eat?

You don't have to find a nutritionist, or even look in a big fat textbook to find the answer to this question. It is easily available on the Web - for free! What's in Food (<http://is.gd/6hfpv>) has a plethora of information to help you learn more about what you eat. While you are there, don't miss MyFood-apedia. <http://www.myfoodapedia.gov/>.

PositiveTip: *There is no excuse to eat in the dark - use these easy and fun resources to learn what is in your food.*

Whole Tomatoes Yield More Carotenoids.

Tomatoes' high carotenoid content contributes to the risk of colon and prostate cancers. Because the peels processing, research compared tomato paste that without peels. Subjects absorbed 41-75% more carotenoids when eating the whole tomato product!



benefits of these products in lowering the of tomatoes are usually removed in included the peels to traditional paste made

PositiveTip: *Mother Nature knows best: consuming whole, natural foods gives you more!*

Did you Know?

You have to eat 1/2 pizza to get the equivalent of a half-cup of cooked vegetables!

*Source: *Health Bites PositiveChoices.com, February 2010*



Electronic Media and Kids

Children spend **50%** less time outside than they according to a University of Michigan study. day with **electronic media**.



did just 20 years ago, Instead, they spend **6.5** hours a

Babies Hardwired for Music



Don't underestimate the power of music to engage infants—even at just two or three days of age, babies can detect the beat in music, according to new research from the *National Academy of Sciences*. Scalp electrodes measured sleeping babies' brain signals and revealed that infants responded to a skipped beat. So let the music flow!

[Music] is one of the most effective means of impressing the heart with spiritual truth. How often to the soul hard-pressed and ready to despair memory recalls some word of God's—the long-forgotten burden of a childhood song—and temptations lose their power, life takes on new meaning and new purpose, and courage and gladness are imparted to other souls!" Child Guidance, p. 523.

Sunshine for Children's Eyes

Nearsighted people have what is called myopia. They need glasses to clearly see across the room or to see objects in the distance. Some people opt for Lasik eye surgery which largely corrects myopia by changing the surface curvature of the cornea.

The Archives of Ophthalmology reported that the prevalence of myopia in the United States has increased dramatically over the past 20 years. In a 1971-72 survey of persons 12-54 years of age, 25% suffered from myopia. In a similar 1999-2004 survey, the prevalence of myopia had increased some 60%, bringing myopia from 25% to a whopping 41.6% in the same age group.

Heredity plays a role in myopia. Having two nearsighted parents and participating in relatively little outdoor activity will result in a 60% chance of developing myopia by the eighth grade. If children with the same myopic parents played outdoors in the sunshine for an average of 14 hours per week, (2 hours per day) the likelihood of becoming nearsighted is reduced to only 20%.

A careful analysis of the data revealed that myopia was not due to spending a lot of time reading and other close-up activities, such as playing computer games. It is time outdoors playing in the sunshine that makes the difference. Researchers are now studying just how outdoor light changes the way the eye grows. Over 100 years ago, Ellen G. White advocated that children should play much in the outdoors. She did not know then that one of the benefits would be better eyesight.

“Dress your children neatly in simple clothing, and allow them to spend much time out-of-doors... By playing in the sunshine and the fresh air, children will gain health and strength of mind and body. They will be benefited both spiritually and physically.”

The Bible Echo, February 23, 1903

**Source: Health Bites, PositiveChoices.com February 2010*



Did You Know That...

- Research studies show that most of the eating and physical activity habits are established in childhood?
- Psychologists say that most of one's habits and traits for lifelong are established by the age of 12?
- Obese children are physically less active compared to normal children? An obese child walks slower, flat footed, asymmetrically and with turned toes.
- Poor walking habits and physical inactivity result in structural deformities and body tissue damage?
- According to the U.S. Centers for Disease Control, more than one out of every three children are overweight or obese?
- Type II diabetes is on the rise in children?
- Kids are exercising less and eating more; going outdoors less and video-gaming more?
- Physical activity is the other half of the weight equation?
- Many schools across the U.S. have restricted or eliminated physical education and recess has been reduced?

What Can Parents Do?

- Choose to buy nutritious food for your children; keep sweet treats to a minimum.
- Make sure your child gets outdoor active play time, at least one hour per day.
- Lobby your school to provide nutritious lunches, remove pop machines, increase physical education and outdoor recess.
- Provide your child with a healthy after-school snack, such as, fresh fruit and veggies.
- Make sure your child gets adequate sleep.



Childhood Obesity - Who's to Blame?

Don't blame the children for their obesity problem. In fact they are not allowed to make their own choices about their lives. It's the parents and schools that need to be blamed for the obesity epidemic. Given a choice, a child may prefer to do some exercise – walking, running, cycling, jogging – anything they love to do.



Do you know that in the United States, 32 percent of 2-7 year olds and 65 percent of 8-18 year olds have television in their bedrooms? Who then is responsible for the excessive TV viewing habits among children in America? Is it not their parents?

Several studies have found a strong relationship between television viewing time and obesity among kids. With the increase in number of kids' channels and programs, kids are more interested in watching television than doing any other activity.

According to the Journal of the American Medical Association, kids who watch television for four hours or more have greater amount of body fat than kids who don't. Also, kids who watch TV for longer hours are more likely to be obese as adults.

How much TV time is appropriate?

According to the American Academy of Pediatrics, kids should not watch more than two hours of television per day. Parents should monitor the programs their kids watch and limit the viewing time to one or two hours per day.



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How can TV make your kids obese?

- **TV can replace the time spent in active play:** An average American kid watches three hours of television daily. This leaves little or no time for active play outdoors. Lack of physical activity is the primary factor for obesity among children.
- **Watching TV slows the metabolism.**
- **Junk food is more convenient to eat while watching TV.**
- **Television advertisements promote unhealthy food:** TV ads entice kids with foods which are high in fat, sugar and calories. Advertisers spend huge money to promote such products. The greater the number of ads your kids see, the more likely that they will like and eat such foods.

Take Steps Now

Limit the amount of TV time your kids have. Remove the television from your kids' rooms. Make sure your children get at least one hour of active play daily.

*Source: <http://obesity.ygoy.com/2008/11/14/is-television-making-your-kids-obese/>

How to Get Dad Involved at School

Ask them. But have a specific need in mind when you do. Dad's don't have a lot of time to stand around, so if you know what tasks are needed, have the materials ready, stand back and watch the miracles happen. Most dads don't get involved simply because they haven't been asked.

Provide opportunities for husbands and wives to work as a team. It's surprising how many dads will get involved if their wives sign them up. Make sure the wives have this opportunity.

Provide events that interest men, for example, a golf tournament, a pinewood derby race, bike-a-thon, sporting event, or a Fat Boy Triathlon. No need to do hours and days of training for this event. It IS a triathlon, but the events are, bowling, skeet shooting and golf. What dad wouldn't jump at the chance to compete in this event? And it's a great fundraiser for your school.

Plan events where dads can work with their kids. Dad's often enjoy helping their children with school projects.

Publicize events better to them. Try a male-oriented invitation. What's that? A postcard sent home with the child, that invites "Dad." Take time to cut out the invitation in the shape of the event, for example, a baseball, football, car, sporting ticket shape, etc.



AN IMPORTANT NOTE TO HOME AND SCHOOL LEADERS ABOUT SCIENCE FAIRS

Dear Home and School Leader:

The following pages contain information for organizing and conducting a science fair at your school.

PLEASE note that a science fair is the domain of the classroom teacher(s) and school administration. It isn't your job to get the school to do a science fair. What you *can* do is perhaps *plant* the idea with your administrator, then, if the school decides to do it, do ALL you can to help make it happen.

A science fair is a LOT of work, but the benefits are many. A science fair is an academic gold mine. Children learn research, writing, graphics, art, speaking and presentation skills. They learn to work together as a team. A science fair can increase parent involvement and interest in the school. A science fair can bring visitors to your school.

If your school decides to do a science fair, be sure to get the word out by newspaper and radio on their FREE community calendars. Put up posters, banners and put notices in your constituent church bulletins. Email school families and put the science fair in your school newsletter. Invite school families in person at the school door, hallways and parking lot.

Personally invite parents to help with the fair any time you come in contact with them. Parents like to be involved; they like to be asked.

One last thing, if your school decides to do a science fair, YOUR enthusiasm will be catching. If you are excited, teachers and students will be excited. (I'm getting excited just thinking about it!)

Remember, type A personalities, (*you HAVE to be a type A personality if you're a home and school leader*) tend to take over. Don't do it, - be the best facilitator and cheerleader you can be.

Your Cheerleader,

Sandy



How to Put on a Good Science Fair!

**Note: This article was taken from the online Education World®, by Diane Weaver Dunne. If you want ideas for projects, steps for putting on a science fair, simply Google “science fairs” and you’ll find more information than you can ever use for projects, procedures, etc.*

Christopher M. Gould, former chair of the California State Science Fair, provided the following tips to help schools and teachers put on a good science fair!

Schools should

- do whatever it takes to make the experience one students will want to repeat. All the students should have a sense of accomplishment.
- plan a cross-curricular approach to make the fair more than a science lesson. The project should involve many school subjects, including art, English, math, and an oral presentation.
- decide ahead of time what the real goal of the fair is and then be sure teacher action and final judging mirrors those goals. For example, if explicit limits are set on parental involvement, be sure the winning entries reflect those limits.

Teachers should

- help students select the question they will answer for their project.



- assign brief, weekly status reports to monitor students' progress each week. Don't wait until the day of the fair to check on their progress.
- show students how to analyze their data.
- explain the importance of an oral presentation, then set aside class time for students to convince their classmates that they have the right answer to the question they explored.

GOOD FAIRS BEGIN IN THE CLASSROOM

“Good science fairs begin in the classroom,”

Gould said. “Teachers first need to help their students select a question their project will answer. The response of some teachers is to print up lists of topics copied from books or Web sites,” remarked Gould. “That is a starting point, but what students need most is guidance. It's hard to pick a good question. That's precisely why teacher involvement right from the start is essential,” he advised.

Steps for Putting on a Science Fair



1. Choose a chairperson to oversee the entire science fair.
2. Solicit volunteers for the planning committee.
3. At first planning meeting:
 - Set dates and deadlines
 - Date and time of the science fair
 - When the fair will be set up and taken down.
 - When student notes will be handed out.
 - When boards (display boards) will be ordered, delivered, and distributed.
 - Deadline for students to change their topic.
 - The schedule for each class to visit the science fair.

Decide the following:

- What grades will participate?
- Should projects be mandatory or voluntary?
- Are there types of experiments that will not be allowed (liquids, live animals, bodily organs)?
- How many days will the science fair last?
- Where will it be set up?
- How many tables are needed? How many do we have? “Where will we get the rest?”
- How will parent volunteers be utilized?

4. Before the next meeting:

- Copy and distribute letters to be sent home with students.
- Send each classroom teacher an envelope to collect notes and money for science fair boards as they are returned.

5. At second planning meeting decide the following:

- Will you judge the projects? *This choice depends on the philosophy of your school. Healthy competition is positive but sometimes it encourages more parental involvement than necessary. It also defeats the goal of elevating self-esteem.*
- If you judge the projects, who will do it?
- Will you have a winner per class, grade level, and/or school?
- What criteria will you use to judge the projects?
- Will students have the criteria beforehand? If so, hand it out so students can know what is expected of them.
- What will be the prize?
- Set up rules for students on the day of the fair. Should they stay with their projects or not?
- Set up a visitation schedule for classes to browse the fair.
- Plan for experiments that need electricity and those that use water.
- Notify volunteers as to:
 1. How many tables are needed.
 2. How do you need them set up (i.e. trash cans)?

Teacher Appreciation Week

It's that time of year again; time to let your teachers know how MUCH you appreciate and value them. Of course you appreciate them all year long, but this is a week to celebrate the people who give so much to your children. May 3 - 7 is Teacher Appreciation Week.

As a teacher, I've experienced some very nice teacher appreciation events. The one that I remember most vividly was a teacher breakfast, hosted by the home and school association. We were told not to eat breakfast that day. When we arrived at school to begin our day and greet our students, we were met and ushered downstairs to a beautifully decorated sunny room for brunch.

The home and school association had arranged for volunteer parents to cover the first hour and thirty minutes of our school day.

The food was fantastic, (fresh, squeezed orange juice) and we were served on beautiful dishes, (no paper plates or plastic cutlery). We didn't have to rush to eat, but were allowed to enjoy the moment. Did we feel valued? Yes, it was wonderful!

Following are some ideas from the National PTA to help you help your teachers feel valued:

- Host a special breakfast or lunch for your school's teachers and staff. If space allows, invite parents, school board members, the district superintendent, district personnel, and prominent community leaders to join you at the event in showing appreciation for teachers.
- Create a giant teacher thank-you card for display in the school. Place markers by the card so school family can add their words of thanks.
- Start a "teacher feature" on a school or library bulletin board. Each week or month, profile a different teacher. Include quotes by and about the teacher, as well as the teacher's picture, background, hobbies, and philosophy of education. Alternatively, use the school or PTA newsletter to publish interviews with teachers and stories about teachers' accomplishments. Consider having students conduct the interviews and write the stories. Publish stories throughout the year.
- Plant trees or flowers in public areas or on school grounds in honor of teachers.



Track and Field/Spring Picnic

Your school year is winding to a close and you want to finish your school year with a fun-filled event for the whole family. Whatever you call this event, the object is to bring families together for fun, food and LOTS of activity.

Following are a few ideas to get you on your way:

Enlist Volunteers - whether you do a field day or plan other events you need volunteers to:

- Measure and mark event distances
- Timers
- Starters
- Line judges
- Officials for other events
- Individuals to organize events for small children
- Organize events for middle and upper grade students
- Organize the picnic
- Safety patrol
- Clean-up crew - this can be students with an adult supervisor
- Award organizer - if you're doing ribbons, they need to be ordered and you need to decide in which events, categories and age groups ribbons will be given
- Organize the parent-student baseball game for after supper



A Few Ideas

1. As always, plan this event with your school administrator. Be sure the event is well-publicized, weeks in advance.
2. Choose the hours your event will run, 3:00 - 5:45 for events, with supper at 6:00 will give most parents time to arrive. Timing depends on your school administrator and what works best in your school community.
3. Tables for serving your picnic potluck can be set up outside, ask families to bring blankets and have the picnic on the school lawn.
4. Decide what the home and school association will provide, in this case, it might be award ribbons, or table coverings for the picnic, paper plates, cups and cutlery.

Event Schedule

- 12:00-2:45 set up for events
3:00-5:45 events
6:00-6:45 potluck picnic
7:00-8:00 parent/student baseball game



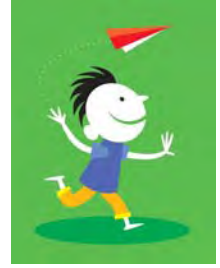
See the following page for suggested activities

For the Little Ones

Mini-Obstacle Course

Help needed: *Timer, three adults stationed around the course to help spot in higher areas and to help cheer students on.*

1. Use the playground area
2. Set up a course that goes over, under, around and through the playground equipment
3. Use plastic cones to mark the area
4. Be sure to use the slide
5. Have a definite start and end point
6. Place children in teams (5-6 on a team)
7. It's a team score, so everyone on the team has to finish the course in order for a team to score - it's OK for team members to help other members finish



Tricycle Relay

Help needed: *Timer and two adults to guide and cheer. Again, the whole team has to finish the course before a time score is given.*

Relay Race - Simple relay, line up teams and GO!



Ice Cream or Pudding Drop

Help needed: Four adults - two to spot ladders and

two to “dress” kids for the

Materials: Two ladders, two tarps, two shower caps, two plastic smocks, two teaspoons, (actually a box of heavy-duty plastic teaspoons) two bowls (actually a container of small plastic bowls) and...ICE CREAM!

Activity - team members are paired, one student puts on the smock and shower cap and lies down on his/her back on the tarp and opens his/her mouth. The second team member climbs the ladder and drops spoonfuls of ice cream (hopefully) into the mouth of the partner lying on the ground below. Give them 30-60 seconds to do this. You decide whether you want both members of the team to drop and receive ice cream.

Score: count the “bulls eyes,” the team that hits the mouth and gets the ice cream in his partners mouth the greatest number of times in 60 seconds “wins.”

50-Yard-Dash

Help Needed: Starter, timers, (one timer for each runner) recorder

Kick Ball

Help needed: Two adults

Materials: One kick ball and a baseball infield

Playing Time: 20 minutes

Choose up teams (adults do this) - play five “ups” and/or three “outs,” then the kicking team goes out to field and the other team comes up to “bat.”

Activities for Middle & Upper Grades

*Note: Don't feel like you have to do ALL of the suggested activities.



50-Yard-Dash

Help needed: Starter, timers for each runner (or for first, second, and third place),

scorer, observers for first, second, third

Materials: Starting gun, stopwatches

100-Yard-Dash

Help Needed: Starter, timers, observers, scorer

Materials: Starting gun, stop watches



440 Relay

Help needed: Starter, four observers, one at each hand-off area, four timers

Materials: Starting gun, stopwatches, four batons

Mile Run

Help needed: Starter, scorer, timer (calls out the time as runners cross the line - observers note student's score and give it to the scorer)

Materials: Starting gun, stopwatch

Softball Throw - Students get the best of three throws

Help needed: Line judge, two observers (distances are marked on the field) observers note where the ball hit and relay information to the scorers

Shot-put if you have one - help would be the same as above

Long Jump - IF you have a safe, SOFT long jump landing area and starting board

Help needed: Line judge, landing judge

Materials Needed: measuring tape

Cross-Country - make it at least a mile

Help needed: Starter, timer, enough adults to be at every bend of the course and at special stations, i.e., pull-up station, sit-ups, vault, tire-run, water-jump, etc.

Materials: Starting gun, stop watch (timer shouts out times as runners approach the finish line)

“Beach Volleyball”

Help needed: net official and line judge

Materials: Outdoor volleyball court, volleyball



Limit the time each game can run - if possible, have more than one game going at a time

Obstacle Course

Help needed: Starter, observers at each station, timers, scorer

Materials: Anything that will make an interesting and challenging course - choose things that you can set up outside, make use of outdoor fixtures and play equipment when you can; safe ladders, vault box (if available), bi-fold mats, large plastic tunnel, kiddie wading pool (for water jump), sprinklers. Let your imagination RUN! But always think SAFETY first! NOTE: Whole team must finish the course in order for the team to score. Team members can go back and help teammates finish the course.

For PARENTS



Encourage Your Teens as They Change

Youngsters can be so much fun. Watching them play and explore their world can give parents a chance to become reacquainted with the wonders in nature and roles in society. Five-year-olds enjoy trying out different identities and responsibilities by putting on dress-up clothes as a farmer, fireman, mom or dad.

There is another time of identity exploration: those adolescent years. This exploration is much more complicated and a little less fun for the parents. Instead of trying out career identities, young teens are trying out different peer groups and social identities. While parents watch their kids evolve into adulthood, they struggle to remain acquainted with their children. They aren't the only ones struggling.



Teens are also scrambling to get acquainted with the “new” them. The person they see in the mirror is different than who they have known for so long, and they struggle with insecurity, low self-esteem, and a lost sense of self.

scrambling to get acquainted with the person they see in the mirror have known for so long, and insecurity, low self-esteem,

As parents, we can help ease our kids through this very difficult time. Patience and encouragement that they are OK is critical. Criticism about physical appearances like weight and acne can be devastating. They will spend a lot of time in front of a mirror studying themselves and becoming comfortable with their maturing appearance. Realize they will need extra privacy, but be constantly open to non-judgmental discussion. Adolescents need sounding boards, and they will talk to parents if they know they won't get a sermon for sharing their thoughts. Save the battles for the most critical issues and take every opportunity to be positive. Emerging from this difficult time with a relationship still intact will make these years so rewarding. For great information about what to expect from each stage of development, go to www.kidsgrowth.com. You will find some great information for parenting these precious kids.

**Merilee Redberg, teacher Grades 7-8
Yakima Adventist Christian School**

For Parents:

Every moment you have with your child is a moment you can use to point them toward Jesus.

It is easier to preach ten sermons than it is to live one.

When you get to your wit's end, you'll find God lives there.

20 Ways for Parents to Encourage Reading



The following are some ways to turn a young reader's reluctance into enthusiasm:

1. Scout for things your children might like to read. Use their interests and hobbies as starting points.
2. Leave all sorts of reading materials including books, magazines, and colorful catalogs in conspicuous places around your home.
3. Notice what attracts your children's attention, even if they only look at the pictures. Then build on that interest; read a short selection aloud, or simply bring home more information on the same subject.
4. Let your children see you reading for pleasure in your spare time.
5. Take your children to the library regularly. Explore the children's section together. Ask a librarian to suggest books and magazines your children might enjoy.
6. Present reading as an activity with a purpose; a way to gather useful information for, say, making paper airplanes, identifying a doll or stamp in your child's collection, or planning a family trip.
7. Encourage older children to read to their younger brothers and sisters. Older children enjoy showing off their skills to an admiring audience.
8. Play games that are reading-related. Check your closet for spelling games played with letter tiles or dice, or board games that require players to read spaces, cards, and directions.
9. Perhaps over dinner, while you're running errands, or in another informal setting, share your reactions to things you read, and encourage your children to do likewise.
10. Set aside a regular time for reading in your family, independent of schoolwork, the 20 minutes before lights out, just after dinner, or whatever fits into your household schedule. As little as 10 minutes of free reading a day can help improve your child's skills and habits.

11. Read aloud to your child, especially a child who is discouraged by his or her own poor reading skills. The pleasure of listening to you read, rather than struggling alone, may restore your child's initial enthusiasm for books and reading.
12. Encourage your child to read aloud to you an exciting passage in a book, an interesting tidbit in the newspaper, or a joke in a joke book. When children read aloud, don't feel they have to get every word right. Even good readers skip or mispronounce words now and then.
13. On gift-giving occasions, give books and magazines based on your child's current interests.
14. Set aside a special place for children to keep their own books.
15. Introduce the bookmark. Remind your youngster that you don't have to finish a book in one sitting; you can stop after a few pages, or a chapter, and pick up where you left off at another time. Don't try to persuade your child to finish a book he or she doesn't like. Recommend putting the book aside and trying another.
16. Treat your children to an evening of laughter and entertainment featuring books! Many children (parents, too) regard reading as a serious activity. A joke book, a story told in riddles, or a funny passage read aloud can reveal another side of reading.
17. Extend your child's positive reading experiences. For example, if your youngster enjoyed a book about dinosaurs, follow up with a visit to a natural history museum.
18. Offer other special incentives to encourage your child's reading. Allow your youngster to stay up an extra 15 minutes to finish a chapter; promise to take your child to see a movie after he or she has finished the book on which it was based; relieve your child of a regular chore to free up time for reading.
19. Limit your children's TV viewing in an effort to make time for other activities, such as reading. But never use TV as a reward for reading, or a punishment for not reading.



20. Not all reading takes place between the covers of a book. What about menus, road signs, food labels, and sheet music? Take advantage of countless spur-of-the-moment opportunities for reading during the course of your family's busy day.

Left: It's never too early to begin reading to your child.

**Source: www.rif.org. Go to this Web-site for valuable ideas and tips.*



REAL MOTHERS

**Author Unknown*

**Real Mothers don't eat quiche;
They don't have time to make it.**

**Real Mothers know that their
kitchen utensils are probably in
the sandbox.**

**Real Mothers often have sticky
floors, filthy ovens and happy
kids.**

**Real Mothers know that dried
play dough doesn't come out of
carpets.**

**Real Mothers don't want to
know what the vacuum just
sucked up...**

**Real Mothers sometimes ask
'Why me?' And get their answer
when a little voice says,
'Because I love you best.'**

**Real Mothers know that a
child's growth is not measured
by height or years or grade...
it is marked by the progression
of Mommy to Mom to Mother.**

Quotes

- Coincidence is when God chooses to remain anonymous.
- God doesn't call the qualified, He qualifies the called.
- The Will of God never takes you to where the Grace of God will not protect you.
- The task ahead of us is never as great as the Power behind us.
- You can tell how big a person is by what it takes to discourage him.

**Source: <http://Nubiagroup.b.ogspot.com/>*

Attendance Matters

Maintain good attendance at end of the year

You know that being in school is important. But this would be such a great time to take a family trip. And, after all, your child is only in first grade. Surely a few days' absence won't matter, will it?

It will. In fact, research shows that young children don't have to miss much school before their learning suffers. In the early grades, kids are mastering reading and basic math skills. And research has found that these are the skills most affected when children miss school. Being in school consistently is the only way kids can develop a strong foundation on which the rest of their learning will build.

But your child will not be the only one who pays a price. The entire class will be affected. When the teacher has to stop to meet the needs of a child who was out of school, everyone else's learning comes to a halt.

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Testing Tips

Show your child the importance of following directions on tests

Sometimes, a child may know the answer to a test question--but still get it wrong. She underlined the answer, when the directions said circle. Or she chose the true answer when the directions asked for the one that was not true.

Helping your child learn to follow directions exactly is an important way to prepare her for test success. Try these things at home:

- Follow a recipe together. Talk about what would happen if you left out one of the ingredients or didn't do things in order.
- Help your child think about one thing she knows or does well--making a peanut butter sandwich, finding her way to school. Have her write step-by-step directions on how to do it. Now follow the directions she has written exactly. Was anything missing?

Create a treasure hunt. Hide a small prize somewhere your child won't see it. Now write notes your child must follow. Each note tells her to look somewhere else. Only if she follows the directions exactly will she get the prize.

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Building Self-Esteem

Teach your child to recover from mistakes with humor, perspective

It's easy to build a child's self-esteem when she's winning the game or bringing home a great report card. It's tougher, but perhaps even more important, to boost self-esteem when things aren't going so well.

Here are some ways you can help your child keep her head up and recover from mistakes:

- Choose your words carefully. Saying, "You spilled the milk" doesn't hurt your child's self-esteem. Saying, "You're such a clumsy kid" will. Remember, the labels you put on your child today are the things she will carry with her through life.
- Help your child take the long view. Yes, she failed a quiz. But that doesn't mean she'll fail fourth grade.
- Help everyone in the family learn to laugh at their own mistakes. Life doesn't always need to be serious. Sometimes, the milk spills. Show your child that it's possible to recover by laughing at mistakes.

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Building Respect

Insist your child dress respectfully at home, school

Chances are you and your child argue occasionally--or often--about what she wears to school. That's no surprise, considering that many popular children's clothes violate school dress codes (not to mention parents' values).

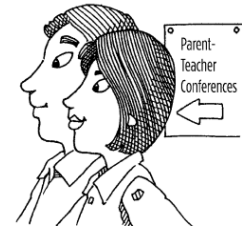
Parents aren't alone in this battle. When EducationWorld.com asked educators about the importance of student dress codes, the response was clear--79% said dress codes "help improve behavior and academic performance."

To make mornings easier on you, your child and the school:

- Review the school dress code. Which clothes and shoes are not allowed? Some common items include flip flops, halter tops, low-hanging pants and spaghetti straps.
- Talk with your child. Discuss why there is a dress code. Which clothes or shoes might be distracting? Offensive? Unsafe? Inappropriate? This is a good time to discuss respect for self and others.
- Post the rules. If you and your child argue repeatedly about dress, consider posting the rules. Children are less likely to argue with a list (especially a school list) than a parent.
- Shop carefully. Avoid items that are likely to spark disagreements. If your child will probably beg to wear "weekend shirts" on school days, think carefully about buying them.

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Build your child's respect for school by remaining involved



Family involvement not only teaches your child that school is important, but also helps him persevere and do his best. Research shows that when parents are involved in education, kids are more successful students. To build your child's respect for school:

- Attend school events. Make parent-teacher conferences a priority. Put learning-related activities on the calendar, such as book fairs, parent workshops and class performances. Treat them like appointments. This shows your child that school is important to your family.
- Be an advocate. Experts say when parents support kids' learning and speak up for them, kids do better in school and stay in school longer. They also have more confidence! It helps to set high expectations for your child, supervise homework time, promote healthy habits and get involved at school.
- Connect learning to life. Help your child see how what he's learning affects daily life.

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Building Character

Banish bullying by teaching your child to respect others

Bullying is a serious problem that deserves your attention, even if your child is not bullied or a bully. Research shows up to 30% of kids are bullied repeatedly, which means plenty of kids are at least observing bullying. Encourage your child to:

- Respect others. Teach respect through words and actions. Provide a warm home environment with good role models and effective discipline (not too strict or too lenient). Remember the importance of supervision, since bullying often occurs when adults aren't around.
- Recognize bullying. Bullying comes in many forms. It can be physical, verbal or written, such as in emails or text messages. It can also be silent, when a child is left out on purpose.
- React to bullying. If your child knows someone who is being bullied, he should inform you or a teacher about the situation.

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Discipline

Help your child understand the reasons behind your discipline



Middle school is a time of tremendous growth and change. It is also a time of questioning authority. Gone are the days, if they ever existed, when your child is likely to immediately do what you want.

You are still the most important person in your child's life and she wants to please you. But she also wants, and needs, a lot more say in what happens to her--or at least why it is happening.

Here are some pointers for helping your child accept and understand your discipline:

- Explain. Your child may not always realize that you impose a rule because you are concerned about her safety, for example. Share your thinking with your child. She still may not like the rule, but she will feel less frustration if she understands it.
- Work on the relationship. Talk with your child often--and not just about the ways she needs to improve. Express interest in what is going on in her life and also in her opinions. She's much more likely to listen and follow your directions when she knows you care about her as a person.
- Strive for fairness. Punishing your child just because you're angry is never a good idea. At this age, it backfires completely. Your child's focus will only be on what she thinks you did to her, not on what she should learn. So make sure consequences fit the infraction. If she fails to do her chores this afternoon, she has to stay in the next afternoon to do them.

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Reinforcing Learning

Teach your middle schooler how to set realistic academic goals



Students who are successful in school themselves. Here are tips for setting

know how to set academic goals for sound academic goals:

- Make them specific. Goals should state exactly what your child wants to do. Example: "In the next quarter, I will have at least an 80 percent average in all my classes."
- Make them measurable. Your child should be able to record progress toward his goals. Example: The goal of 80 percent in all classes is measurable. With this goal, your child can look at his average at different points in the quarter. Then he can compare his actual performance with his goal performance.
- Make them achievable. Example: "I'm going to be captain of the football team in my freshman year" may not be an achievable goal. Even if your child has the talent to achieve it, doing so depends on the decisions of many people other than himself. Your child should own his goals and be responsible for making them happen.

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Building Responsibility

Foster a sense of responsibility through consequences & choices



Your child won't morph into a responsible young adult overnight. It's a process, and it takes time. To nurture your child's sense of responsibility:

- Enforce consequences. Dole out penalties when your child breaks the rules. This will remind her that she is responsible for her actions. And when she messes up, she only has herself to blame.
- Give her chores. Chores are ideal for building responsibility in your child. Even better, completing them may make her feel capable.
- Have her manage money. Nothing hammers home the "be more responsible" message like empty pockets! Give your child chances to earn money and teach her how to manage those earnings.
- Let her make choices. If possible, allow your child to decide issues for herself. Obviously, you should offer guidance. But whenever it's reasonable--and safe--for her to make her own decisions, stand back and let her.

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Solving School Problems

Tutoring might be the answer to ongoing academic struggles

If your child struggles to make decent grades, he may need some one-on-one learning support outside of school. But with work, the house and the rest of the family to care for, you're spread too thin to give it to him. What's the solution? It may be time to look for a tutor.

To decide whether getting a tutor is the answer to your child's academic problems, ask yourself:

- Is homework time a nightly battle?
- Are my child's grades slipping more by the day?
- Is the entire family feeling the stress of his school troubles?

If the answer to these questions is yes, then hiring a pro may be worth a try--at least in the short-term.

To help your middle schooler get the most from tutoring sessions:

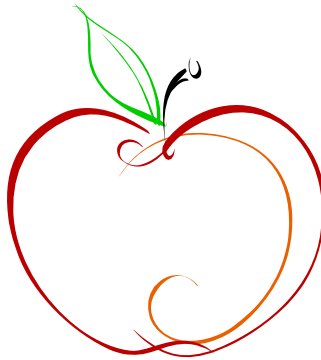
- Stand back. If the sessions take place in your home, don't try to "pitch in." Give the tutor space to do his job.
- Provide a distraction-free setting if the sessions take place in your home. Be sure there is a quiet, well-lit place to work.
- Set reachable goals. Don't expect your child to bring home straight A's right after he begins tutoring sessions. Instead, set smaller goals such as raising his math grade a few percentage points per month. Meeting these goals may be your best indicator as to whether the tutoring is working.

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We Love our Teachers!

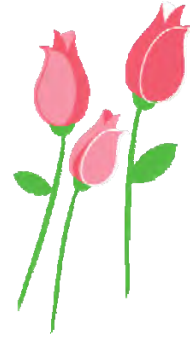


Teachers Touch Tomorrow

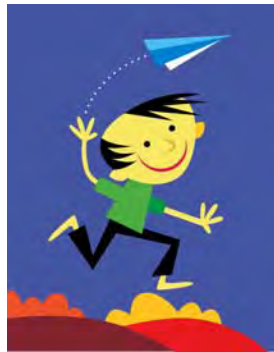
Love



MOTHER'S DAY



FATHER'S DAY



SCHOOL PICNIC