



A MESSAGE FROM THE PRINCIPAL

Teaching Respect

Fresh behavior and back talk can be so common these days that it is easy to just roll your eyes when your children call each other names or they throw a fit because it is time to turn off the T.V. But a child who's allowed to speak in a negative way to his/her family may come to believe it's okay to sass other people too, therefore it's vital that parents respond to the behavior immediately. Make it clear that no matter how annoyed your child may be, it's never acceptable for him/her to lash out at another person. Help your child express himself/herself by making more "I" statements instead of "You" statements. Instead of blaming others with comments like, "You are mean!", encourage your child to put his/her feelings into words such as, "I feel frustrated because..." Giving your child a positive ways to express emotions lets him/her know that while it's natural to feel angry or frustrated from time to time, that doesn't make it okay to insult others or behave poorly towards another.

~Ms. Littell☺

Special Areas Update - Music

In music class, first graders have recorded themselves performing songs about their classroom teachers. This project is a collaboration between library and music class. The first graders wrote poems about their teachers in library class. The students have learned the following music notes and rhythms: ta (quarter note), ti-ti (eighth notes) and rest (quarter rest). We then took the poems made in library and composed musical patterns out of them using the music notes that they already learned. We then recorded each class performing their songs with a different accompaniment background. Mrs. DiDomenico's song is sung to an accompaniment in the style of Elton John, Mrs. Boltz's song is sung to a Reggae accompaniment, Mrs. Gucciardo's song is sung to a Rock accompaniment and Mrs. Reinhardt's song is sung to a Motown accompaniment. The recordings will be played at our Curriculum Night on March 7th. The students are very proud of their compositions!

SCHOOL WEEKLY EVENTS & FIELD TRIPS

March 4 – PARP
 – 4-G – Planetarium
 – PTA Executive Committee Meeting – Conference Room

March 5 – PARP
 – Curriculum Celebration

March 6 – Ash Wednesday
 – 4-H/S – Planetarium
 – PTA Meeting – 9:30 a.m. – Cafeteria
 – Book Fair – 4:30 p.m. – 6:30 p.m. - Cafeteria

March 7 – PARP
 – Book Fair – 4:30 p.m. – 8:30 p.m. - Cafeteria
 – Pajama Night – 6:30 p.m. – 8:00 p.m.

March 8 – PARP
 – 1st Grade Spring Celebration - 11:15 a.m.-12:15 a.m.
 – 4-Sz – Planetarium

March 11-15 – In View Testing – Grades 2 & 3

March 13 – 4-Sz – Discovery Center

March 14 – 4-H/S – Discovery Center

March 15 – Elementary 2nd Marking Period Ends
 – 4-G – Discovery Center
 – Kindergarten – Chicken Soup with Rice
 9:30 a.m.-10:30 a.m. (all parents)-Café then classroom

March 18 – 4-P – Discovery Center
 – 4-Si – Planetarium

March 19 – 5 Co/Ca – Caleb Smith Park

March 20 – 5-L & 5-F - Caleb Smith Park

March 22 – 4-Si – Discovery Center

March 25 – Arts in Ed – Hip Pickles

March 26 – Multicultural Day

March 27 – 3-M, 3-D, 3-F – Planting Fields Arboretum
 – REM – Elementary Report Cards Available Online – 4:00 p.m.

March 28 – 3-I/H, 3-B – Planting Fields Arboretum

March 29 – Spirit Wear Day
 – Founder's Day – 6:30 p.m. – 11:00 p.m. – Jewel Restaurant

PTA MONTHLY NEWS

Thank you to everyone who came out to our February meeting. March is a busy month at Sunquam; any help you can give is appreciated. Family Fun Night is Friday 3/1. If you can help email Carrie Grochow cjgroch@gmail.com. Book Fair is Wednesday and Thursday 3/6 & 3/7. Help is needed, please email Wendy Sherman wendyelanasherman@gmail.com. Pajama night is 3/7 Please check our website sunquampta.org and FB page, Sunquam PTA for all current information.

THOUGHTS FOR PARENTS

1. *Being a model for them to follow* – if a parent exhibits kindness towards people who are different, the child will begin to see the world as an opportunity to learn from others.
2. *Start at the very beginning of your child's life* - When children are old enough to play and share, it is important to teach children how to take care of their toys. This is one aspect of teaching respect for property. Teaching children how to share is also a component of respect.
3. *Teach your children how to talk with everyone* - Asking how someone's day is going, complimenting a person on what they are wearing, or being concerned about something that person may be experiencing are all constructive techniques.
4. *Expose your child to different things* - Take your child to a cultural festival so he/she can see and experience different cultures and religions. Ethnic cuisine, unique customs, and different types of music and dance forms can be a way a child develops interest in and acceptance of people of different from them.
5. *Demonstrate respect* - Do something kind for a complete stranger. Make it a goal for you and your child to do something kind for someone at least once a month. Give your children choices and help them decide what they want to do.

WEB SITE OF THE WEEK

Website: Do Your Kids Respect You? 9 Ways to change their attitude
<https://www.empoweringparents.com/article/do-your-kids-respect-you-9-ways-to-change-their-attitude/>

QUOTE OF THE WEEK

“Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely.”
 — Roy T. Bennett,