



# KNIGHTLY NEWS

MAR. 8, 2023



- 10th:** Pizza Day
- 13-14th:** NO SCHOOL - Records Day
- 17th:** Hot Dog Day  
St. Patrick's Day
- 20th:** Mom's In Prayer
- 20-24th:** IOWA Testing
- 24th:** Awards Chapel  
Pizza Day
- 27th:** Popcorn Day

## LIGHTNING ROUND

- NO SCHOOL - Records Day, Mar. 13-14th
- Moms In Prayer Meeting
- Auction Spotlight: Evergreen Speedway!
- After-School PE Starts Next Week
- IOWA Testing Coming Up, Mar. 20-24th
- Recess/Watch D.O.G.S. Sign-ups
- Love and Logic: Free Online Event

THANK YOU to so many families for their early auction items! You're a rock star and we really appreciate it!



Start Your Engines! Today's spotlight item comes to us from our very own Evergreen Speedway!

It includes **8 (yes, 8!) tickets to any 2023 Night at the Races**. You will be fully decked-out for the evening with all the swag included! Toys, stickers, and even an umbrella just in case.

Thank you to Evergreen Speedway and the Marshall Family!



## AFTER-SCHOOL P.E. STARTS NEXT WEEK

The program will run from 3/13 until Spring Break. Although there is no school, Coach will be here for anyone registered who wants to attend. Here is the schedule:

<b>Mondays</b>	3:00-3:45	Kindergarten/1st Grade
<b>Tuesdays</b>	3:00-4:00	2nd/3rd Grade
<b>Wednesdays</b>	3:00-4:00	4th/5th
<b>Thursdays</b>	3:00-4:00	6th-8th Grade

Cost is \$20/student. If interested or have questions, please email Coach at [austin.vanbelle@monroechristian.org](mailto:austin.vanbelle@monroechristian.org) to sign up.



## TRACK SEASON STARTING SOON

The season 'runs' from the week after spring break until end of May. Track is available for 5th-8th Grade only, and the cost for the season is \$100. Email Coach for more info or to sign up.



Students in 1st through 8th grades will be taking the Iowa Tests the **week of March 20-24th**.

Here are some tips to get your children ready:



Help your child **start the day with words of encouragement** to do their best, show what they know, and that you believe in them.

**Encourage Them**



Children between the ages of 6 and 13 hours of sleep per **9-11 hours of sleep per night**; and ages of 14 and 17 function best with 8-10.

**Get Some Sleep**



First and foremost — don't skip breakfast. We know mornings can be hectic, but plan ahead and **make something to go!**

**Don't Skip Breakfast**



Too warm? Too cool? Dress in layers and make sure they know to **take off/put on a layer** if they're uncomfortable.

**Dress In Layers**



We tend to hold our breath if we feel anxious. **Deep breaths** can wake us up, relax us, or help us feel more balanced.

**Just Breathe**

## March Recess Calendar

Let's fill up the calendar! Recess duty is an easy way to earn double volunteer hours, and one of the **most important ways** we can help our teachers.

- Morning:** 10 - 10:40
- Lunch:** 12 - 12:40
- Afternoon:** 1:45 - 2:00



**SIGN UP HERE**

## Hallway Hero Sign Ups

Let's fill the calendar for the whole year!

**RSVP Here!**



Dear Parents:

**The First Rule of Love and Logic is that adults take good care of themselves** by setting limits without anger, lectures, threats, or repeated warnings. This sounds like a wonderful rule in theory, but very often we find it difficult to avoid anger and associated behaviors when we are confronted with the many frustrating surprises of being a parent.

Avoiding anger, lectures, and other ineffective parenting practices is no simple task in today's hectic world. Like many parents, you might find that your biggest challenge is keeping your cool when your kids are getting on your last nerve!

Why is it so important to remain as calm and collected as possible when we provide consequences for our children's misbehavior? A very important reason is that it allows us to deliver the consequences with empathy.

When parents allow their anger to build inside, they become too angry to think straight and then they respond with the unhealthy habits of lectures, threats, nagging and repeated warnings. Fortunately, the following mental hygiene practices can help us remain calm.

**Step #1: Create one calming self-statement.** Everyone needs a calming thought to carry with them as they navigate this not-so-calm world. Listed below are some examples:

- Anger makes it worse.
- Anger and frustration feed misbehavior.
- Frustration fuels the fire.
- Empathy instead of anger.
- My kids will someday select my nursing home.

**Step #2: Post your statement where you'll see it often.** The more often you see your statement, the more likely it will pop into your head when your kids are getting on your last nerve. It's great for them to see them it too!

**Step #3: Visualize yourself staying calm and using your statement.** Each night as you are falling asleep, imagine yourself in a tough parenting situation with your children, and handling it without breaking a sweat!

**Reserve your spot here for this FREE Event!**

Dr. Fay & Dr. Amen will discuss:

- the trouble with Automatic Negative Thoughts (ANTs)
- the 9 most common ANTs that make parenting harder
- how ANTs can affect kids too
- 3 simple steps to eliminate the ANTs
- how to teach younger kids about ANTs

## Learn how Mental Hygiene is Critical for Parents & Kids

FREE Online Event | March 16, 2023 10AM, 2PM, 5PM PST

Hosted by Daniel G. Amen, M.D. and Charles Fay, Ph.D.

LoveandLogic AmenUniversity

