





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

You're a rock star and we really appreciate it!

THANK YOU to so many families for their early auction items!



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

trust. pray.

all the swag included! Toys, stickers, and even an umbrella just in case. Thank you to Evergreen Speedway and the Marshall Family!





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:

AFTER-SCHOOL P.E. STARTS NEXT WEEK

Mondays 3:00-3:45 Kindergarten/1st Grade 2nd/3rd Grade 3:00-4:00 Tuesdays Wednesdays 3:00-4:00 4th/5th

3:00-4:00 6th-8th Grade Thursdays Cost is \$20/student. If interested or have questions, please email Coach at 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 lowa Tests the week of March 20-24th.

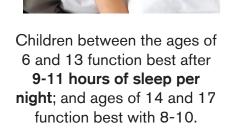
Here are some tips to get your children ready:



Encourage Them

ment to do their best, show

what they know, and that you believe in them.



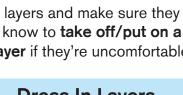
Get Some Sleep

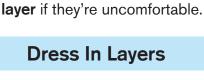
JUST BREATHE



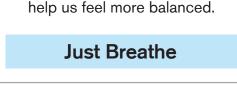
Don't Skip Breakfast







March Recess Calendar



can wake us up, relax us, or

Let's fill up the calendar! Recess duty is an easy way to earn double volunteer hours, and one of the most

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

important ways we can help our teachers.

Hallway Hero Sign Ups



SIGN UP HERE

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

Dear Parents:

Let's fill the calendar for the whole year!

RSVP Here!

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!

us to deliver the consequences with empathy.

world. Listed below are some examples:

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.

Anger makes it worse. Anger and frustration feed misbehavior. Frustration fuels the fire. Empathy instead of anger.

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.

Step #2: Post your statement where you'll see it often.

My kids will someday select my nursing home.

Reserve your spot here for this FREE Event!

Each night as you are falling asleep, imagine yourself in a tough parenting situation

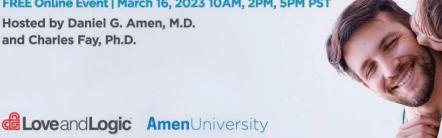
Dr. Fay & Dr. Amen will discuss: the trouble with Automatic Negative Thoughts (ANTs)

the 9 most common ANTs that make parenting harder how ANTs can affect kids too 3 simple steps to eliminate the ANTs

and Charles Fay, Ph.D.

- 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.





CARE

Love and Logic

