

# St. Mary Academy Newsletter

January 2010  
Volume 4, Issue 4

## Principal's News

Mrs. Bobi White, Principal



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Attachment:

### Upcoming Events

- ◆ Calendar fund raiser starts (1/4)
- ◆ Geography Bee (1/8)
- ◆ Spelling Bee (1/22)
- ◆ Spaghetti Supper (1/29)
- ◆ Open House (1/31)

Happy 2010!  
Welcome back. I hope you had a very special Christmas - full of family, friends and warm memories. Now we are off and running on the next trimester which promises to be full of activities and new challenges.

New Year's tends to be the time of new resolutions or promises to make positive changes in our lives. Experts tell us that to make good resolutions there are five components. (American Academy of Pediatrics, 12/08)

- Step 1 - Be realistic by setting achievable goals. Winning the lottery, for example, is out of your grasp.
- Step 2 - Describe your resolutions in specific terms. Instead of "I don't want to be lazy," opt for "I want to exercise regularly" or "I will cut down on my television watching."
- Step 3 - Break down large goals into smaller ones. For instance, commit to losing weight by resolving to join a gym and improve your eating habits.
- Step 4 - Find alternatives to a behavior that you want to change, and make this part of your resolution plan. So you want to quit biting your nails but you did so to relax yourself? What other forms of relaxation are available to you?
- Step 5 - Above all, aim for things that are truly important to you, not what you think you ought to do or what others expect.

### *20 Healthy Resolutions for Children* Preschoolers

- I will clean up my toys.
- I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating.
- I won't tease dogs - even friendly ones. I will avoid being bitten by keeping my fingers and face away

from their mouths.

### Kids, 5- to 12-years-old

- I will drink milk and water, and limit soda and fruit drinks.
- I will apply sunscreen before I go outdoors. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when bicycling.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I'll be nice to other kids. I'll be friendly to kids who need friends - like someone who is shy or new to my school.
- I'll never give out personal information such as my name, home address, school name or telephone number on the Internet. Also, I'll never send a picture of myself to someone I chat with on the computer without my parent's permission.

### Kids, 13-years-old and up

- I will eat at least one fruit and one vegetable every day, and I will limit the amount of soda I drink.
- I will take care of my body through physical activity and nutrition.
- I will choose non-violent television shows and video games, and I will spend only one to two hours each day - at the most - on these activities.
- I will help out in my community - through volunteering, working

## *Principal's Letter (cont'd)*

with community groups or by joining a group that helps people in need.

- I will wipe negative "self talk" (i.e. "I can't do it" or "I'm so dumb") out of my vocabulary.
- When I feel angry or stressed out, I will take a break and find constructive ways to deal with the stress, such as exercising, reading, writing in a journal or discussing my problem with a parent or friend.
- When faced with a difficult decision, I will talk with an adult about my choices.
- I will be careful about whom I choose to date, and always treat the other person with respect and without coercion or violence.
- I will resist peer pressure to try drugs and alcohol.
- When I notice my friends are struggling or engaging in risky behaviors, I will talk with a trusted adult and attempt to find a way that I can help them.

### **January Events**

The highlight of January is, of course, Catholic Schools Week, which begins on Sunday, Jan. 31.

We will be hosting an Open House that afternoon for prospective families, alumni, friends and anyone else who would like to know more about our school. Please spread the word to anyone you know who might be interested in coming. It will be held from 2-3:30 p.m.

There are many other events scheduled for that week including our Catholic School Week Mass, Talent Show, Open House, Virtual Zoo, Ice Cream Social, and Spirit Day. A full schedule of events will be sent home later in the month.

This month we begin accepting applications for the 2010-2011 school year. Don't forget that if you refer a new student in Grades 1-8 and they enroll you will receive a \$250 tuition rebate. Help us spread the good news and reduce your tuition at the same time.

Jan. 8 - Geography Bee

Jan. 13 - Early Release Day

Jan. 14 - Father Jason will be meeting with Grades 3-8 to talk about vocations.

Jan. 22 - Spelling Bee

Jan. 28 - Concert -Amare Cantare

Please check the calendar for more events and specifics.

## *Mission of the Month – Mrs. Kuder*

St. Charles Children's Home is an intermediate group home for children from families in crisis and is a program of New Hampshire Catholic Charities. NHCC is the largest private social service

agency in the State. Founded in 1945, the agency has grown to provide people with a wide range of services regardless of faith, age, gender or race.

**January  
Mission  
Collection**  
St. Charles  
Children's Home  
Jan. 14-15

## *Office News – Mr. Hall, Mrs. Allyson, Mrs. Kuder*

### **Pennies! Pennies! Pennies!**

I have not collected from the classrooms recently, but I have two updates for you.

First, the following students brought in \$10 or more: Caitlin Bryan (4G), \$13, and Kaitlyn Ford (1C), \$10.



Second, by popular request, you may contribute to the penny contest via larger coin denominations, paper denominations, checks and credit cards. This eliminates the scouring of your homes for all those

pennies. It also prevents someone from purchasing rolls and rolls of pennies which I then have to lug to the bank! So let the bidding wars begin!

Remember, every penny (and dollar) helps St. Mary Academy meet its budget costs. Thank you for your efforts!

### **Dress Down Day**

Dress down day for the month of January is scheduled for Friday, Jan. 15. Bring in \$1 and dress down.

## Office News (cont'd)

### Virtue of the Month

Congratulations to the following students for reflecting the virtue of December: peace. Peace is proving that you care more about others than winning an argument.

Samantha Printy (8G)	Malina Stacy (7F)
Breanna Rose Alley (7F)	Erin Nash (5B)
Abigail Steinhauer (5B)	Quinlan Rich (3B)
Kyler Pilewski (6D)	Kim Mills (8G)
Maria Gaughan (3L)	Ian Wilson (6G)

### Concert

On January 28, members of the chamber chorus Amare Cantare will be performing for students here at St. Mary Academy. "Amare Cantare" means "to love to sing" in Italian, a phrase that describes these singers perfectly! The program will showcase music that is accessible and appealing to young people, exposing them to great choral music in a child-friendly setting. Their music is unaccompanied, with the exception of

recorders on one piece and some intriguing percussion instruments, like deer antlers and rocks! Featuring music in a variety of styles from different countries and time periods, this mini-concert has something for everybody.

### Photos

The yearbook team is looking for any photos you might have of SMA events such as sports, concerts or grade-specific happenings. If you have some photos you would like to share, please contact Brenda Foster at [foster@saintmaryacademy.org](mailto:foster@saintmaryacademy.org)

### Calendar Sales

Fundraising calendars have been sent home to all families that still have fundraising obligations. If you did not receive calendars but would like some, please contact the office.

## Development News— Mrs. Puglisi

### January Calendar

*Public Open House - Sunday, Jan. 31*

### Saint Mary Academy Option through United Way

Check with your employer to see if you can donate through United Way's workplace campaign which provides employees with a convenient way to give back to our community via payroll deduction. Please consider St. Mary Academy as your charity of choice. If you have questions about asking your employer if they participate in United Way or about how donations are used, please contact Meaghan Puglisi at 742-3299 or [puglisi@saintmaryacademy.org](mailto:puglisi@saintmaryacademy.org). The gift of a Catholic education is a worthwhile investment.

### Submitting Photos

If you have photos you would like submitted on behalf of St. Mary Academy for inclusion in local media, please email them to

Meaghan Puglisi. Please provide a description of what is in the photo and the names of the students or families represented. Before photos are submitted to the press we need to verify if the students have parental permission to be photographed and that content is consistent with our current marketing efforts. To submit photos or questions, please email Meaghan Puglisi at [puglisi@saintmaryacademy.org](mailto:puglisi@saintmaryacademy.org) or call 742-3299. Thank you for your help!

### Upcoming Volunteer Opportunities for 2010

Both the Ice Cream Social and Volunteer Steering Committee offer fun opportunities to help SMA.

- **Ice Cream Social** (one time event) needs food donations, help with serving, set up, and clean up for this fun (and yummy) event that takes place on Tuesday, Feb. 2, during Catholic Schools Week. Help support our Catholic school by volunteering!
- Join the **Volunteer Steering Committee** and

## *Development News (cont'd)*

fulfill your volunteer hours with other parents by meeting once every other month for one hour in the evening at SMA. It's a FUN way to assist with other events by being certain enough volunteers are on board, etc., through telephone and online/email correspondence. Great for working parents!

For more information about these opportunities and others, please contact SMA volunteer coordinator, Jen Cove, at 603-498-6442 or [shoreline@maine.rr.com](mailto:shoreline@maine.rr.com) or Meaghan Puglisi at [puglisi@saintmaryacademy.org](mailto:puglisi@saintmaryacademy.org)

### **Tuition-free Raffle Tickets On Sale Now**

Tickets are \$25 each or 2 for \$40 and are

on-sale now through March 20. Winner's name will be drawn at the auction which is set for Saturday, March 20, 2010. Tickets can be purchased at the main office or by contacting Shelley MacGregor, raffle chair at [shelleymacgregor@comcast.net](mailto:shelleymacgregor@comcast.net).

### **Box Tops - Helps Us Earn Money through this Wonderful Program**

Remember to clip your box tops and visit the web site at [www.btf.com](http://www.btf.com) for additional opportunities to raise money for Saint Mary Academy with your current purchases or items you already buy. For more information about this program, please contact Cathy Cilley at [cilley13@comcast.net](mailto:cilley13@comcast.net).

## *Grade 3 News –Mrs. Bilodeau and Mrs. Leonard*

Welcome back to school!!! The first report cards have come and gone and the children are eagerly looking forward to the New Year and all the excitement that comes with it. More studies, more to learn and perhaps a Directions Day here or there! We are leaving the solar system behind and we will be concentrating on rocks, minerals, and dinosaurs in science in the coming weeks.

Deacon Bob has been in to talk to the children about the different parts of the Mass. We have learned the *Gloria* and the *Penitential Rite* and we have been reciting the *Nicene Creed* every morning. We are

looking forward to the Mass on Monday, Feb. 1, to kick off Catholic Education Week.

Our "Reading Bulletin Board" continues to grow and the children are seeing their stickers on the board and they have received their Pizza Hut **Book It!** slips. Our next book report - which is due during Catholic Education Week - will be a diorama and a written report. We invite all second graders to come into third grade to see what we have been up to!

We would like to take this opportunity to wish you all a happy and healthy 2010.

## *Grade 5 News– Mrs. Boal and Mrs. George*

December was a short but busy month for our students. Report cards were distributed, and Christmas and winter break are a memory. We did a lot of reflecting on the Advent and Christmas seasons during the month.

Congratulations to fifth graders Olivia Bisset, Elise Girard, and Isabelle Fradillada for placing in the Foster's Holiday Writing Contest. Their stories were published in the newspaper on Dec. 17. Their stories were

creative and exemplified the holiday spirit.

In January, fifth grade will study weather. This is the perfect month to see lots of examples of storms and clouds in New Hampshire. Let's hope that we don't have any ice storms to study!

The Grade 5-6 ski trip is scheduled for Jan. 28 at Gunstock. The snow date is Jan. 29. Paperwork will be sent home in early January. If you have any questions, please contact Mary McKernan.

## *Grade 6 News— Mr. Duffy and Mrs. Gould*

December was quite an active month for the sixth graders, but also lots of fun! The "Christmas around the World" projects were awesome! It is always a wonderful afternoon. Hope everyone who came learned something new - and had a chance to sample some great food!

Our Christmas stockings arrived in Afghanistan and made many U.S. Marines happy. Mrs. Allyson reports her grandson and his unit were thrilled. Pictures of them

with the stockings are hanging in our classrooms. We really appreciate all the help and donations we received for this worthwhile project.

The Grade 5-6 ski trip is scheduled for Jan. 28 at Gunstock. The snow date is Jan. 29. Paperwork will be sent home in early January. If you have any questions, please contact Mary McKernan.

Happy 2010 to everyone!

## *Junior High News – Mrs. Furino, Mrs. Houle, Ms. Gitschier and Mrs. Roberts*

### **Eighth Graders Raising Money for Class Trip to Boston**

Create your own 5" x 7" or 4" x 6" photo cards for graduations, birthdays, party invitations, Easter, everyday cards or special events.

A portion of all proceeds from your order will go to the class. Pass this info along to your friends and family, too! Start now at [www.saintmaryacademyphotocards.com](http://www.saintmaryacademyphotocards.com). Remember it takes two weeks for delivery.

### **Raffle Winners**

The following people are winners for the 8<sup>th</sup> grade raffle:

- Pre-lit Christmas tree: June

- Lindt Chocolate: John Moulton
- Scratch ticket wreath: Rosemary Reese
- Hockey stick, shirts and pucks: Patty Milano
- Portable DVD player with videos: Chris Foster
- Basket of books: Kyler Pilewski

Thanks to all who supported this raffle.

### **Grade 7-8 Ski Trip**

The Grade 7-8 ski trip is scheduled for Feb. 4 at Attitash Bear Peak. The snow date is March 2. Paperwork will be sent home in early January. If you have any questions, please contact Mary McKernan.

## *Spanish News – Senora Dromey Heeter*

Last month, students celebrated the Feast of the Virgin of Guadalupe with a trip to Dos Amigos, prayer services and learning the traditional Mexican song of *Las Mananitas*. I am genuinely proud of my

students as they travel down Central Ave. representing St. Mary Academy. While not perfect, they certainly get better with time.

Gracias, Padres.

## *Library News – Mrs. Zelle*

Thank you to all who came and shopped at the Scholastic Book Fair last month. It's a fun way to raise money for our library and put books into the hands of our students. I'm grateful to all of the help I received in planning and working the fair. The following women made my life easier and provided lots of laughs: Cindy Mazzone, Diane Shelgren, Lisa Stacy, Beth Evans, and Cheryl Saylor. Thanks also to my set-up crew: Lisa and Malina Stacy, Breanna Alley, Kim Mills, and Samantha Printy. Many thanks also to my husband and sons for helping with the clean-up.

The fifth and sixth graders finished their internet research projects and created time lines with their data. They

learned about using appropriate websites, scanning through information, and taking notes. Students were asked to research the month and day of their birth. It was fun to see what historical events happened on each student's big day. Come see their hard work on display during Catholic Schools Week (Feb 1-5).

The fourth graders have been researching their animals for the Virtual Zoo project. We worked on avoiding plagiarism by taking short notes from the encyclopedia. This is their first "big" research project and they are so eager to show off their hard work and all that they learned. Come meet our wild animals at the "Zoo" on Feb. 4 in the gym.

## *Nursing News— Mrs. Bender, R.N.*

I hope you all had a healthy and joyful Christmas. Winter is upon us now. I have included tips from the Center for Disease Control's *Be Prepared: Staying Safe and Healthy in Winter Weather*. Another good site for information is Dartmouth Hitchcock Medical Center's Injury Prevention Center.

We are still reporting absences to the state so they can monitor outbreaks of influenza-like illnesses. Please continue to let us know the reason for your child's absence. No names are turned into the state, only numbers. By now I hope most of you have had your child immunized for the seasonal flu as well as the H1N1. We are still being very diligent at school and are on top of the latest information from the state and the government.

Winter storms and cold temperatures can be hazardous, but if you plan ahead you can stay safe and healthy. Prepare your home and cars, keep emergency kits stocked, be ready for power outages, wear appropriate clothing and check on children, the elderly and pets.

Although winter comes as no surprise,

many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall.

Many people prefer to remain indoors in the winter, but staying inside is no guarantee of safety. Take these steps to keep your home safe and warm during the winter months:

- Winterize your home.
  - Install weather stripping, insulation, and storm windows.
  - Insulate water lines that run along exterior walls.
  - Clean out gutters and repair roof leaks.
- Check your heating systems.
  - Make sure that your heating system is clean, working properly, and ventilated to the outside.
  - Inspect and clean fireplaces and chimneys.
  - Install a smoke detector. Test batteries monthly.
  - Have a safe alternate heating source and alternate fuels available.

## *Nursing News (cont'd)*

- Prevent carbon monoxide (CO) emergencies.
    - Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas.
    - Learn symptoms of CO poisoning: headaches, nausea, and disorientation.
    - Keep grills and generators out of the house and garage. Position generators at least 25 feet from the house.
    - Be prepared for weather-related emergencies, including power outages.
  - Stock food that needs no cooking or refrigeration and water stored in clean containers.
  - Keep an up-to-date emergency kit, including:
    - battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps;
    - extra batteries;
    - first-aid kit and extra medicine;
    - baby items; and
    - cat litter or sand for icy walkways.
  - Many people spend time outdoors in the winter working, traveling, or enjoying winter sports. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:
    - Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
    - Sprinkle cat litter or sand on icy patches.
    - Learn safety precautions to follow when outdoors.
    - Be aware of the wind chill factor.
    - Work slowly when doing outside chores.
    - Take a buddy and an emergency kit when you are participating in outdoor recreation.
    - Avoid traveling when the weather service has issued advisories.
    - If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
  - Carry a cell phone.
  - Prepare your car for winter.
  - Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires
  - Keep gas tank full to avoid ice in the tank and fuel lines.
  - Use a wintertime formula in your windshield washer.
  - Keep a winter emergency kit in your car in case you become stranded. Include
    - blankets;
    - food and water;
    - booster cables, flares, tire pump, and a bag of sand or cat litter (for traction);
    - compass and maps;
    - flashlight, battery-powered radio, and extra batteries;
    - first-aid kit; and
    - plastic bags (for sanitation).
  - Learn safety rules to follow in case you become stranded in your car.
    - Stay with your car unless safety is no more than 100 yards away, but continue to move arms and legs.
    - Stay visible by putting bright cloth on the antenna, turning on the inside overhead light (when engine is running), and raising the hood when snow stops falling.
    - Run the engine and heater only 10 minutes every hour.
    - Keep a downwind window open.
    - Make sure the tailpipe is not blocked.
- Above all, be prepared to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink.
- No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.
- May God bless you and your family.

## *Guidance Guide – Mrs. Schwoerer*

### Discipline: Teaching School Age Children Social Skills

Discipline is teaching children to be safe, to keep others safe, and to get along with others. Discipline also means teaching children to do what's appropriate even when no adults are watching. It takes patience for parents to discipline children with love and concern.

Listed below are effective discipline techniques. They will help you and your children get along better and live with less stress.

### **Understanding misbehavior**

Stop before you act. When your child does something you don't like, instead of yelling at or punishing him, ask yourself, "Why is my child behaving this way? What reasons may be behind his actions?"

- Does my child know the rule? For example, does she know not to eat when she's on the computer?
- Did she forget? Sometimes a child needs a gentle reminder. Say, "Remember, Allie, sit at the table when you eat."
- Is my child involved in an activity? Did he hear me talking to him? For example, is he reading a book or playing a video game?
- Is my child old enough to follow the rule? For example, do I expect too much when I ask my child to watch her little sister?
- Is my child having a bad day? Does he feel sad or is he getting sick? Did he get bullied at school today?
- Did the teacher get angry with him?
- Is my child trying to get my attention? Does he want to know how I will react? Children may test to see if a parent will stick to a rule. For example, will complaining get a child a later bed time?
- Is my child copying behavior? Did she see me or another adult or child do the same thing?
- Is he showing his independence?
- Does she feel badly about herself?
- Is he protecting himself because someone is trying to hurt him either emotionally or

physically?

- Has my child learned from her behavior? Do I need to do or say anything or has she learned from the outcome of the misbehavior or mistake?

Keeping these reasons in mind may help you meet your children's needs. Still, many parents try to plan ahead to prevent their children from misbehaving. Here are some suggestions for preventing certain behavior from happening in the first place.

### **Preventing Misbehavior**

*Provide love and affection.* Increase the number of hugs you give your children. Tell them you love them.

Spend time with your children so they know they are loved. Children who know they are loved don't have to misbehave to get their parents' attention. Their parents pay attention to them every day by talking and interacting with them. Children who receive love and affection from their parents are likely to identify with their parents and to obey them.

*Encourage good behavior.* Children need to feel important. Helping parents with family tasks makes children feel competent and valued. Thank your children for helping you and let them know *how* they have contributed to the family.

*Arrange the environment.* School-age children are learning to do more and more for themselves. For example, they may like to get their own snacks after school. Set up your kitchen to avoid accidents and spills. Place plastic cups and plates in low cupboards. Buy small containers of juice that are easy for children to pour. Or pour some juice into a small pitcher. You can also prevent your kids from munching on junk food after school. Stock your kitchen with healthy snacks and don't buy cookies or soda.

*Provide positive choices.* Replace one activity or material with another. For example, you may tell your child, "You can't

## *Guidance Guide (cont'd)*

play at Kristen's house when no adults are home, but you may invite her to play here." Or, "You've been watching television for over an hour. You'll need to turn it off when this show is over. Then you could go for a ride on your bike or play a board game with me. Which would you like to do?"

Whenever possible, keep routines consistent. Children gain a sense of security and trust through daily routines. They can be upset by sudden changes. Warn children about changes that are coming. Let them know what to expect. If you cancel a trip to Aunt Ellen's house, explain why. Ask your children to suggest other days for the trip. Let them call their aunt to set up a new date.

Set realistic rules of behavior. This involves setting rules that match children's physical development (hand-eye coordination, strength), mental skills (attention span, memory), and social skills (ability to share, ability to understand the feelings of others). The expectations and rules you set for younger children will differ from those you set for school-age children. For example, young children haven't developed the strength, coordination, or skills needed to help with certain household chores. They don't have the physical skills to carry heavy dishes or to mow the lawn. They also have trouble remembering complicated directions. School-age children are able to carry out many meaningful tasks. They can remember the steps in setting the dinner table or caring for the family dog. Helping out at home gives school-age children a sense of belonging, mastery and confidence.

Examine the need for a rule. Rules exist for three reasons: to protect children, adults, and animals; to protect belongings; and to help children learn to get along with others. Children have difficulty remembering a lot of rules. For each rule you set, ask yourself, "Why is this rule needed?" Have few rules but consistently enforce them.

Explain the reason for a rule. Children are more likely to follow a rule when they understand why the rule exists. Be sure to tell them the reason for a rule.

Understanding the reason for a rule also helps children to remember to act correctly when an adult isn't present.

Involve school age children in setting limits. Children also are more likely to remember and follow rules if they help to set them and if you explain what will happen when they don't follow the rules. Ask them for suggestions. Encourage your children to come up with rules both you and they can live with. Write them down where all members of the family can see the rules. Review the rules every few weeks to make sure they are still needed. Rules will change as children grow older and situations change.

Consistently enforce rules. Be firm and consistent with the rules. When children know that you won't give in, they are less likely to test the rules. Be sure to change rules that are not working or your children have outgrown.

Model the behavior you like. Children are quick to imitate or act like adults. Show your children the behavior you like. Be polite to children - use please and thank you. Share with children. Show them how to express their feelings with words. Children who see parents express anger through aggression or harsh words will express their own anger in these ways. On the other hand, parents who use words and positive actions to calm down will see their children do the same.

Focus on do's, not don'ts. Children told only "don't" ("Don't throw your school bag on the floor.") have difficulty learning what they *should* be doing. One act of misbehavior may be replaced by another (leaving the bag on the kitchen table). Instead, tell children what they can do. "Hang up your bag on the hook in the hall closet, please." It may take children a long time to learn a rule. Be prepared to remind children many times and let them know how pleased you are when they learn a new rule.

## *Guidance Guide (cont'd)*

### **Responding to misbehavior**

Everyone makes mistakes. When children misbehave, they need guidance. Remember the reasons for misbehavior. Then, try some of these ideas.

*Ignore misbehavior.* Sometimes children will act out to get attention or to shock you. Ignoring behavior that is annoying but not harmful is a good plan.

*Teach your children how to handle their anger.* As children move into the school age years, they become more and more interested in spending time with other children. They are learning how to cooperate and interact with others. But, during the first half of this stage (between about 5 and 8 years of age) children still have difficulty understanding another person's point of view. Working out conflicts can be a challenge.

Encourage them to use words to work out problems; to express feelings and think of solutions. They will need your help and reminding. Help children think of ways to let off steam when they're angry. They may go for a bike ride, walk away, go to a quiet place or talk to you.

*Respond to the misbehavior, not the child.* Try to focus on the behavior, not the child. Say, "I'm angry the food is all over the floor. What can we do about this problem?" rather than, "You're so clumsy! When will you learn to be more careful?"

*Redirect children.* When children are misbehaving, try directing them to a similar but acceptable behavior. "You can't buy that video game. It's too violent. But you can get another one that has a lot of action, but no violence. Do you want to pick one out and show me, or should we ask the sales clerk to help us find one?"

*Use a discipline technique that relates to the misbehavior.* Sometimes consequences occur naturally, and children learn from them without the parent's involvement. For example, a child who doesn't do his homework may

feel embarrassed when called on by the teacher in class. Other times, adults can use logical consequences. The same child who did not do his homework may be asked to stay in from recess or miss an after school activity to make up the assignment.

### **Hitting Children**

Most parents don't like to hit, spank, slap, punch, kick, or scream or yell at their children. They often feel like failures when they do so. But, sometimes parents use physical and/or emotional punishment to cope with their own anger and frustrations. Yelling at or spanking a child may stop a behavior for the moment, but it won't stop the child from doing the same thing later on. He or she hasn't been taught what to do instead. When children are hit, they are overwhelmed by feelings of pain, anger, humiliation, and resentment. Younger school-age children may not remember why they're being punished. Physical punishment may lead to increased aggressive behavior. Adults who received physical punishment as children have more problems than adults who weren't hit. These problems include aggression, depression and anxiety. Most parents don't want their children to learn the lessons of hitting. Hitting tells children that people who love you are likely to hurt you. It also teaches that it's OK to hit people smaller than you. Most parents who spank their children don't go to the extreme of physically abusing them. However, research shows that most physical abuse of children begins as ordinary physical punishment. Parents lose control and children are badly hurt. Remember that discipline is about teaching. Hitting and other physical and emotional punishment does not teach children what they can do. When you feel angry and frustrated with your child's behavior, take some time to calm down.

- Take deep breaths.
- Go to a private place, like your bedroom, for a few minutes.
- Splash water on your face.

## *Guidance Guide (cont'd)*

- If there's another adult at home, go outside for a few minutes or take a quick walk.
  - Call the New Hampshire Parent Line at 1-800-640-6486, press "0" for the operator and ask to talk to a parent link counselor. Someone is there to listen and to give you ideas for making parenting easier. When you're calm, think about:
    - Why your child is misbehaving
    - How you can prevent this from happening again, and
    - How you can respond to teach your child a positive lesson.
- Sources:**  
Responsive Discipline: Effective Tools

for Parents. Kansas State University Cooperative Extension Service, 1993.  
 Growing into Middle Childhood - Five to Eight-year-olds. Iowa State University Cooperative Extension Service.  
 Growing out of Middle Childhood - Nine to Twelve-year-olds. Iowa State University Cooperative Extension Service.  
 Bailey, B. (2000). Easy to love, difficult to discipline. New York: William Morrow & Company, Inc.  
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## *Student Council – Señora Dromey Heeter, Mrs. Finnigan, Mrs. Zelle*

Kudos to all who helped with December's candy cane sales and especially to President Katie Foster for running the event and Lillian Friars, Erin Nash, Henry Cronin, and Austin Berchulski for making extra candy canes. Bravo!  
 Watch for Student Council members at

the Spaghetti Supper! They always show up and support SMA with all they do. Bravo!

And special thanks to everyone for your recycling efforts. You are the "greening" of SMA.

## *Community News*

### **Protecting God's Children Workshop**

When: Tues., Jan. 12, 2010, 6:30pm - 8:30pm

Where: Sacred Heart School gym, 289 Lafayette Rd., Hampton, NH

Description: To register, please contact Mary Valencia at [mvalencia@shshampton.org](mailto:mvalencia@shshampton.org).