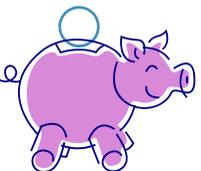


Marsh School:
where purposeful play
propels our

May 2018

Play the *REAL* Way!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>What are your highest hopes for your child as he or she grows up? Most parents, when asked, say that they hope their kids will become strong, caring adults who are able to have happy and productive lives. Researchers have found three "protective factors" that make all the difference: <i>initiative, attachment and self-control</i>, and they are easy to reinforce every day. We offer a few suggestions in this month's calendar, beginning with exploring the terms.</p>			<p>2 EARLY RELEASE: students will be released at 12:00</p>	<p>3 Initiative: the energy and desire to take action ("just do it") grows as kids learn to invite others to play, suggest a game, put their toys away after play, and solve problems on their own.</p>	<p>4 Attachment: the ability to maintain a caring and trusting relationship with at least one person grows as adults keep their promises, show affection and listen compassionately.</p>	<p>5 Self-control: the ability to control impulses in order to stay at a task, respect others or maintain safety grows as kids learn to share, listen and follow through on plans and promises.</p>
<p>6 Family rituals create bonds of security in your children.</p>	<p>7 Instead of asking your child if she had any problems today, ask, "What did you do in PE? Did anyone read to you today? Who was your partner? Did you play a game at recess? Who is fun to play with at school?"</p>	<p>8 Play games together! Games build all three protective factors as we solve problems, take turns and respect the rules!</p>	<p>9 </p>	<p>10 Use our school language at home! CAPABLE reinforces initiative, CARING reinforces attachment and COMMUNITY emphasizes self-control (working together).</p>	<p>11 Make paper airplanes and create targets using towels. See who can land their plane on the towel!</p>	<p>12 LIMITS help children. Limit video game and TV time to a few hours on weekends only. The free time will develop initiative as kids discover the fun of active and imaginative play. It helps to help kids prepare by saying "five more minutes...two...one..."</p>
<p>13 </p>	<p>14 Marsh Improvement Team Meeting 11:15 Marsh Conference Room</p>	<p>15 CAPABLE kids can have a regular, age-appropriate job at home. Young children are supported when adults help them and compliment their success.</p>	<p>16 Kindergarten visit to FIRST GRADE!</p>	<p>17 When your child complains about a problem with another child say, "that was <i>frustrating!</i> What did you do?" Offer suggestions without solving it for her.</p>	<p>18 Teach your child to save money for spending later and you'll be helping him develop self control.</p>	<p>19 </p>
<p>20 Things that help us think better: *exercise *water *protein</p>	<p>21 EARLY RELEASE: details to be announced Preschool field trip: both classes go together in the morning.</p>	<p>22 Kids need our time MUCH more than new clothes, toys or electronic gadgets. Talk and read together every day and their happiness will shine.</p>	<p>24 Last day of school for preschool students. Normal Schedule!</p>	<p>24 Kindergarten Field Trip to Pueblo! </p>	<p>25 Last Day of School for Kindergarten!</p>	<p>26 Encourage your kids to play outside. It reduces stress and raises the brain chemicals that make them happy.</p>
<p>27 Normalize mistakes by laughing at yourself when you make them. Let your child see you learn from yours without taking yourself too seriously.</p>	<p>28 Help your child to see his problems as temporary rather than permanent and he will become a resilient person.</p>	<p>29 Rather than allow your bashful child to say "I'm shy," cast the trait in temporary terms: "Sometimes it's hard to think of what to say." Practice what to do.</p>	<p>30 Practice social skills at home. Role play how to ask a friend to join in a game and how to walk away from peer pressure.</p>	<p>31 </p>	<p>What do you admire most in a friend? Honesty? Thoughtfulness? Compassion? Humor? These virtues help prevent depression. Compliment your child when you see these traits and they will grow.</p>	