

# News from the Title 1 Parent Program Robert Benjamin Wiley Community Charter School

April 2017

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## **School Activities/Initiatives:**

**PSSA Testing:** PSSA Testing is in April for (Grades 3-8) Are you prepared? Here are some useful tips to help get you prepared.

- Going to bed early/on time allows the brain to rejuvenate which helps it to function more efficiently.
- Eating a good breakfast gives you the energy to make it through the morning.
- Getting to school on time helps you get ready for testing, you will not feel rushed and this can help with the feeling of nervousness.
- Read and re-read: Read directions carefully and re-read your answers to ensure you haven't made any mistakes.
- Pace yourself, don't rush, and be sure you understand what is being asked. Think clearly about the answer you're giving.
- Focus and use your time wisely. Go back over the questions and make sure you have answered them correctly if you finish testing early.



## **Parent Sponsored Activities:**

- Monthly Parent meetings will take place on the 3rd Thursday of every month.
  - T-Shirt sales are on-going. Order yours today!
  - Book Fair ran from March 17-24th and was very successful. Thank You to the parents for allowing your children to shop with us.
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## Important Dates to Remember:

### April Dates:

April 4-7 and 24-27	PSSA: ELA and Math PSSA Testing for Grades 3-8
April 10-17	No School: Spring Break
April 18	School Resumes

### May Dates:

May 2-3	PSSA: Science PSSA Testing for Grades 4 and 8
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### Parent Meeting Minute Highlights:

Teresa's Fundraiser went well, 216 sub coupons were sold totaling \$918. The Parent Group profited \$1 from each coupon sold, totaling \$216.

T-Shirt Fundraiser is on going, orders yours today!

Waldameer Picnic will be on June 3, 2017 at Eastern Grove II

Park hours are from 12:00PM-10:00PM

Water World hours 12:00PM-6:00PM



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Re-Cap from Parent Workshop (February)

Mr. Joe Cintron, Executive Director of The Department of Human Services, Erie County Assistance Office, was present to discuss the number of services that they provide. Services include:

- Cash Assistance
- Employment and Training Programs
- CRISIS Programs
- LIHEAP– Low Income Home Energy Assistance Program
- SNAP– Supplemental Nutritional Assistance Program
- Medical Assistance Programs

## Topic of the Month: Helping Children Deal with Mistakes.

Everyone makes mistakes every day. Sometimes people catch you at it and sometimes they don't, but it's how you deal with those goofs that is important. Children who are mortified whenever they make a boo-boo whether on a school assignment or socially, develop poor self-images that can haunt them through life. Here are a number of ways you can help your child deal with mistakes and criticism.



**Criticize the Action , Not the Person:** This may be a big switch from what many of us as parents were used to as children, but you can help your children's self-esteem by directing your anger at what they did rather than them. Saying "Breaking that glass and not telling anyone about it was wrong".

**"I," not "You":** The best way to make criticism more palatable is to rephrase it to reflect how the situation makes you feel, instead of casting blame on the child.

**"You" Example:** "You've got to stop making all of these sloppy mistakes. You'll never get good grades if you don't shape up."

**Instead try:** "I get very frustrated when I see sloppy mistakes in your homework. It makes me feel you don't care about doing a good job."

**Use kind Sarcasm:** *Kind* is the important word here. It can be tempting to be sarcastic, especially in criticizing older children. Sarcasm delivered in a warm manner can be a great way to deflect embarrassment. You can model the use of kind sarcasm by applying it into your own mistakes. The next time you try baking a cake and it's a flop, you can ease the situation by saying something like, "I may be mistaken, but somehow I don't think this cake will win the next Bake-Off contest."

**Teach Children to Laugh at Themselves:** Everyone does things that make them feel humiliated, like falling clumsily in front of friends or even strangers, or dropping/ missing the ball completely while playing a sport. By teaching children to laugh and not get upset at their mistakes, you'll help them realize that some mistakes can be funny and should not be taken seriously. Mistakes can ultimately be used as stepping stones to learning throughout life.

**Mistakes are a part of life and so is criticism. With some of these helpful ideas we can help our children learn to handle both.**

**Parent Pep Talks: *The 76 Mental Skills Your Child Must Have To Succeed In Sports, School, and Life.*** What do NFL stars, high-powered businessmen, and Olympic athletes have in common? In tough situations, they turn to performance consultant Justin Su'a to motivate and mentally prepare them to improve their A-game. Now parents can do the same!! This series of pep talks for children and adolescents helps you find just the right words to encourage your kids to:

- Develop self-motivation and master self-talk
- Learn the right lessons from their mistakes
- Flex their optimistic muscles
- Lead and serve others with confidence

With Reassuring words for every instance of disappointment or failed confidence, *Parent Pep Talk* will be your new go-to-guide. Teach your children to be resilient, balanced, and gracious people with these tested parenting principles.

**Parenting With Love and Logic: *Teaching Children Responsibility.*** As parents, you have only a few years to prepare your children for a world that requires responsibility and maturity for survival. So what do you do? Hover over your kids so that they never make mistakes? Responsibility is like anything else—it has to be learned through practice. If you want to raise kids who are self-confident, motivated, and ready for the real world, take advantage of the win-win approach to parenting with this wonderfully helpful resource.

*“This is as close to an owner’s manual for parents that you will find. Now, parents can embrace mistakes as wonderful learning opportunities to raise respectful, responsible, and caring children.”*

—Gloria Sherman, MA, LPC

**10 Minute Life Lessons for Kids: *18 fun and simple games and activities to teach your children Honesty, Trust, Love and other important values.*** A child says, “I hear and I forget, I see and I remember, I do and I understand.” 10 Minute Life Lessons for Kids is a book about seeing and doing—a book that gives parents the ability to teach the powerful principles of honesty, trust, generosity, love, and other values as they actively participate in fun games and activities. A wonderful resource for the entire family.