



NEWSLETTER SEPTEMBER, 2017

PRINCIPAL'S CORNER

The new school year is off to a great start. The staff and I are really enjoying having the school filled with students once again. The laughter and interesting conversations punctuate the hard work that the students are doing in their classes.

We have a number of new students here, and they are fitting in well. They bring a new and refreshing excitement to us, adding a nice touch to our school's culture. During the "Concord Cares" day, it was nice to see all of our students working together to help local charities.

We continue to work toward increasing student attendance here at Parker Academy. Good attendance is as important to your child's success as a solid foundation is to a house. Without it, there is nothing to build on. With a little help from you, we will be able to maximize their time here at Parker Academy.

Although we do not want students to come to school sick, we hope that you will be able to help us by trying to schedule their appointments when school is not in session. Try to take family trips during school vacations.

You probably know already, but just as a reminder, our PARENT OPEN HOUSE will be held on Tuesday the 26th of September. We will start at 5:30 pm and go until 7:00 pm. We know that some of you may be coming directly from work, so we will be providing Pizza (and water). This year's open house will also include a mini lesson on how to access the Parent Portal. We are hoping that this will help parents have greater access to this important asset.

Kirke will be restarting his monthly parent support meetings in October. He usually holds them on the first Thursday of each month. He will be sending out more information about this in the near future.

Extended Learning Opportunities (E. L. O.)

We like to look for activities and experiences that students have outside of the school setting. The state of New Hampshire allows us to look at activities that students have outside of the school setting to see if any of them are comparable to some of what is happening at the school. For some of these activities, it may be possible to compare them to class competencies, earning the student course credit.

A few examples of this might include learning to play the piano, participation on a sports team or attending a series of crafting classes. If you believe that your child may be engaged in something that might earn him/her credit, please do not hesitate to call and discuss possibilities.

Concord Cares

On the 6th of September, the students at Parker Academy took part in "Concord Cares" day. Our students were divided up into teams and went to various sites to help non-profits in the area. At the end of their volunteering, they were treated to a free lunch at the McAuliffe -Shepard Discovery Center.



For one of the activities, they went to Shaker Village to move wood and help with gardening activities.



The students also visited a day care center or one of several Girls and Boys clubs.



Bullying Affects Mental Health

Prior to the opening of school, the staff participated in a workshop on bullying. They were trained in what is and what isn't bullying, and reviewed the signs that suggest bullying is taking place.

Although we haven't seen much bullying here, we want to remain vigilant. We know that approximately 30% of students in

public schools, almost one-third of kids in grades six through 12, experience bullying. Bullying ranges from name-calling and teasing to threats, lies, pushing, and hitting.

We know that bullying can leave a lifelong legacy of depression, low self-esteem, and behavioral problems. We recommend the following:

Plan a response. Offer your child different approaches, such as ignoring the bully. Or try a response that may catch the bully off guard, such as, "Why would you say something like that to me?"

Report the bully. If your child pleads with you not to report bullying to the teacher, consider talking to the teacher anyway. Ask that your child not be identified and that the bully be better supervised.

If your child is doing the bullying, talk with him or her about how that makes other kids feel. Get your child involved in projects that require helping and cooperating with others.

Back to School: **Making the Transition**

The kids are bored, the days are shorter, and the air is crisp. It seems like you've just adjusted to summer, and suddenly it's time for school to start again. Here are some suggestions to help you plan ahead and make the transition easier:

- Read books about children and their school experiences.
- Find out about the extracurricular activities that interest your child.
- Decide what to do about lunches this year. Ask your child if he or she wants to buy lunch or bring it from home.
- Make sure your child's vaccinations are up to date.
- Get to know your child's teachers. Talk to them about your role this year. Discuss volunteer opportunities.
- Help children print and recognize their names on personal items.
- If your child needs help with skills such as telling time or multiplication, now is the time to practice.
- Talk about what the new school year will be like, and listen to your child's concerns. If you have a computer, check the Internet for grade-level expectations and share them with your child.
- Establish bedtime and morning routines. Make sure your child has time to eat a good breakfast.
- Establish basic rules governing bedtime and chores, as well as the use of television, computer, telephone, and video games.
- Help children get organized. Establish a time and place for homework.
- Give your child a large container in which to store schoolwork, papers, notebooks, and pencils for easy access during the morning rush.



Physical Education at Parker Academy

Our P.E. teacher Tess has our students working on conditioning, coordination and their fine motor skills. If you drove by the school recently, you may have even seen them balancing on an improvised ropes course.



Tess believes in keeping them actively engaged in seeing fitness as a life-long goal.

Talking to Kids About Tough Issues

Regardless of how close you are to your children or how well you communicate, there will come a time when you need to discuss an issue that makes you uncomfortable. What if your child doesn't understand your message? What if it causes panic? What if your intentions are misunderstood?

Take comfort in the fact that preparation, timing, and presentation are everything. Prepare yourself to broach difficult subjects with these tips:

- Talk to a counselor, and get his or her opinion.
- Write out what you want to say. If you are presenting facts, do the research.
- Create an open environment so that your children can talk to you about difficult topics. Let them know you will try to keep an open mind and allow them to voice their opinions.
- Listen to what your children have to say, and repeat it back to them so they know you are listening. Show empathy and compassion when appropriate.
- Try to be honest about what you feel without being judgmental.
- Be patient. Do not blow up over difficult topics, or your children will find it more difficult to share information with you.
- Use everyday opportunities to talk with your children. Show them that you are interested in what happens to them at school and elsewhere.
- Be willing to talk about tough issues more than once. Sometimes issues change as children grow. Show your children you want to be there when they need you.

Personal discussions provide a wonderful opportunity to bond. The more understanding you show during tough times, the more willing your children will be to share problems with you.

