

Orchard Valley PARENT PRESS



MARCH 2017

Read Across America

...was a huge success! Altogether our entire school read over 3,000 books! Last month we focused on how vital integrating literacy is at such a young age – even our infant and toddler rooms participated! It is such a beautiful thing to see the whole school come together for a challenge and the reward is beneficial for ALL!



This leads us to an extremely exciting announcement...

OUR MEDIA CENTER IS NOW



OPEN

We have been working hard to fill this room with resources and materials that will benefit multiple ages and allow the teachers to use a variety of methods to incorporate literacy and music in their weekly plans!



But this room is not just for reading, we also have yoga mats, beanbag chairs, dancing ribbons, and plenty of space for a class "workout" when it gets chilly outside and playground time is limited!



If you have a minute during pick up time in the afternoon, ask an administrator to show you back to this fantastic addition to our school!



How to Build Up Confidence in Your Children

Dr. Robyn offers these tips:



- 1 Praise effort over personal characteristics. Studies show that when we praise the effort it takes to make progress or achieve a goal rather than fixed, personal characteristics, your children will be more likely to work hard and see challenges as hurdles that they can clear.



- 2 Surround them with positive, confident people. When children are around people who work hard and have a "can do" attitude, they are more likely to adopt a "can do" attitude as well. Especially when children are around others who are conquering similar challenges that they face, it can be particularly powerful.

- 3 Give them a job. When children are given the opportunity to feel resourceful, helpful and successful, they receive an internal boost that can't be attained in any other way.



- 4 Encourage them to set goals. When children set meaningful goals, they are able to strive, feel the excitement of progress and eventually earn the confidence that comes with goal achievement. What are they interested in learning? Have them write it down and devise a plan.



- 5 Show them the evidence. When your children are feeling down, talk to them about what they have achieved with hard work and perseverance. Reminding them of the high grade they achieved on a tough test or the award they received for a sport or contest will be difficult to deny.



**POWERFUL
WORDS**
CHARACTER DEVELOPMENT

For more powerful parenting tips, visit:
DrRobynSilverman.com

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The tantrum. The bedtime battle.

The fight over chores, food, or school.

When your child is acting up, what do you do? In this episode of The Child Whisperer podcast, you'll see why the "bad" behavior is actually a deeper message—and once you know how to decode it, life gets easier for your whole family.

What "bad" behavior often looks like for each Energy Type:

- **Fun-loving Type 1 Child:** When under stress, these children tend to have big mood swings, with emotions that appear larger than life.
- **Sensitive Type 2 Child:** When pushed too hard, these children get whiny or resistant.
- **Determined Type 3 Child:** When reacting to stress, these children push back—with their words, their volume, or their actions.
- **More Serious Type 4 Child:** These children tend to become overly critical or they disconnect completely.

Click [here](#) to hear parenting expert, Carol Tuttle, talk more about these behaviors!

Mo Joe Monday MARCH 6TH
7AM-10AM

Enjoy a free cup of coffee to-go in the front lobby!

 **st. patrick's day**

check out these tips to make SURE YOU ARE ON YOUR GAME FOR THIS GREEN DAY!

Keep your eye on the Leprechaun

Legend has it that if you catch a leprechaun, he will promise great wealth if you let him go. However, don't take your eyes off him or he will vanish!

Why GREEN?

It was believed that wearing green made you invisible to leprechauns, who would pinch anyone they could see. Revelers began pinching those who didn't wear green as a reminder of that belief.



**New to the Orchard Valley Family?
Meet Our Administrators!**

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