

# BOBCAT TALES

Where Reading Counts!

<http://www.heid-esp.eu.dodea.edu/>

December 19, 2008

## PHES BRIEFS!

On January 16th, schools in the Heidelberg Community will release early for teacher training. PHES students will release at 10:30 a.m. on this day, which is also a Training Holiday.

We will use this time for teacher training focusing on our goals of reading and math. If you would like to attend any of the sessions, please contact Russ!

## IMPORTANT DATES

|        |   |
|--------|---|
| Dec 22 | Winter Recess Begins<br>No School for Students  |
| Jan 5  | Winter Recess Ends<br>Students Return to<br>School Today!                                       |
| Jan 14 | Spelling Bee at 3:00 p.m.   |
| Jan 16 | EARLY RELEASE<br>Students will be released<br>for the day at 10:30 a.m.<br>for Teacher Training |
| 19 Jan | Martin Luther King Jr.<br>Birthday-Federal Holiday<br>No School for Students                    |

## LUNCH MENU

|           |                       |
|-----------|-----------------------|
| Monday    | Orange Ginger Chicken |
| Tuesday   | Cheese Pizza          |
| Wednesday | Chicken Alfredo       |
| Thursday  | Cheese Pizza Dippers  |
| Friday    | Popcorn Chicken       |

"The most  
successful  
people are  
those who are  
good at Plan  
B."

--James Yorke



Be  
careful  
during  
the  
winter  
holidays!

## PTA NEWS

Thank you for all the support you have given the PTA to help our school.

The next PTA sponsored event will be the Carnival. It is scheduled for January 30, 2009 from 17:00 to 20:00. The carnival will be held in the school cafeteria. This is sure to be another fun night for the family!

Your continued support at the PTA sponsored events benefits the children of our school because the PTA returns the profits to sponsor educational programs such as Reading and Mentoring programs and much more!

## PHES HIGHLIGHTS

### Parent Reading Sessions

Each month we offer sessions for parents on how to help children at home with reading. Look for more information in upcoming Bobcat Tales about our January Session titled "Picking Just the Right Books."



A publication of Patrick Henry Elementary School

Principal Russ Claus

Assistant Principal Marie Granger

Assistant Principal David Groat

School Telephone Number 06221-338-9054

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**Congratulations to  
the students who  
have signed the  
Golden Book  
and have their  
work displayed on the  
Exemplary Work Wall  
for the week of  
December 17th!**



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## Children and Holidays: A Holiday Survivor's Guide

The holiday season is upon us. A season full of goodness and much merriment can become one of increased tension, headaches, and STRESS!

One source of holiday stress is lack of TIME.

- Make a list of all the things you need to do. Find a quiet spot and go over it carefully.
- Prioritize the items and eliminate activities that you feel are not necessary.
- To maintain a sense of accomplishment, cross out items you have completed.
- Share your list with family members and ask each person to help wherever possible.
- Remember to plan time for yourself.

Another source of holiday stress is MONEY!

- Avoid impulse buying. Arm yourself with a list before entering the store and stick to it.
- Only use deferred billing if you feel this payment plan fits your future budget.
- If impulse buying is a problem for your family, use only cash and leave the credit cards at home.
- Reflect on the true meaning of the holidays and keep within your budget. An open discussion of finances with older children can help.
- Let family members know the amount you have set aside for holiday purchases, and ask them to keep their requests reasonable.
- Children are tremendously resilient and their disappointment will pass if a specific present is not delivered.

A third source of holiday stress is RELATIVES.

- Try to limit the amount of time spent with family members who tend to agitate or cause ill feelings.
- Avoid unpleasant topics or past confrontations.
- Maintain a pleasant, cooperative, approachable façade even though this does not reflect your true feelings. Time will pass quickly and those around you will benefit from a positive effort made toward diminishing conflicts with relatives.
- If young children are involved in family gatherings, specific activities or play material should be available for entertainment. Children can not be expected to sit quietly and listen to adult conversation for long periods of time.
- If guests are expected to extend their visit with overnight accommodations in your home, an attempt should be made to provide as much privacy as possible for your guests in order to diminish conflicts that arise from close living quarters.

A fourth source of holiday stress is CHILDREN.

The school schedule which helps to regulate children's days has ceased for a while, making the days unpredictable for children. Parents will also be trying to cram more activities into their own schedules and children can be upset about this "perceived neglect." With this may come increased temper tantrums, and even a statement or two about a parent's lack of caring for them.

- Try to keep a schedule for your children. Let them know the day's itinerary.
- Be sure to allot an appropriate amount of time for rest during your child's schedule.
- When at all possible, reserve a specific portion of the day to schedule quiet time with your children in enjoyable activities such as reading, discussing upcoming events, jigsaw puzzles, playing games, and other family related games.

From: *Helping Children Grow Up: A Resource for Parents and Teachers*. National Association of School Psychologists.

