

THE ASSISTANT PRINCIPAL'S NEWSLETTER

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Upcoming Events

1/4/10—Classes Resume
1/5—BOE Meeting—CO—7:30pm
1/8—WINTER CLUB SIGNUPS END!
1/8—Kids Night Out Dance—7pm
1/11—Winter Clubs begin!
1/14—HKMS Band Concert—Gr. 5/6—Auditorium—7pm
1/18—MLK day—No School
1/19—Early Dismissal
1/19—BOE Meeting—HKMS—7:30pm
1/20—Early Dismissal
1/21—HKMS Band Concert—Gr. 7/8—Auditorium—7pm
1/28—HKMS PTO Mtg.—7pm
1/29—HKMS 5/6 Grade Activity Night—3-5pm
1/29/09—HKMS 7/8 Grade Dance—7-9pm

TIPS FOR A HEALTHIER NEW YEAR

The following are some New Year's tips from the [American Academy of Pediatrics](#) in helping to promote a healthier New Year. Please feel free to excerpt these tips or use them in their entirety for any print or broadcast story with appropriate attribution of source.

1. **Prevent violence by setting good examples** - Hitting, slapping and spanking teaches children that it is acceptable to hit other people to solve problems. Non-physical forms of discipline work better in the long run. Remember that words can hurt too.
2. **Make sure immunizations are up to date** - Review your child's immunization record with your pediatrician. Make sure your child is current on recommended immunizations.
3. **Provide your child with a tobacco-free environment** - Indoor air pollution from tobacco increases ear infections, chest infections, and even Sudden Infant Death Syndrome. If you smoke, consider quitting. Remember, the most important predictor of whether your children will grow up to be smokers is whether you smoke. Make your home a smoke-free zone.
4. **Read to your children every day** - Start by the age of 6 months. Reading to children shows them the importance of communication and motivates them to become readers. It also provides a context to discuss issues and learn what is on your child's mind.
5. **Practice "safety on wheels"** - Make sure everyone in the car is buckled up for every ride, with children in the back seat in age-appropriate child safety seats. All bikers, skaters and skateboarders should wear helmets.
6. **Do a "childproofing" survey of your home** - A child's-eye view home survey should systematically go from room to room, removing all the "booby traps" that await the curious toddler or preschooler. Think of poisons, small objects, sharp edges, knives and firearms, and places to fall.
7. **Monitor your children's "media"** - Monitor what your children see and hear on television, in movies, and in music. Children are affected by what they see and hear, particularly in these times of violent images. Talk to your children about "content." If you feel that a movie or TV program is inappropriate, redirect your child to more suitable programming.
8. **Help Kids Understand Tobacco, Alcohol, and the Media** - Help your teenager understand the difference between the misleading messages in advertising and the truth about the dangers of using alcohol and tobacco products. Talk about ads with your child. Help your child understand the real messages being conveyed. Make sure the TV shows and movies your child watches do not glamorize the use of tobacco, alcohol, and other drugs.
9. **Pay attention to nutrition** - Nutrition makes a big difference in how kids grow, develop and learn. Good nutrition is a matter of balance. Provide foods from several food groups at each meal. Emphasize foods that are less processed, such as whole grain breads and cereals and fresh fruits and vegetables. Review your child's diet with your pediatrician for suggestions.
10. **Become more involved in your child's school and your child's education** - Visit your child's school. Become active in the parent-teacher organization. Volunteer in the classroom or for special projects. Be available to help with homework. If your child's education is important to you, it will be important to him.
11. **Make your children feel loved and important** - Kids develop a sense of self-worth early in life. They get it from their parents. Listen to what your children have to say. Assure them that they are loved and safe. Celebrate their individuality, and tell them what makes them special and what you admire about them.

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*"It's not a matter of
can/ can't; it's a matter
of will/ won't."*

MATH CHALLENGE

This Month's Challenge

The pep squad has decided to decorate the gym for the Girls State Basketball Championship. The gym is 60yds long and 30yds wide. How many feet of crepe paper will they need to create a red, white, blue, and gold stripe all the way around the gym. How much will each color of paper cost if a five-yard package is \$2.17.

Last month's answer:

There are 12 lambs, 20 rabbits, and 9 goats at the petting zoo.

NEW YEAR'S RESOLUTIONS

The new calendar year is always a good time to review the year and see how we can improve our lives and the lives of those around us. *The American Academy of Pediatrics* offers a few suggestions for New Year's Resolutions. The following are some tips to success before beginning, so that you can ensure that resolutions have the best chance of being fulfilled.

Before beginning: Tips for Success

First, be specific. If you need to make a major change in your life, it helps to be specific. Goals such as wanting to "be happier," to "make more money," or to "have better relationships with my children" are great, but they don't give you a pathway to reaching them. Write your goals down, then write down in concrete terms exactly what it would take for you to reach each one. Keep getting more and more specific until you get to a point where you are able to do something. Do that something. Then gradually, as you are able, work your way back up to your goals. Keep your goals posted where you can see them, and mark (and celebrate!) your progress.

Second, don't overreach. If you make too many resolutions, if you make them too difficult, if they are impossible to achieve at this time, or if you are using them as a way to criticize yourself -- you are setting yourself up for failure. Choose the most important one first and concentrate on that. Keep your resolutions simple and achievable. For every resolution that removes something from your life, try to add something enjoyable (for example, if your goal is to quit smoking, then take up piano playing or ballroom dancing instead).

Third, plan ahead. 1) If you need to do something or learn something before beginning, then do it or learn it now! Don't start Day One by saying, "Oh, I don't have the food I need to start my diet," or "I have to go get some walking shoes first," or "I still have two cartons of cigarettes left." Start Day One ready to go, with everything you need. 2) Be prepared for those times when you don't feel like continuing, and plan for how you'll work your way through them. 3) Be prepared for the lull, when your initial enthusiasm gives way to the drudgery of just doing it, or to the dangerous feeling that you don't have to work at it anymore. Figure out how you'll work your way through the lull. Some people like to celebrate their victories -- we support that, but plan your celebrations so they don't end up returning you to old habits.

Fourth, make it official. Some people find it helpful to write themselves a contract, keep a journal, take before and after pictures, make a pact with friends or family members, write a book or article about it, or put notes around their home or workplace. If you think any of this would help you, then we support you.

WINTER CLUB SIGNUPS DUE 1/8/10

The winter brochure went out before the holiday break. You can download the brochure from my weblog, a copy was sent via Mrs. Wagner's newsletter, and a paper copy was sent home with the students before the break. We want to get these clubs up and running, so please be sure to fill out the permission slips and sign up for clubs by January 8th! This gives you two weeks to go through/discuss the brochure over the break and one week to send those slips in with your kids upon their return. There are some terrific opportunities for the winter season. Keep in focus that the research clearly shows a direct correlation between student involvement in school activities and the avoidance of at-risk behaviors through their teenage years. Which means.....get those kids involved! If there is a club or activity that you feel would be popular here, let us know and we'll try to make it happen! Have a wonderful January and Happy New Year!