

January 6, 2017

Lil' Dragon Fire

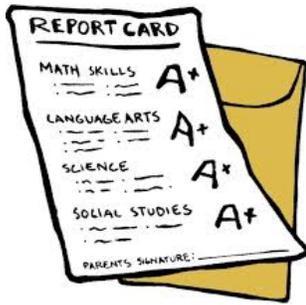
Happy New Year!!

Greetings to a new year at Adrian Elementary School! It is hard to believe that we are already into January, 2017. We have completed one trimester and are closing in on the mid-term of another.



As the new year begins, we would like to remind parents to please be sure to dress your students appropriately for the weather with boots, mittens, hats, snowpants and scarves. We have had some very cold weather recently and we want to make sure that your children are dressed properly for the frigid temperatures.

Important Information



Mid-Trimester 2

Mid-trimester 2 is on Wednesday, January 18. Grades will be sent home on Friday, January 20th with students in grades 3 through 5. Be sure to check your student's Friday folder on this day for their progress report. If you have any questions or concerns, feel free to contact your child's teacher.

Box Tops for Education

As we start the new year, don't forget to clip those Box Tops for Education. They can be found on many everyday products. Kleenex, Hefty trash bags, Ziploc bags, Land O'Lakes products, and Green Giant are just a few of the brands that support Box Tops for Education.



Adrian

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Upcoming Events

- 2/3** Kindergarten Winter Blast; 1:30-end of day
- 3/1** End Trimester 2
- 3/9** Preschool Screening
- 3/21** Conferences
- 3/27** Kindergarten Round-Up

No School

January 16 - MLK Holiday
February 20 - President's Day

Early Dismissal

February 17; 12:30 pm

Ways to Emotionally Plug in to Your Child **By Jane Jacobs (School Based Counselor)**

There are positive ways to help transform aggression in your child into healthy problem solving skills by using Conscious Discipline. Conscious Discipline involves using tips to manage aggression at home or at school to help emotionally plug in to your child.

Conscious Discipline helps you to focus on understanding the behavior through the mental health lens and how to respond to upset without getting into power struggles.



By using Conscious Discipline techniques, you will be modeling the behavior that you expect to your child. We all show what values and behavior we expect from our children through our every day interactions with others. When we are aware of our own behavior patterns, we will be able to effectively teach our children the life skills that they need.

Decide which values are most important to you (integrity, kindness, patience, etc.), and then find ways to model that behavior daily in front of your child.

For more information on Conscious Discipline go to <http://consciousdiscipline.com/>



A Note from the Nurse

According to the American Academy of Pediatrics (AAP), the average 8-year-old spends eight hours per day on media. This is well above the suggested two hour maximum recommended for entertainment-based screen time.

Kids need to have a wide variety of free-time activities, such as playing sports, spending time with friends, playing board games, putting together a puzzle, or baking/cooking with a parent. This time is vital to their development both physically and mentally.

A study done by Weis and Cerankosky in 2010 showed that students who spent more time on video games and media performed worse on standardized tests of reading or writing and were less likely to spend time studying or doing home work. Adolescents between the ages of 10 and 19 spent 30% less time reading and 34% less time doing homework.

So, while the weather is cold and your child is unable to get outside, try some new activities at home. Bake cookies, read a book or play a game together as a family. Encourage your child to invite a friend over or to build a fort.