



**December 7, 2018**

### **Mark Your Calendars**

Monday, December 10<sup>th</sup> - **AR Final Lap** - Reading goals need to be met by the end of each quarter. To ensure students are progressing toward their goals, there will be two "checkpoints" during each quarter. At the Last Lap Checkpoint, students who have not accumulated all their points toward their goal will be given time during Enrichment and recess to complete their goal.

Monday, December 10<sup>th</sup> - **5<sup>th</sup> Grade Field Study - Planetarium** - CGIS 5<sup>th</sup> grade students will be going to Everett Gym for the Planetarium Display between 7:45 am and 12:00 pm with their science class.

Wednesday, December 12<sup>th</sup> - **CDC Field Study - Dollar Tree & Foothills Mall** - Our CDC students will be going to foothills Mall and Dollar Tree from 9:30 am to 1:30 pm.

Friday, December 14<sup>th</sup> - **4<sup>th</sup> Grade Family Gathering** - Our 4<sup>th</sup> Grade students will have breakfast from 7:00 - 7:25 am in the cafe. The presentations will be in the theater from 7:45 - 8:15 am.

Friday, December 14<sup>th</sup> - **7<sup>th</sup> Grade Field Study - A Christmas Carol & UT Tour** - The 7<sup>th</sup> Grade students will travel to UT to tour the campus and see *A Christmas Carol* at Clarence Brown Theater from 8:30 am - 1:30 pm.

Friday, December 14<sup>th</sup> - **5<sup>th</sup> Grade Family Gathering** - Our 5<sup>th</sup> Grade students will have lunch from 12:40 - 1:10 pm in the cafe. The presentations will be in the theater from 1:10 - 1:40 pm.

Please visit our CGIS website at [www.maryville-schools.org/cgis](http://www.maryville-schools.org/cgis) to find information regarding all our activities, clubs, school calendar, classroom information, and more.

### **Little Free Library Information**

Coulter Grove Intermediate School is getting a Little Free Library! This is a place for students, their parents, and siblings to take a book to read, and return it or donate a new one when they're finished! We are asking for book donations for this project, which will be located out front near the parking lot. We will accept any picture books, up through young adult books. If you have books you're no longer reading, or you no longer need, please consider donating to this awesome project to benefit our community and to encourage a love of reading! Donations will be accepted now through Friday, December 14th in the library. Thank you for your help!

### **10 Tips for Parents to Help Stop Bullying**

We are talking about how we can put a stop to bullying at school and in life with our students. We are including special intercom announcements and teachers are sharing mini lessons and just in time teaching moments. We want your help! It takes a community to build and spread kindness.

Bullying is serious. Your child needs your help to understand what bullying is, why it's wrong and what he or she can do about it. What you say and do makes a difference!

Bullying can cause lasting harm. Children who are bullied may experience fear, injury, humiliation, depression, isolation, and poor grades. Their confidence and relationships may be affected, even as adults. Some even attempt suicide.

Those who bully can get into serious trouble at school or with police. (Some actions may be criminal.) These children may also get hurt if victims strike back.

- Bystanders (children who see bullying happen) may feel unsafe and helpless.
- Bullying is everyone's problem.
- Bullying can and does happen in every grade.
- Both boys and girls bully. Girls often use more indirect forms of bullying, however.
- Bullying and the fear of it can make it hard for all children to focus on learning.
- Bullying isn't OK! Here are 10 ways to help as parents:

### 1. Stress respect.

Discuss why it's important to treat others how you would like to be treated, solve conflicts peacefully, not make fun of differences, consider how others feel (have empathy). It is important to set the example for your child. Treat everyone, including your child, with respect.

### 2. Explain bullying and why it's wrong.

Make it clear that bullying violates your rules and values. Review school policies together too. If you learn that your child is bullying, take it seriously. Bullying is deliberately doing something that hurts a person who is "weaker" (physically or socially), especially if it is repeated. It's wrong even if it seems like "fun". Examples include:

- Physical Acts- hitting, tripping, making someone drop their books, or taking or damaging their things
- Verbal Acts- Name calling, put downs or threats
- Indirect social or relational acts- Excluding people from the lunch table or spreading rumors

Discuss how cyberbullying is wrong too. Examples include sending mean messages (via texts, IMs, emails or social media) and putting embarrassing videos or photos online.

### 3. Prepare your child.

Discuss how to respond to bullying. For example:

- Avoid trouble, stick with friends.
- Ignore minor teasing.
- Try to stay calm and not cry.
- Be assertive. (See below)
- Use humor or do something friendly to defuse the situation.
- Don't reply to cyberbullies. But save messages or other evidence.
- Get away and tell a teacher if the situation is dangerous.
- Tell a parent or another trusted adult about the situation and report serious or ongoing problems.

Fighting back can lead to worse injury and trouble with the school or police.

#### **4. Teach assertiveness.**

Help your child practice expressing his or her opinions or needs in a firm, yet respectful, way. For example, if someone cuts in line, your child could firmly say, Excuse me, I was next. Being assertive earns more respect than being passive or aggressive. People often grow to fear or dislike someone who is aggressive.

#### **5. Build social skills.**

Poor social skills, low self-esteem and few friends can make a child an easy target. Help your child learn:

- That he or she is worthwhile and has the right to be treated with respect
  - How to control emotions and handle new situations, conflict and adversity
  - To try new things, make choices, and solve problems
  - How to make friends, introduce yourself, ask questions and do nice things for them.
- Encourage activities with other children who have similar interests.

#### **6. Discuss responsibility.**

Bullying often happens in front of other children. It thrives when bystanders do nothing. Your child could:

- Show disapproval. Tell the bully to stop, for example. At the very least, your child could not join in or laugh.
- Support the target. Ask if he or she is OK or befriend him or her.
- Get adult help.
- Report what happened immediately.

#### **7. Recognize warning signs.**

If you suspect your child is being bullied, ask gently, don't pressure. Possible signs may include:

- injuries that are hard to explain
- taking an unusual route to school feel sick before schools, avoiding school and/or a drop in grades
- asking for or taking money (other children may be stealing it)
- having few friends and/or not taking part in school activities

#### **8. Stay calm and supportive.**

Children often don't tell. They may feel ashamed or hopeless, or worry that telling will make things worse. Ask about your child's day each day. If you learn that your child was bullied:

- Control your anger. Confronting the other child or his/her parents can backfire.
- Be sensitive. Remember how complicated and upsetting social interactions can be at your child's age.
- Let your child know that you love him/her no matter what and that no one deserves to be bullied.
- Brainstorm options together. If your child doesn't want you to get involved, respect this, unless you believe your child is in danger.
- Talk to the school counselor or get other professional help if you're worried about how your child is coping.

## 9. Form a team with the school.

Your child will need the school staff's help with serious bullying problems. Be your child's advocate. Keep records of the incidents and school responses. Also, keep an open mind. Your child may not have shared the whole story or be aware of the school's actions. (For off-campus bullying or severe cases, you may need to work with police too.) If your child is bullying, work with the school to help your child learn positive behaviors.

## 10. Get involved.

Support school and community efforts to encourage caring and stop aggression. Volunteer! For example, more supervision means fewer chances for bullying.

To learn more, visit [www.stopbullying.gov](http://www.stopbullying.gov)

# CGIS HAWK EYE

**INFORMATION MEETING**  
**Monday, December 10, 2018**  
**5:30 pm - 6:00 pm**

**WHERE**  
**CGIS Library**  
2025 Sevierville Rd., Maryville, TN

**LEARN THE GOALS OF HAWK EYE • Understand School Safety • Discover New Mentoring Opportunities • Foster Arrival & Dismissal Safety • Nurture Lunchroom Culture • Aid Special Events**

**[HTTPS://CGIS.MARYVILLE-SCHOOLS.ORG/](https://cgis.maryville-schools.org/)**  
**CONTACT: MS. LOWERY 865-982-6345**  
**[BONNIE.LOWERY@MARYVILLE-SCHOOLS.ORG](mailto:BONNIE.LOWERY@MARYVILLE-SCHOOLS.ORG)**

**FATHERS,  
GRANDFATHERS,  
STEP-FATHERS,  
&  
FATHER FIGURES  
(MOMS &  
GRANDMOMS  
TOO!)**

**VOLUNTEER TO  
BE A CGIS  
ROLE MODEL &  
MENTOR**

Hawk Eye is a volunteer program designed to promote school safety, enrich school culture, and support students.

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# Helping Children Learn®

Tips Families Can Use to Help Children Do Better in School

ELEMENTARY SCHOOL

January 2019

Family Resource Center  
Maryville City Schools

## Bring out the leader inside your elementary schooler

Children who are leaders at school develop important skills, such as problem-solving, communication and responsibility. These students are often self-confident, creative, helpful and friendly. That makes their classmates want to work with them.

All children have the ability to become leaders. To nurture your child's leadership skills:

- **Point out leaders of all kinds.** Talk about successful group efforts, from winning football seasons to community food drives. Remind your child that someone led those groups. Discuss what makes a good leader.
- **Teach her to look at things** from other people's points of view. Good leaders aren't bossy or mean. They make people want to work together.
- **Offer her leadership opportunities.** Athletic teams, clubs, Scouts and many other activities can provide chances for your child to lead. At home, let your child lead a family meeting or manage a family project.
- **Don't push.** Too much pressure can backfire. If your child seems stressed or unhappy, it's time to lighten up.
- **Set an example.** When you take a leadership role, talk to your child about what you are doing and why.



Source: "Leadership and children," Better Kid Care, PennState Extension, [nswc.com/lead](http://nswc.com/lead).



## Be a reading role model for your child

The best way to show your child that reading matters to you is to let him see you reading every day. Be sure to:

- **Make it clear** that you *choose* to read. Pick up books, newspapers and magazines whenever you get the chance.
- **Explain the purpose.** Are you reading to find out information? To double-check something? To learn how to do something? Or just for pure enjoyment?
- **Look up words** you are unsure of in the dictionary. Ask your child if he knows the meanings.
- **Share.** When you come across something that would interest your child, read a small part of it aloud to him. He may be motivated to continue reading the rest to himself.
- **Join him when he reads.** Grab something you'd like to read and enjoy the time together. Look for ways to make it fun—turn off the lights and have everyone read by flashlight, for example.

## Improve conversations with observations

Greeting your child in the afternoon with questions about school can shut down the conversation fast. Instead, take time to look at the schoolwork she brings home. Offer several observations about what you see—what you remember liking about the topic, what it reminds you of, etc. Only then, ask, "What did you learn about this today?"

## To see symmetry, fold here

Fold a picture of a butterfly in half, and the two sides match up. That means the butterfly is *symmetrical*. The fold line is the *line of symmetry*. Lines of symmetry can be vertical, horizontal—even diagonal.

Go on a symmetry hunt with your child. When he finds an item he thinks is symmetrical, have him:

1. **Take** or draw a picture of it.
2. **Predict** where the line of symmetry will be. (There may be more than one!)
3. **Fold** his picture along the line. If the sides match, he's right!



## Offer tips, not answers

Some kids arrive at a hard question in their homework and immediately look to parents for help. Instead of providing answers, help your child learn how to find them herself:

1. **Have her skip** the difficult question and answer all the others that she can. Then she should think again about the one she skipped. It may be clearer now.
2. **Ask**, "Where could you find out about that? Was there a class handout?" Show her how to use resources like the encyclopedia, too.





## Q&A Is it a good idea to offer money for good grades?

**Q: My son gets average grades, but I know he could do better. Should I pay him for top grades?**

**A:** It's natural to want your child to live up to his potential. While researchers have experimented with paying students for performance, the results don't show much long-term benefit. And there are some serious drawbacks to this kind of incentive.



Paying for grades:

- **Deprives your child** of the satisfaction of learning for its own sake. Mastering new skills and learning new things gives kids confidence in themselves and their abilities as students. When you pay your child for grades, you run the risk of decreasing his self-confidence.
- **Ignores effort.** If your child is giving his best effort, neither of you should worry if he earns a B instead of an A. And if he's trying hard and earns a low grade, you know that it's time to consult the teacher about how to help your child.
- **Reduces internal motivation.** A love of learning will always motivate your child. But paying him shifts his focus to the money. And he's more likely to put his hand out every time he's asked to do something.

Instead of offering cash, help your child build his study skills and focus on what he is learning. Encourage him to recognize and be proud of his new abilities. And praise him for working hard and doing his best.

## Parent Quiz

### Are you encouraging resilience?

Failure is scary for kids—and parents. But learning how to bounce back from a failure is a valuable lesson. Are you teaching your child that failure isn't the end of the world? Answer *yes* or *no* to the questions below:

1. **Do you allow** your child to solve problems on her own, even if she may fail?
2. **Do you encourage** her to think about what she can do differently next time, when things don't go right?
3. **Do you admit** your own failures, and talk about how to fix them?
4. **Do you help** your child put setbacks into perspective? "You didn't ace your test, but you earned a higher grade than last time!"

5. **Do you teach** her to win graciously and lose cheerfully?

**How well are you doing?**

*More yes answers mean you are showing your child how to rebound from failure. For each no, try that idea.*

"With the new day comes new strength and new thoughts."  
—Eleanor Roosevelt

## The new year is a new chance to achieve goals

If your child set some goals in September, but didn't really follow through, January is the perfect time to start again. To make this the year your child learns how to achieve his goals, encourage him to:

1. **State** his goal. Have your child write it down and post it where he will see it.
2. **Plan** how to meet the goal. What specific steps will he take?
3. **Talk** about the goal with others. This builds commitment. Have your child tell the teacher his goal.
4. **Carry out** his plan, one step at a time. If problems arise, your child can discuss possible solutions with you.

## Review the rules together

Sometimes children get in trouble at school because they don't remember the rules. Review the school rules with your child. Talk about how they are needed to keep the school a safe, peaceful and orderly place where kids can learn. Let your child know that you expect her to follow the rules.

## Stay flexible when your child solves problems

When you find yourself stuck in traffic, you can sometimes choose another route. Getting to your destination matters more than which road you take.



When your child has a problem to solve, instead of giving him a road map (first do this, then do that), remind him of his destination: "You need to find a way to finish your report even though your classmate has the book you need." He may not select the solution you would. But if he arrives at his destination honestly, let the solution stand.

### Helping Children Learn®

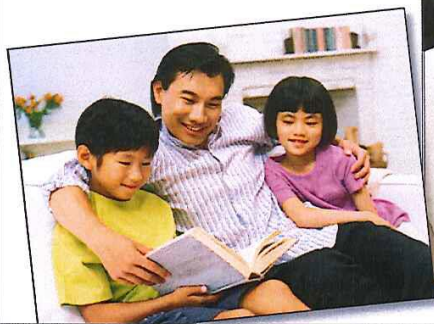
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# Daily Learning Planner

*Ideas parents can use to help children  
do well in school*

Family Resource Center  
Maryville City Schools



THE  
**PARENT**  
INSTITUTE

## January 2019

## Daily Learning Planner: Ideas Parents Can Use to Help Children Do Well in School—Try a New Idea Every Day!

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> 1. With your child, invent a special holiday just for your family.</li> <li><input type="checkbox"/> 2. Encourage your child to start a journal this year.</li> <li><input type="checkbox"/> 3. Have your child name a food she loves. Help her learn more about where it comes from.</li> <li><input type="checkbox"/> 4. Make an appointment to spend some one-on-one time with your child this month. Write it on your calendar.</li> <li><input type="checkbox"/> 5. Ask your child to help you plan three healthy breakfasts.</li> <li><input type="checkbox"/> 6. Encourage your child to be a critical TV viewer. Watch programs with him and ask questions like, "Why do you think the character did that?"</li> <li><input type="checkbox"/> 7. Play a card game such as Go Fish with your child.</li> <li><input type="checkbox"/> 8. If you don't have time to read to your child at night, read in the morning instead. It's a real "power breakfast."</li> <li><input type="checkbox"/> 9. What is your child's favorite time of year? What does she like about it?</li> <li><input type="checkbox"/> 10. Have your child draw something that happened in school today. Then talk about it.</li> <li><input type="checkbox"/> 11. Ask your child about the qualities he looks for in friends. Talk about why <i>values</i> are important.</li> <li><input type="checkbox"/> 12. Have your child help you organize something, such as a closet.</li> <li><input type="checkbox"/> 13. Compliment your child on a recent accomplishment.</li> <li><input type="checkbox"/> 14. Model good manners for your child. Say, "Please pass the ..." and "Thank you very much."</li> <li><input type="checkbox"/> 15. Watch a funny video with your child. Then have her draw a comic strip showing what it was about.</li> <li><input type="checkbox"/> 16. Pick a category, such as colors. Have your child pick a letter. How many colors can you each name that begin with that letter?</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> 17. Help your child record herself reading a story.</li> <li><input type="checkbox"/> 18. Watch a TV show with the sound off. Ask family members to make up the dialogue.</li> <li><input type="checkbox"/> 19. Teach your child to make paper snowflakes.</li> <li><input type="checkbox"/> 20. Encourage your child to sort his books by subject.</li> <li><input type="checkbox"/> 21. Help your child make an "I am special" scrapbook. Add photos and mementos throughout the year.</li> <li><input type="checkbox"/> 22. Ask your child to measure the dimensions of objects in your house. How many six-inch long items can she find?</li> <li><input type="checkbox"/> 23. Pretend to go back in time with your child. Reenact an event together.</li> <li><input type="checkbox"/> 24. Ask your child to help you do a household chore today. Remember to thank him when he finishes.</li> <li><input type="checkbox"/> 25. Plan a weekend activity the whole family will enjoy.</li> <li><input type="checkbox"/> 26. In the car, ask your child to add up the numbers on the license plates she sees.</li> <li><input type="checkbox"/> 27. Have family members try doing activities with the hand they <i>don't</i> favor.</li> <li><input type="checkbox"/> 28. Teach your child how to sew on a button.</li> <li><input type="checkbox"/> 29. Allow a few minutes after the light is off at bedtime for quiet conversation with your child.</li> <li><input type="checkbox"/> 30. Have your child teach you something he is learning in school.</li> <li><input type="checkbox"/> 31. Read a story to your child. Later, ask her to retell it from memory.</li> </ul> |
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**Helping Children Learn**  
Tips Families Can Use to Help Children Do Better in School ELEMENTARY SCHOOL