



Mark Your Calendar

- May 1 – NWEA testing begins
Fast Bridge Testing begins
- May 2 – Crazy Hat and Sock Day
4th Field Trip
- May 3 – Vacation
- May 6 - Teacher Appreciation Week
- May 7 – Smart School Tour
SBAC Testing starts
- May 9 – Field Day 1&2 AM - 3&4 PM
- May 10- PTA, Pastries & a Principal
Field Day K/5 PM
- May 13 - 4th Recorder Concert 1:30
- May 16 - DQ Dilly Bar Day
4th Field Trip
Bike Rodeo 2:30-4 PM
- May 20 – 5th Guitar Concert 2 PM
- May 21 – 5th Field Trip 8:30
- May 24 – Snowie Truck Visit 1-3 PM
- May 27 – Vacation Day
- May 29 - 4th Grade Field Trip
- May 30 – Bug Assembly
- May 31 - Last day 11:45 AM Dismissal



Bike Rodeo!!



Reminder

**Kids in Motion is conducting a
Bike Repair/Refurbish day at
Bitterroot on May 16th from
2:30-4:PM Volunteers are needed –
contact the Bitterroot office if you
are interested!**



From the Principal –

May is a busy time at school with Teacher Appreciation, benchmark testing, concerts and field trips. Parents are also thinking about next year and class placement for their child. I encourage you to entrust staff in making the best placement for your child. We spend a significant amount of time and effort into developing classes and consider many factors and variables that you may not be aware of. If you have safety or health concerns regarding placement, please contact the office.

Another important reminder is that we are accepting registrations for incoming kindergarten students. If you will be registering a kindergarten student for the 2019-20 school year, please do so ASAP and pass the word on to anyone you know that may have a kindergartener attending Bitterroot next year. By receiving registrations early we are able to plan accordingly and avoid last minute decisions.

On Friday the 10th at 9am I will be teaming up with our PTA to invite parents to come chat with us about how we can improve involvement and create additional purpose in what we do. Treats and coffee will be available and please see the PTA Facebook page for additional info.

My final note is a call to keep your children active this summer. Children that are in good physical shape tend to lead more productive lives. Active also means keeping the mind working. We often see students regress over the summer so reading, practicing math facts and providing them with lots of background knowledge through a variety of activities will really benefit them in the long run.

Thank you for a fantastic year here at Bitterroot and if you have any comments, questions or feedback to help us make this a better place, please let me know.

Sincerely,

Kevin Croff,
Principal



Everyday Ways to Teach Resilience to Kids

With the plethora of shopping opportunities, the ability to communicate across the world in an instant, and electronic entertainment coming from every direction, life in today's world is fast-paced and full-on. Anything seems possible. And with so many options and devices at our disposal, parents can be tempted to make their kids' lives very easy. However if we want our children to stand up to the inevitable challenges they will face in the future and keep going despite disappointment or frustration, we need to help our children develop resilience. This means they need to practice coping skills, and therefore need some challenges to practice these skills with.

The list below is not your typical "do and don't" list but rather a set of prompts to begin reflecting on ways to teach children resilience through simple interactions every day.

- Give your child independence to try new things they initiate, such as climbing at the playground or opening a container, even if you think it is "too hard" for them.
- Give your child the opportunity to wait patiently when it is required (such as in a restaurant or during a car ride); do not always provide entertainment.
- Teach your child to identify struggles as challenges to overcome, not tests to avoid, and teach them phrases such as "every challenge makes you stronger" to spark this outlook.



- Encourage your child to maintain a positive attitude about chores or homework by teaching them creative ways to find fun in work.
- Do not give in when you have set a limit, such as an amount of TV they can watch or how much dessert they can have.
- Require that responsibilities be completed even when your child does not feel like it, such as making beds, taking a bath, feeding the pets, and brushing teeth.
- When your child really wishes they had something, teach them to be grateful and find the best in whatever situation they are in.
- Let your child own their feelings, even if they are challenging, by not belittling the emotions but giving them a way to maintain perspective through phrases such as "A rainbow will come after the storm."

Every child is different, and will require a unique balance of support and challenge to rise to their potential. Children shouldn't be left totally on their own, but it's also important to let them experience life and learn to solve problems independently when age-appropriate.

Adapted from an article by Chelsea Lee Smith
(bouncebackparenting.com)

Reminder for Lunch Accounts

BOBCAT NEWS

Please check your student's lunch account and make sure they have funds to make it through the end of the year.



May 2019

