



## The Hyalite Highlights—January 22nd, 2015

### Dates to Remember:

Jan. 26<sup>th</sup>—No School K-12  
Jan. 29<sup>th</sup>—Steam Club—after school until 4:40  
Feb. 10<sup>th</sup>—PAC meeting from 6-7:30pm—Childcare and pizza provided for the kids  
Feb. 16<sup>th</sup>—No School K-12  
Feb. 20<sup>th</sup>—Family Movie Night—Please note the change in date—more details to come  
Feb. 26<sup>th</sup>—Steam Club—after school until 4:40pm  
March 7-15<sup>th</sup>—No School—Spring Break  
April 9&10<sup>th</sup>—No School  
May 25<sup>th</sup>—Memorial Day—No School

### Bohart Ski Day Schedule for 3-5<sup>th</sup> graders

Mrs. Capobianco---February 2<sup>nd</sup>  
Mr. Brown-----February 3<sup>rd</sup>  
Mrs. Pitts-----February 5<sup>th</sup>  
Mr. Waldo-----February 9<sup>th</sup>

Ms. Covington-----February 11<sup>th</sup>  
Mrs. Lackey-----February 23<sup>rd</sup>  
Mrs. Cech-----March 2<sup>nd</sup>  
Ms. Phillips-----March 5<sup>th</sup>

### 6<sup>th</sup> Grade Registration

SMS and CJMS will be hosting registration/parent nights at their schools, to get your 5<sup>th</sup> graders ready for Middle School. **SMS's will be a parents only** night from 6-7:30 pm on Feb. 12<sup>th</sup> and **CJMS' will be for parents and students** from 6:00-7:00 pm on Feb. 17<sup>th</sup>. If you have questions, please call Sally Owen (SMS) at 522-6422 or Wendy Fedock (CJMS) at 522-6304. Fliers with more information will be coming home with your child next week. Please make sure and attend the Parent night at the school where your child is zoned to go. Hope to see you there.

## Harnessing Our Own Power As Parents

Have you ever been in a power struggle with your child? We all have. Love and Logic teaches us that we have control over only one thing: ourselves. Accepting this reality allows us to harness this power and let go of the frustration of trying to control others, including our kids.

As parents, we spend a lot of time reminding and nagging. This reduces our energy. Enforceable statements are the tonic to this drain. Say what you are willing to do and follow through.

Instead of threatening, "If you don't unload the dishwasher, I won't play a game with you," try "I would be happy to play a game with you when the dishwasher is unloaded." For the child who is avoiding homework and not doing well in school: "I would love to sign you up for that dance class when I see a B in Science." When you have a whining child you can say "I will listen when your voice sounds like mine." Don't attempt this one though unless you can be sure your voice truly is neutral. Then you both get to practice self-control!

Enforceable statements allow parents to enforce strong limits while encouraging children to take responsibility for their actions. Win, win!

For more parenting tips contact your Parent Liaison, Cindy Ballew, at Thrive: 922-4235 or [cindy.ballew@bsd7.org](mailto:cindy.ballew@bsd7.org)

**The next Parenting The Love and Logic Way class for Hyalite parents will begin on Tuesday evening, April 7 and go until May 11.** Child care will be provided. You can call Cindy to sign up, call Thrive, or sign up on line at [allthrive.org](http://allthrive.org)

Thrive believes when families are strong and children are successful, communities thrive. Learn more at [allthrive.org](http://allthrive.org)