



2023

March is named for the change of seasons that allowed armies to once again "march" into battle after long, cold winters made fighting difficult.

*** School Important Dates ***

Board Meeting 3/14

Spring Intersession 3/6 - 3/16

End of Quarter 3 3/23

Let's talk about conflicts!

Conflict can happen in many different settings and places. Disagreeing with a family member, friend, or co-worker is part of life. We all have different experiences and opinions that may not line up with someone else's. Conflict can be uncomfortable and can cause harm to a relationship if it is not addressed. **So, how do we resolve conflict?**

- 1) Cool Off - take some deep breaths or some time apart
- 2) Share & Check - explain your point of view and listen to others. Paraphrase and use I-messages to check that you understand what each party is saying.
- 3) Take Responsibility: What could have been done differently to prevent the conflict?
- 4) Brainstorm & Choose: Come up with solutions to the problem and work together to choose the option that is most fair.
- 5) End on a Good Note: Shake hands and give a compliment. If needed, apologize and ask forgiveness.



Fun Dates!

3/1 World Compliment Day

3/6 Full Moon "The Worm Moon" 🐛

3/8 International Women's Day

3/17 St. Patrick's Day 🍀

3/20 Earth Day - Spring Equinox

3/26 International Waffle Day 🍩

March honors

- ★ Music in Schools
- ★ Social Workers
- ★ Women's History
- ★ Irish American Heritage
- ★ The Red Cross

Some Families Celebrate Purim or Ramadan during March

Community Events

3/4 - 5 PRCA Rodeo at the Fairgrounds

3/13 - 14 Jordan World Circus at the Fairgrounds

3/24 Parks and Rec Drive-in Movie

Recognizing Angry Moments

A million things can rile you up and cause you to blow your top. After all, anger is a natural response to perceived threats, and it causes your body to release adrenaline, your muscles to tighten, and your heart rate and blood pressure to increase. Sometimes your face and hands also become flushed.

As a natural biological response, anger was necessary long ago for human survival; it helped our ancestors fend off attacks by predators. Even in today's more civilized world, anger can lead to helpful behavior. Being angry can help boost your energy and prevent people taking advantage of you and people you love. Many people use anger to motivate them to do something positive.

But if it's not managed properly, anger can have negative health effects. Expressing anger inappropriately or keeping anger pent up can aggravate chronic pain or lead to concerns like sleep difficulties and digestive problems. Poorly managed anger often causes people to do things they regret, which hurt those around them. There's even evidence that anger and hostility are linked with heart disease. So, it's not that anger itself is bad, it's how you handle it that determines whether it's harmful.

- **Expression** is the act of conveying your anger. Expression ranges from a reasonable, rational discussion to a violent outburst.
- **Suppression** is an attempt to hold in your anger. Suppressing anger often causes you to turn anger inward or express your anger through passive-aggressive behavior.



Recognize it before you blow!

- It can be hard to make good choices when you are already upset. Learning what how your body feels when you start to feel angry can help you stop before you explode.

Change how you think!

- Replace your negative thoughts with reasonable statements. "I don't like having to wait but I know I can play with the blocks later."

Move your body!

- Moving your body helps get rid of the physical feelings that come with being angry. Jumping, swinging, running, blowing bubble, shaping playdough and dancing all help release tension that your anger may be creating.

Own your mistakes!

- Sometimes we are too far into our anger to stop before we make a poor choice. If we hurt a friend, apologize. If we made a mess, help clean it up. If we broke something, ask how we can help make it right.