

Pearl Rhodes Elementary

Weekly News

April 12, 2018



PTO NEWS

Thank you to all who helped with sales for the Yankee Candle Fundraiser. Together we sold over \$1,000.00 worth of items and earned over \$400 dollars for the school. Great work!!

~ Just a reminder that the **Glow Dance** will be held on **Saturday 4/28 at the Leyden town hall**. The Monday prior, 4/23, children are welcome to stay after school to help decorate posters for the event with the PTO from 3-4 p.m. All parents are welcome to join as well! If you would like to send along a white T-shirt to have your child decorate for the dance, we will supply the glow paints. Walmart, Jo-Ann's Fabric, and Michael's all have these in store for as low as \$3 per shirt.

~The children and our teacher's have narrowed down their favorite school T-shirt design. We are working on color choices and styles to help ensure we can provide these for purchase at a reasonable cost.

MCAS SCHEDULE:

SCIENCE & TECHNOLOGY					
	<u>May 2</u>	<u>May 3</u>			
Grade 5	Session 1	Session 2			
MATH					
	<u>May 8</u>	<u>May 9</u>		<u>May 15</u>	<u>May 16</u>
Grade 3				Session 1	Session 2
Grade 4				Session 1	Session 2
Grade 5	Session 1	Session 2			
Grade 6	Session 1	Session 2			

Upcoming Events

April 16 - 20

Spring Recess



April 28

Glow Dance Party, 6:00 – 8:00
@ the Town Hall

May 1

PRES LEC Meeting, 6:30

May 23

PRES Spring Concert, 6:30

May 28

Memorial Day, No School

June 5

Elementary Band Concert,
7:00 @ PVRS

June 12

Field Day



June 14

All School Field Trip to
Montshire Museum of Science

June 20

6th grade Graduation, 6:00

Some Tips on Helping Children Manage Big Feelings

Everyone, adults and children, has difficulty managing overwhelming feelings at times. Here are some easy to implement ideas on how to help the children in your life when they experience strong emotions such as worry, fear, or frustration.

Name the feeling: Many children are frightened by the sensations or thoughts that are produced by having big feelings. Help your child to figure out which feeling he or she is/was having, including naming the bodily sensations that may have gone along with it. It is extremely common for children to have an upset stomach when worried, for example, or for their body to feel tight when they are mad. Children can learn to recognize these signs, and with adult support can access strategies that will help the feeling to pass. There are also numerous children's books about feelings that can serve as excellent resources for your family.

Normalize the feeling: Children can be confused by how feelings can take over. It is helpful to explain to your child that everyone has feelings, and use some of your own experiences as an example.

Practice self-regulation skills: In a moment of big feelings, a child cannot access his or her thinking brain. It is literally unavailable, as the emotional brain has taken over. This is why saying "just calm down!" doesn't work. A child needs to learn what "calm down" means and practice how to do it when he or she is actually calm, so that in the moment of upset, he or she can access the strategies. Simple strategies that can be used at home are taking a quiet break (not a time-out), deep breathing by pretending to blow bubbles or pretending to blow out a candle, coloring, making a calm down glitter bottle (child shakes it up and watches the glitter fall back into place), having a drink of cold water, using play-doh, or listening to music.

If you are concerned about your child's social and emotional well-being at school, or if you are looking for help in accessing mental health supports for your child outside of school, please do not hesitate to contact me by emailing me at franza@pvrsdk12.org or by calling the school.

Andrea Franz, LICSW- School Adjustment Counselor

Spirit Week Fun!!

