

The Bear Essentials

Principal's Monthly Bulletin

November 2003

- **Thank you . . .** to all parents who attended our Back to School Night and responded so positively to all the work your children have done since September . . . to our appreciative audience for our OXI Day performance . . . to the parents who have made donations to us this month . . . and, the total donations from the Primary, Middle and High Schools on Jeans for Genes Day enable us to send just over 350 euros for Genetic Research.
- **This month's international bulletin board on the Arabic World is presented by Mrs Khatib, Samir and Laila's mum.** The accompanying display of exotic handcrafts, ranging from beaten copper plating to filigree embroidery is a reminder of the diversity of crafts that exist within this region. Beautiful books on costume, history and geography are also on display in our library. Don't miss the opportunity to visit the exhibits – especially if you love embroidery, as the cross-stitching is most impressive!
- **Now that the weather has changed,** please make sure that your child is warmly dressed for the morning chill in the air. Outdoor clothing should have tabs to enable it to be hung securely on the coat hooks and please label all items of your children's uniform to help them take responsibility for their expensive school uniform. Thank you.
- **The school handbook states that the working day begins at 9.00 a.m.,** but I have noticed many parents drop their children off after this time. As a result some children miss the important morning routines and procedures that set the tone for the school day and, in some cases, they miss the very important opportunity for socialization with their classmates.

The best drop off times are **between 8.45 am and 8.55 am before our yellow buses arrive.** Private cars should stop only to allow students to disembark. If you have an appointment or need to stop by the reception, please use the parking area behind the soccer field. The front student entrance door is locked at 9.00 a.m. so please use the reception door after that time.

Diary dates for November . . .

- **Monday November 10th: Our first Parent Coffee meeting this year,** with a presentation by the Resource Team on "**Childhood Anxieties.**" We'll serve coffee at 2.00p.m., followed by the presentation and discussion. Please join us!
- **There are no classes for TASIS students on Monday, November 17th.**
- **The Center for Counseling and Career Services has two special events scheduled for parents this month.**

On Wed. 12th November at 6.00 p.m. Mrs Penny Dris Marolachackis will speak on "Learning Differences: Discovering the Treasures that lie Within"

On November 26th, Dr Mordoh, a clinical psychologist from Harvard Medical School will present a lecture on "Teenage Relationships." Mrs Thanopoulou, Director of the TASIS Center, looks forward to welcoming parents from all three divisions of TASIS to these informative and thought provoking presentations.

"What can you do when "time-out" doesn't work?"

In response to this question which I was asked on Back to School night, I am including this short article, abridged from a parenting article in *Essence*, October 2003. I hope you find it helpful.

Five tactics to use when time-out doesn't work.

We asked three experts in parenting for some alternatives to time-out. Howard Stevenson, co – author of *Watchin' Over and Gettin' With: An African-American Parent's Guide to Discipline* (Jossey-Bass); Michele Borba, Ed.D., author of *No More Misbehavin': 38 Difficult Behaviors and How to Stop Them* (JosseyBass); and Kerby T. Alvy, Ph.D., executive director of the Center for the Improvement of Child Caring, share the following suggestions with us:

BAIT AND SWITCH

Sometimes just saying "stop" and "no" doesn't work because very young children (infants and toddlers) honestly don't always get it. That's when you try another solution: distraction. For example, pry the crystal figurine from your daughter's grasp and replace it with your old Swatch watch that hasn't worked in years. Or you may have to remove her from the situation entirely.

PLAY TRUTH AND CONSEQUENCES

"Obviously you can't let your kid get away with bad behavior," notes Borba. "He has to learn to take responsibility for his poor choices. Consequences become part of the makeover." But before doling out punishment, consider these four tips from Borba: (1) announce what the consequence will be; (2) fit the consequence to the deed and your child's development; (3) don't negotiate; and (4) carry out the consequences as soon as possible.

ASK FOR HELP

"One of the stressors of raising kids is that often we're the only ones watching," says Stevenson. Seek out teachers, neighbors and other parents who know what you expect of your child, and ask them to keep an eye on him. If he does something wrong, it will get back to you, allowing you to halt the misbehavior if it gets out of hand.

GIVE EXAMPLES

Rather than just telling your child what to do, show her to make sure she gets it. For example instead of allowing your daughter to hog a favorite toy during playtime, show her how to use a timer so that each of her friends have time to enjoy the toy. **'No behavior will change permanently unless you teach your child another behavior to replace it,'** says Borba.

PRAISE GOOD BEHAVIOR

Kids are like adults - they love to be stroked. And when we praise them for doing right, it suddenly seems less enticing to do wrong. Alvy says, "Praise is a discipline technique. When you praise a child for a specific behavior, you are disciplining him by teaching him the actions that are the right things to do."

News from the Early Years classrooms . . .

PRE-K: Pre-K has had a smooth start in making the transition from home to school, especially when we consider that for many students it was their first school experience. Mrs. Alyson and I appreciated all the parents who came to Back-to-School Night and we enjoyed discussing your children's progress and getting to know you a bit better.

In math time we have explored the concepts of sorting, making patterns, differentiating between shapes and inquiring into the numbers 1 and 2. We have read and discussed many stories during our Language arts sessions, several of which are fairy tales such as *The Three Little Pigs*, *Goldilocks and the Three Bears*, *The Little Red Hen* and *The Three Billy Goats Gruff*. The children enjoy using the puppets to retell these stories, brushing up on their sequencing skills simultaneously.

In Pre-K the children spend time singing and have learned many nursery rhymes such as *Baa Baa Black Sheep*, *Twinkle Twinkle Little Star*, *Doctor Foster*, *Lucy Locket*, *Mary Mary*, *Little Miss Muffet* and *Two Little Dicky Birds*. We also enjoy singing and moving to number songs such as *Ten In The Bed*, *5 Little Monkeys*, *Knick Knack Paddy Wack*, *5 Speckled Frogs* and *Alice the Camel*.

In several days we will begin our first yearlong unit, The Changing Me. We have already received many baby things from most of the children and look forward to sharing them with the class as we inquire into physical and personal growth. Finally, we look forward to using the Jolly Phonics program as we begin learning about letters and their sounds.

Chrysoula Ploutou

Kindergarten: During our first unit of inquiry, our yearlong study of **WHO WE ARE**, Kindergartners wrote and published 'All About Me' books that included, among other things, a self-portrait, a drawing of their families, hand and footprints and an illustration of something they do well. These books will be used to further develop understanding of how we are alike and different.

The central idea of our second unit is 'Plants have certain requirements in order to grow and stay healthy'. This unit focuses on Science and is under the theme of **HOW THE WORLD WORKS**. I've sent out a call to Kindergarten parents to send in cuttings from house plants and seeds, but would be very happy to have contributions from our entire school community. We will create a terrarium, so anything you could donate would be greatly appreciated, even worms and other creepy crawlers!

As we move into the second half of our first trimester, I am pleased to report that the Kindergartners are displaying responsible actions both in the classroom and on the playground. They are beginning to understand that the items on our 'Essential Agreement' make sense, are simple to follow and help everyone stay safe and respected. It is exciting to watch our class become a community of learners!

Mrs. Julie

1st Grade: We all know that every beginning is a challenge; especially for the first graders because this is the year they will be learning to read and write, among so many other important things.

In our first unit, "Let's be Friends", we inquired into the values of friendship and how to resolve conflicts. Through stories, discussions and role-play, the students discovered what makes good friendships work and how to be open to friendships with people who are different. Together we came up with a plan on how to resolve conflicts peacefully.

Do you remember Humpty Dumpty who sat on a wall and later fell off that wall? Well, the first graders wrote some more adventures of Humpty Dumpty. Did you know that once when he

sat on a log he then saw a dog? He also has a cat that sleeps on the mat. If you are interested in reading more Humpty Dumpty adventures in rhyme, come and visit the first grade and we'll be happy to share them with you.

We are now ready to start our second unit of inquiry, "Now and Then" where we will take a trip to the past in order to discover the differences and similarities on how we live now and how people of previous generations lived. A worthwhile addition to this unit will be our field trip to the Benaki Museum on Monday, November 3, 2003.

Finally, I would like to say thank you to Mrs. Daskalakis who is giving some of her time to our class to help us with our reading program. **Mrs. Barry**

2nd Grade: With two months of school gone by, the 2nd graders are well into their daily routines and everyone is buzzing with curiosity, enthusiasm and an eagerness to do well.

What a wonderful way to start the school year as we ventured out to get to know our school's environment better while developing an understanding of how maps can greatly simplify our lives. Our visitor's map of Varimbombi Square is on display by the main entrance of our school if you are curious and would like to visit the area. We discovered that the Square is only 3 minutes away due North, it covers an area of 650 sq. meters, has a number of places to sit, eat or drink and run around!

Our study of other maps helped us to understand how color, symbols and keys are used. Through our math lessons we looked at how coordinates can help us locate places on a map and our extensive measurement activities prepared us when using the trundle wheel to bring our maps down to a scale of 1 cm. for every meter measured on the ground.

This week we're just beginning our new unit called 'The Third dimension'. Are you curious? We certainly are!
Louise Kalokerinou

November Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Grade 1 F/T: Benaki Museum <i>ASA:Tennis</i>	4	5 <i>ASA: Drama</i>	6 <i>ASA:Soccer</i>	7 Arabic Presentation By Mrs Khatib	8
9	10 2pm Coffee Meeting <i>ASA:Tennis</i>	11	12 <i>ASA: Drama</i>	13 <i>ASA:Soccer</i>	14 Grade 2 F/T: Art City	15
16	17 No School Faculty In- Service Day	18	19 <i>ASA: Drama</i>	20 <i>ASA:Soccer</i>	21	22
23	24	25	26	27	28	29
30	<i>ASA:Tennis</i>		<i>ASA: Drama</i>	<i>ASA:Soccer</i>		