

Friday, November 4, 2011

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John Muir News

Weekly news from John Muir Elementary and the PTSA

News From our Principal

Happy Friday. This has indeed been a big week here at JME. Anytime we add something as major as Halloween to the week we can expect it to be an exciting few days of learning! A big THANK YOU to our volunteers who helped make class field trips and class functions memorable for our students. We love making our school a place where everyone feels welcome to participate in teaching and learning.

It is already November here at JME and that means a few big school events. Today we began our annual JME Read-A-thon with a school wide "Read In". Students were allowed to wear pajamas to school as we cozied up with our favorite book. Earlier this week students brought home a packet that has all of the information you need to support your student in collecting pledges that will be donated to our PTSA to support learning here at our school. The Read-A-thon is a great way for us to promote the importance of reading. So I encourage you to make a special effort to turn off the TV or other media each evening and focus on reading with or to your children.

Next week we will also be doing our annual Turkey Trot. For anyone new to our school, this is an opportunity to promote the connection between physical fitness and general well-being. I am always amazed at how excited our students get about running, skipping, or walking laps during their lunch recess! Of course, it may be the chance to earn a turkey for doing the most laps that gets them so excited! I encourage any parents interested to come out and watch and help out during this festive activity. Thank you in advance to Physical Education teacher, Kim Elliott, and the cadre of volunteers who make this a great activity for our students.

Finally, as we begin the month of November, some of the novelty of the school year has worn off and we are down to good old hard work. Keep encouraging your children to give their best effort at all they do here every day. We continually remind every student that they are capable of achieving well through hard work and effort. Recognizing and acknowledging the work your children do here at school reinforces the message that, "Effort Leads to Success at JME!"

Have a great weekend.

Jeff DeGallier

A handwritten signature in black ink, appearing to read "Jeff DeGallier".



John Muir Calendar



- Nov 4-10 Read-A-thon
- Nov 7-10 Turkey Trot
- Nov 10 Veterans' Day Assembly, 2:30 pm, gym
- Nov 10 Reflections Art Show, 3:30 pm, Library
- Nov 10 General PTSA Meeting, 6:30 pm, Library
- Nov 11 Veterans' Day, No School

Upcoming Events

- Nov 17 Picture Make up/Retake Day
- Nov 23 School Dismisses at Noon
- Nov 24 No School, Thanksgiving Day
- Nov 25 No School, Thanksgiving Vacation

Read-a-Thon

Our PTSA sponsored Read-a-Thon starts today. Start keeping track of the time your kids spend reading at home (or you reading to them). A packet was sent home earlier in the week with all the information you need to get started. Pledges are also being collected with 100% of proceeds going to John Muir! It is a great opportunity to help support all our great PTSA sponsored programs. Along with our Read-a-Thon, we are having a book drive. If you can, send in new or gently used books of all types and those will be donated to KITH, a transitional housing program in Kirkland. Packets are due back next Thursday, November 10th.

Have fun reading!!



Reflections Art Show



You are cordially invited to the JME Reflections Art Show on Thursday, November 10th @ 3:30-4:30 pm in our library. "Diversity means..." was this year's theme. Beverages and treats will be served.

PTA REFLECTIONS



Later that evening our PTSA will be holding their General Membership meeting starting at 6:30 pm also in the Library. Everyone is welcome!



ONE MILLION PAGES ...just imagine.

569,583
and counting!

John Muir Kids LOVE to Read!

Holiday Dress Drive

Help us support the Olive Crest Organization!

Safe Families for Children

Every little girl enjoys and deserves a pretty holiday dress! A dress, new or used, can do wonders for her spirit, boost her self-esteem and while we know self-worth is more than a piece of clothing; let's face it....it makes a girl feel pretty!

We are hosting a Holiday Dress Drive to collect dresses, new or used, for girls who otherwise wouldn't have one to wear for the holidays. Dresses are being collected right now and will be available to those we're helping in December.

Dresses are being collected now through December 10th in the JME Office.

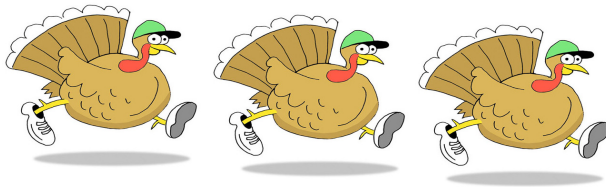
Contact:

**Lauren Camilleri at 425-829-9006 or
BreAnna Casper at 425-821-6900**



Capstone Project Approved by Joe Joss,
Principal of Kamiakin Junior High

Our Annual Turkey Trot Starts Monday, November 7th



The Turkey Trot will begin on November 7th and run through Thursday, November 10th. All Muir students will "trot" around the playground either during afternoon recess or PE and Music time. A frozen turkey will be awarded to the top boy and girl trotters from each class. This is a great opportunity for students to keep physically active while also having fun and a chance to win a frozen turkey for their family.

Please dress in comfortable clothes and shoes each day for jogging.

Daylight Saving Time Ends



When you wake up on Sunday, November 6th, don't forget to turn your clocks back one hour.

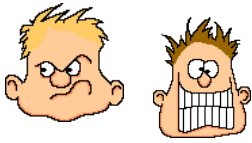
THE LIFESKILL FOR NOVEMBER IS:

Compassion

To feel and show concern for others.

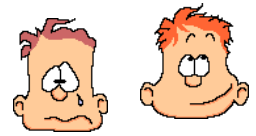


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Counselor's Corner

with Kathy Dryden



*Teaching people to do the right thing....
even when no one is looking.*

SOUND DISCIPLINE From "Mis-takes" to Compassion

Contributed by Jody McVittie, MD

I owe a lot to Bob Bradbury. He taught the parenting class that my daughter's school counselor recommended. Did I *want* to go to parenting class? No. Was I desperate? Well – kind of.

The very first night of parenting class Bob gave us some homework – in three parts. Part 1: We were to go buy a small pitcher so that our children (then 6, 4 and 2) could serve their own milk at the dinner table. Whew, that was easy. Part 2? A little harder: demonstrate how to pour the milk, but pour it *next* to the glass instead of in the glass asking, "Did I make a mistake or *am I a mistake?*" My kids laughed and said, "You *are a mistake.*" It was in fun – so we could all laugh and I thought that they were beginning to get the difference.

Part 3? As the parents our job was to *announce* all of our mistakes for a week and follow them with, "I made a mistake, but I'm okay." This was not easy. It took about three weeks of practice before I could even put the sentence together. I did not find it funny. It stirred up all sorts of uncomfortable emotions from my own childhood. It was also the beginning of my ability to be compassionate to myself – and for that I'm grateful. It turns out that the distinction between "I made a mistake" and "I am a mistake" is a big deal. When we make a mistake, we may feel bad, but we can learn from what we did. When we come to the erroneous conclusion that we are a mistake, that there is something wrong with us as a person or that we are defective, that becomes the main "learning." We don't just "feel" bad, we begin to believe we "are bad." Instead of feeling regret or a bit of guilt, we feel shame. That icky sticky feeling that I experienced beginning to announce my mistakes was shame. And, as I have come to learn, shame is hurtful both to the parent experiencing it and his or her children.

There is hope. Brené Brown, a social researcher from Texas, studies the shame and shame resilience. (You can listen to her TEDx talks online.) Shame is preventable. The antidote is empathy and compassion. When we make mistakes, we don't want or need to see the solution or to have it fixed right away. The first thing that is helpful is to know that we are not alone. You can try it out for yourself or with your children:

Know the difference between, "I made a mistake" and "I am a mistake." For some of us this takes a lot of practice and gentle reminders from those we love. You can help your children by helping them know that they make mistakes – but they are not a mistake.

Validate feelings: When your daughter is sad that her best friend is spending more time with another girl connect with her feelings without trying to fix the problem. "That is really disappointing. I'd feel bad too."

Calm yourself: Sometimes when our children are hurting we hurt with them. We want them to feel better so we can feel better. It is more helpful if we can just listen (while maintaining our sense of self.)

Find a listener: Sometimes *we* are the ones who struggle to untangle ourselves from shame. Find someone (a friend or partner) who will listen to you and help you to know that anyone in your situation would feel bad too. Be a listener for your children.

Sympathy is not helpful. There is a big difference between sympathy and empathy. You can try it out. Imagine one of your more recent mistakes. If your friend is able to say, "Wow, I get it. That is awful," you feel like someone is on your side. It helps you out. If your friend says, "I'm sorry you feel that way," it is easy to feel worse and more separated.

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