

Friday, September 23, 2011

[www.lwsd.org/school/muir](http://www.lwsd.org/school/muir)



# John Muir News

Weekly news from John Muir Elementary and the PTSA

## News From our Principal

Happy Friday. The weather is definitely changing and fall will be here soon. As the seasons change, we are also changing into a higher gear for learning here at JME. Our students are now familiar with the routines and beginning of the year assessments have been completed so that we can be confident we know your child well enough academically to be sure they are being challenged to achieve their best. Here at JME we expect our students to work hard at their academic studies. I do expect the learning to be fun and interesting, but I also want our students to learn the value of working hard and the sense of pride and accomplishment that they can feel when they have made improvement or mastered a skill. One of the best ways that you can support our efforts is by continually reminding your student that you have high expectations for the quality of the school work they do. We try to provide plenty of models of what quality school work looks like so that they may better understand the level of expectations we have for them, but your encouragement is essential. Also, please be sure you have already made an initial contact with your child's teacher to share with them any information you think we should know about your student and to make sure you understand how you can best support your child at home. Regular communication with your student's teacher is a key to your child's academic success. Thank you for attending Curriculum Night last night. The teachers were excited to share with you their plan for the year and I'm sure you got many ideas of how to help support your child's education at home.

Have a great weekend with your children.

Jeff DeGallier

Principal



## John Muir Calendar



- Sept 27 PTSA Fundraiser Assembly, 2:30 pm, gym
- Sept 27 Special Education Meeting, RC, 7:00 pm
- Sept 29 Tea with the Principal, 9:15 am, Library

### Upcoming Events

- Oct 20 Individual School Pictures, Library

## PTSA After School Programs

After School Programs will start next Wednesday, September 29<sup>th</sup>. Sign up now using the form inside this packet!

If you have any questions contact  
Rossana Fox  
at [rrepettofox@frontier.com](mailto:rrepettofox@frontier.com)  
or 425-814-3961.



## Sign up or renew with eScrip by November 1.

The school or group of your choice will earn contributions when you sign up or renew online. Go to [eScrip.com](http://eScrip.com) for complete details.



**PTA Reflections**  
**unleashes**  
**your artistic talents**

Dance Choreography      Photography  
Film Production      Musical Composition  
Literature      Visual Arts

2011-12 Theme: "Diversity Means..."

Reflect on the theme. Create an original work. Be recognized.  
**Deadline for entries: October 24-26, 2011**

For details, contact  
**Shawn Thornsberry**  
s\_thornsberry@hotmail.com  
or 425 283-8344

National Media Sponsor of PTA Reflections Program  
parenting PTA REFLECTIONS

**ONE MILLION PAGES** ...just imagine.

**77, 154**  
**and counting!**

**John Muir Kids LOVE to Read!**

## Need Homework Help?

Try the Study Zone brought to you by our  
King County Libraries

Volunteer Tutors @ our  
Kingsgate Library available on the following  
days and times:

Tuesdays & Wednesdays	4pm—8 pm
Thursdays	6pm—8pm
Sundays	2pm—4pm

## Lunch Buddy Volunteers Needed!!

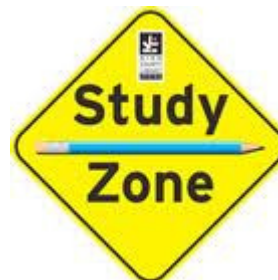
What is a Lunch Buddy program? It's a way for adults in the community to help local elementary students succeed. For one hour per week, a mentor is a student's craft companion, checker opponent, and recess partner. You eat lunch, play games, or just talk. You are a confidante. You are a friend. You are buddy. All you need to do is fill out a volunteer application and talk to Gail Anderson in the office if you are interested. It is a very rewarding program!!!

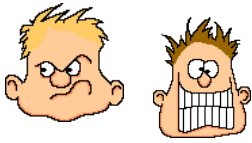


## Lake Washington School District PTSA Special Needs Group Meeting

**Tuesday, September 27**  
**7 – 9 pm**

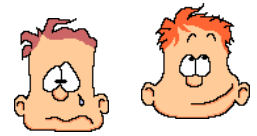
**Introduction to LWSD Special Ed Department**





# Counselor's Corner

with Kathy Dryden



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

## Rhythm and Routines

Contributed by Jody McVittie, MD

School has started and the excitement of the first week has worn off. Do you find yourself nagging in the morning? Wondering if your student will ever be able to make it out the door with some drama or to get a pair of shoes on (get dressed, eat breakfast) quickly? There are a couple of practices that make mornings easier for many families.

It is helpful to remember that **the world looks different through your student's eyes.** They may or may not like school – but the process of getting there also involves leaving you, leaving home – and is quite a transition. It is often hard to find a comfortable pace for that transition.

**Ask for your student's help.** "I'm noticing that in the morning there always seems to be a last minute rush. By the time you make it out the door, I'm nagging you and we are both stressed. Can we figure something out so that we have more time together and you make it out the door without the stress?" Brainstorm a list of things that would help both of you in the morning. That might include you getting up earlier so that you have a few moments of undivided time with your child(ren).

**Get things ready the night before.** Having children pick out their clothes, make their lunches and put their backpacks by the door the night before school greatly reduces stress in the morning. Yes, it makes the evening routine a little bit longer – but with practice it can go quite quickly. It teaches kids to think ahead and plan a bit which is a valuable life skill.

**Build a routine chart together.** *With your student* work backwards and make a list of all of the things that need to happen for a successful morning "launch." On a non-school day take pictures of him doing each step. This might include the alarm going off, waking up, getting dressed, etc. *With your child* make a poster using the pictures you have taken in an order that works for both of you. If you have more than one child, make one for each.

**Let the routine be the boss.** In the morning let the routine chart be the boss. For example, you ask, "What is next on your chart?" instead of saying, "It is time for breakfast."

**Avoid "special service."** Are you doing things for your child that she could do for herself? Are you tying your 7 year-old's shoes? Making her bed? Picking out clothes for your kindergartner? Getting her dressed? Time to fire yourself from that job. Many parents are anxious that their child simply cannot manage these tasks. That of course invites the child to also believe that he or she is not competent. If you are moving toward doing less here are some basic steps.

- Let your child know that you know that she is capable and that you won't be dressing her (tying her shoes, picking out clothes) any longer.
- You can talk about what she needs to practice to have confidence that she can do it herself.
- Become incompetent at the task. If she wants you to get her dressed, for example, put the clothes on all the wrong places. (If this is done with love and humor it can be quite fun.)
- Allow for mistakes. If she goes off to school with laces tucked in instead of tied it won't be the end of the world.

The sense of competence and confidence that your child will gain from learning that he or she is capable is worth the effort.

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