Parent Newsletter







thru
June 27
M-Th
(no Fri)
9am—2pm
Call the
office to
register
your
students!

Summer School:

June 10

Tips to Help Your Child End the School Year Well

Along with the warmer weather comes "Spring Fever" as kids get jittery and begin to anticipate summer vacation. This time of year can be harder for students to focus on school and maintain the good attitude and respectful behaviors that will help them finish the school year well. Here are some tips that will help you get through the last few weeks of school and help your children finish well!

Maintain open communication w/ teachers

Be sure to stay in regular communication with your children's teachers. It's very important that the lines of communication are open so you and the teacher both feel comfortable in sharing concerns with each other. **Make sure that you and your children's teachers function as a team** for the benefit of your kids.

Keep healthy bedtime rituals

As the days get longer, it is tempting to let your kids stay up later, but remember, **School aged children need 8-12 hours of sleep** in order for them to function to their best ability. The last thing that you want is for your kids to be grumpy in school, too tired to retain information, or falling asleep in class because they are not getting enough sleep at night.

Make school a priority

With so many other activities that kids participate in, sometimes studying and academics takes a back seat because there are only so many hours in the day. This is not the best approach for children, particularly if you want them to end their school year strong. **Make sure school is always a priority.** Extracurricular activities are okay as long as school is first.

Taken from http://sophiemichelin.com/blog/children/6-tips-to-help-your-children-end-the-school-year-strong

Importance of Building Resilience

Parenting is the hardest job you will ever have. There is no training manual and you may feel lost in finding the best information for raising your child. By providing opportunities for resilience, you can give your child the tools to overcome obstacles and succeed.

Resilience is the ability to bounce back after difficult experiences and it is one of the most important skills we can teach our children.



Building resilience is easy! It can be as simple as....

- Attachment to a caring adult
- Giving a child choices
- ♥ Mastering a skill
- Assigning chores to give responsibility
- Learning to show appreciation
- Developing friendships
- ♥ Developing self-esteem
- Working as a team
- Learning to ask for help
- Develop a sense of control

April Awards

| | | | |
|-------|----------------|---------------------------------|------------------------------------|
| Grade | teacher | student of the month | most improved |
| K | Mrs. Latella | Odin Henry | Ceejay Broncheau Rushawn Seldon |
| K | Mrs. Hays | Shyne Bronson | Taleha Guzman-Henry |
| 1st | Mrs. Sliger | Logan Maggi | Leo Ellenwood |
| 1st | Mrs. Arthur | Weliix Lookingglass | Tayvon Anderson |
| 2nd | Mrs. Hewett | Katrell Samuels Wenona Scott | Colt Greene |
| 2nd | Mrs. Hillman | Kelly Cirame | Josh Arthur |
| 2nd | Mrs. McKarcher | Joseph Arthur Leilani Penney | Nevaeh Moses Serinity Quintana |
| | Mrs. Dahl | Karvehl Bisbee | |
| 3rd | Mrs. Stamper | Tayven Kickingwoman | Kylynn Capetillo |
| 3rd | Mrs. Tabor | Tyus Spencer | Bobby Parrish |
| 4th | Mr. Blyleven | Jereese McCormack | SusanTewawina |
| 4th | Mr. Woodford | Adam Henry | Quentin Basey |
| 5th | Mrs. Baldwin | Grace Klein Skylin Parrish | Neil Wheeler |
| 5th | Mr. Morgan | Saei Creutzberg | Natalya Greene |

UPCOMING EVENTS:

Last day of After School Program

Fri. May 24
Student Awards

Thurs. May 23

Assembly

K-2nd, 12-12:30 pm 3rd-5th, 12:35-1 pm

Mon. May 27

Memorial Day, no school

Tues. May 28

District Pow-Wow
1:15-3pm in HS Gym
(honoring graduates &
retirees)

Wed. June 5

Play Day End of year Assemblu

Thurs. June 6

Last day of school Early release 1:05pm

June 3-7

Boys & Girls Club closed

Lapwai parent **Vega Greene**, mother of 1 HS student, 3 elem. students, and 2 in Head Start shares:

I was given an opportunity to take a 3-step course on "RAISING GOOD KIDS" with the **STEP - Family Engagement Team**. During the first session I was intrigued and excited. The steps were important and really hit home. I get that we are often too busy to attend things like this. (I participated because it was a free lunch-yes I said it) But guess what?? I've gained some *amazing* ideas for my home, to help my children with the school or any personal concerns they may have. The questions in the training were things that made you think. They caught your attention, and the discussions really helped me and encouraged other parents who attended.

"Raising Good Kids" was honestly a group of parents/grandparents getting to know each other, letting each other vent, brag about your own kids, and reminisce about the good and bad of your childhood. It was very therapeutic, yet rewarding because now we have all this information to help us as parents and help our children be successful, especially about the importance of communicating. We were given exercises to do at home and bring back and share which was fun! We learned about our children and what we can do at home to help keep our children safe, educated and work to achieve their goals. We all got to share and appreciate that nobody's perfect. Just being with parents and grandparents from all different eras was rewarding and awesome to hear. The steps in the training were definitely worth it because it provided new opportunities to do things as a family.

I encourage parents, grandparents, and family members to please get involved so we are not neglecting the teachings, so that our children see how we are learning as well. The "Raising Good Kids" training is very important for not just parents but for our community. Especially ours! We are NATIVE PEOPLE; we all need to come together and take our youth back and start teaching our kids young. These steps will remind you what's important, it will make you go back to when you were a child and understand, those past opportunities are over and lost. If we are not willing to step up and learn, we can't expect our youth to do it either. I really encourage community members, parents, aunts, uncles and grandparents to please reach out to the STEP/Family Engagement Team and the trainings they offer. I promise it's good, people! Awesome discussions and good food! LETS START THE TEACHINGS YOUNG! Let's take our YOUTH back & work together! Love y'all!

'Kiiye pecepelihniku' wapáyat'as mamáy'asna hipewc'éeyu' cúukwenin'.
"Together, we ensure all students will reach their full potential."