

Robert Frost Elementary

December 4, 2007

Book Exchange

Th 12/13
T 12/18
W 12/19 – T 1/1
W 1/2

Every Wednesday! Bring a book, Take a book!

7:00 PM Winter Concert - 3rd graders & participating 6th graders
Regular school day (last day before break!)
Winter Break
School resumes

Remember! Every Wednesday is Early Dismissal at 2:00 PM (AM K at 10:55 AM, PM K at 2:00PM)

School Office: 425-821-8238 Safe Arrival: 425-825-7687

Recent and archived Tuesday Bulletins can be accessed online: <http://schools.lwsd.org/frost/>

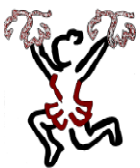
This Thursday: Yearbook Group Pictures!

Students will be called down to the library for yearbook group pictures on Thursday morning:

**Student Council
Band/Strings
Patrol
Seattle Marathon
Recess Ambassadors
K-6 Reflections Participants**

Show your school spirit! If you have any Frost sweatshirts or T-shirts, please wear them! (Wear Seattle Marathon T-shirts if you ran the marathon!)

Lil Rebs Winter Cheerleading Camp!!



Do you have a little cheerleader in the family? Register now for our annual Lil Rebs Winter Cheer Camp, Saturday, January 5th 2008 from 9am-12pm! Taught by the Varsity Cheer Squad, your child will learn cheers, a dance, and have

tons of fun at our camp! Registration includes pom poms, and free admission to a Rebel Girls Basketball game where your child will perform at half-time! Cost is \$35.00 per cheerleader, \$25 for each additional family member. T-shirts and sweatshirts will also be available for purchase! Registration forms will be handed out in class before Winter Break. Check out the cheer webpage at www.lwsd.org/jhs to print off a registration form as well! Hope to see you there! For questions or more information contact Coach Rose-jrose@lwsd.org

SIXTH GRADE NEWS



In 6th grade, our current math unit is Bits and Pieces 1, which involves understanding relationships between fractions, percents and decimals using physical models, drawing and patterns. It is fascinating to watch connections develop for the students between the three mathematical concepts. These concepts are ones that students will be seeing on a daily basis throughout their lives. If you are cooking over the holidays, it would be great for students to help you and see fractions in use! Maybe even have your child double the recipe. We are sure students would want to double a cookie recipe. ☺ As you are eating out at restaurants, please have your child help you calculate the tip (10%, 15%, 20%) on the total bill. Store sales and flyers involving "percents off" is another great way to practice figuring the "new" price of an item.

Holiday Stress-Busters

from *familyeducation.com*

The holidays are right around the corner — are you having fun yet? If you are, Ann Vernon would be surprised. As a counseling professor at the University of Northern Iowa with her own private practice, Vernon hears from a lot of exhausted parents this time of year. She says, "Most are striving for the Currier and Ives Christmas of their childhood, but in reality they're dreading the holidays."

How can you beat back the dread and have the family holiday of your dreams? "Start by lowering your expectations," advises Vernon. "Be more realistic about what you can do. This usually involves changing the tradition — it can be equally as good, but it has to be unique to your family."

The following tips can help:

1. Reassess and Prioritize

Holiday stress sets in when you try to do it all. "Stress is an emotional reaction to circumstances that you feel are out of control," says Vernon. "To cope, take some time out, rethink what's stressing you out, and look for alternatives." Vernon also advises changing your demands to preferences: Tell yourself, "If I have time, I'll do this and that. If not, I'll only do that."

2. Delegate!

Does the house need cleaning or decorating? Let each family member be responsible for a room. Or Vernon suggests, create a "job jar." Everybody takes a turn choosing what his or her job will be. Jobs can be color-coded according to age. "When you delegate, you have to make your expectations clear to your kids, and you may have to lower your standards a little bit," says Vernon.

3. Don't Give in to the "Gimmies"

"I want, I want!" This familiar phrase can wear parents down over the holidays, but giving in to your child's every request can cause financial distress. Psychologist Dorothy Cantor says, "It's okay to tell your child that a gift is too expensive. Tell him that even Santa Claus has limited funds."

Another way to fight the commercialism of the holidays is to beef up on the traditions that don't cost any extra money. Vernon says, "Bake cookies, go caroling, give to needy families, or volunteer. Explain to your kids that there are a lot of families who don't have as much as they do." To get kids into the spirit of giving, ask them to pick a few of their old toys to donate to the less fortunate.

4. Be Realistic About Relatives

When the in-laws visit this season, have realistic expectations for the short term. "Don't try to solve past issues with family members over the holidays," warns Vernon. "It's not the time to bring up every little irritation. Use discretion." And if going to a certain relative's house every year causes a lot of holiday stress, decide if you really need to do it. Maybe you can go every other year instead.

5. Flexibility Can Buy You Time

How can you get anything done when the little ones are home on vacation and you only have a few days off? University of Indiana education professor Janette Shaw suggests parents take turns looking after kids with neighbors or colleagues. And Vernon recommends hiring a babysitter to take the kids to the movies or to play with them for a few hours while you're working around the house.



Five Signs You Need to Bust Some Holiday Stress:

- * You're irritable.
- * You're losing sleep.
- * You're losing or gaining weight (this can be hard to tell around the holidays — it could just be all the good food).
- * You feel tense — with muscle aches or headaches.
- * You feel overwhelmed.

Above all else, Vernon says parents should take it easy on themselves over the holidays: "This time of year, people are so concerned by what others might say about them if they don't do everything perfectly." Ask yourself what imperfection really means. Surprise! You're human — like everyone else.