



UNION MEMORIAL SCHOOL

Parent Newsletter
January 6, 2012

Yearbook: This year only happens once. The yearbook (\$15) is a great way to share the events of the school year with your son or daughter. Don't miss out on the things they've experienced. Pre-order your copy now. **We do not order extra copies.** You must pre-order it. There is a link on the main page of the UMS website. Please note this is not a fundraiser for the school or PTO. We sell the yearbooks at cost. I give many reminders because inevitably there are disappointed students (and parents) who want to order a yearbook when they arrive in June. That's not possible.

January Wellness Activities: If you have not done so already, please send in a picture of your child participating in an activity that promotes health and wellness to be displayed on our whole school bulletin board. It can be a picture of your child doing a sporting, leisure or relaxing activity or one of him or her eating healthy.

Lost and Found: We have an incredible amount of items in our lost and found. Here is a short video clip of the area:

[Click here to view video](#)

Please look through the items the next time you're at school. They're located outside the main office. **Anything not picked up by Friday, January 20 will either be donated to charity or thrown away.** Also, I would encourage you to label your child's clothing. We could easily return these items to their rightful owners if they had names written on them.

Box Tops Check: Thank you to all who are sending in the box tops for education clippings. We submit the clippings three times a year and just received a check for \$561.40.

January PTO Meeting: Our next PTO meeting will be held on Tuesday, January 10 at 6:30 PM in the library. All are welcome.

Respectfully,

Chris Antonicci
Principal

It's hard to listen to kids fight. Parents feel frustrated, angry and often helpless. They feel irritated because they have to decide when to ignore fighting (which is most of the time) and when to try and stop it (not often). Usually kids fight less if adults:

- Don't compare kids to one another ("If he can do it, so can you"). Comparisons make kids feel as if they are competing and they are more likely to fight.
- Ignore as much fighting as possible. If you pay attention to fighting, kids learn they can hook you into their problems. Let them learn to solve their own problems.
- Don't try to find out how a fight started or who started it ("Alright, who hit first? or "Well, what did you do to her?"). Each one will blame the other. If necessary, separate the fighters for a few minutes.
- Let kids say their feelings ("I hate my brother," "I feel like bashing him," "I wish he'd never been born"). These are NORMAL and will not go away because you don't want to hear them. Let kids know their feelings are okay ("I can tell you're really angry with him") but hitting someone is not.
- Give permission to do something to get their angry feelings out (hit a pillow, swing a stick at an old tire in the yard) in ways that don't harm anyone.
- When kids are hitting each other, you can say, "We don't hit. I'll give you one minute to solve the problem without hitting" or "You have a choice. You can stop fighting and keep playing the game or you can put the game away until you're ready to play without fighting." If this doesn't work or if the fighting starts again, say "I can see you're not ready." Take the game away, saying, "Perhaps you'll be ready later." When they ask for the game back, you may say, "I'm glad you're ready to play together now."

Finally, set a good example. Don't hit your children or anyone else when you're angry. Praise kids and hug them when they cooperate with each other. Praise them for solving their own problems.

SOURCE: *The Vermont Parents' Home Companion and Resource Directory.*

UPCOMING DATES

January 10	PTO Meeting
January 16	MLK Day (no school for students)