



# Castle Courier

A PBIS publication

## Newington Forest Elementary School

### Counselor's Corner



What does PBIS stand for?  
(Positive Behavior Intervention Support)

April flew by and it seems as though May is passing just as speedily. Before you know it another year will be behind us and summer will be here.

Students and teachers are gearing up for SOLs by reviewing material and preparing students with test-taking strategies.

Mrs. Holsinger, Mrs. Mazzoccoli

In order to help your child do his best on the tests, please make sure he...

- Goes to bed on time
- Gets a good night sleep
- Eats a protein-filled breakfast
- Has #2 pencils
- Wears comfy school clothes
- Is encouraged to believe in him/herself



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### Character

#### Quote:

Slow down and everything you are chasing will come around and catch you.  
~John De Paola

Talk to your family about what this means.



### Word of the Month: *Stressbusters*

**Stress:** *a state of mental or emotional strain or suspense*

Our body warns us of danger and protects us during intense situations by releasing chemicals into our system which help us react to the situation. Our reaction is usually that of "fight or flight."



**Stress is the body's way of protecting you.**

• In emergency situations, stress can save your life - giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid an accident.

Stress is also what keeps you on your toes during a presentation at school, sharpens your concentration when you're attempting the game-winning free throw, Or drives you to study for a test when you'd rather be watching TV.

• But beyond a certain point, stress stops being helpful and starts causing major damage to your health, your mood, your productivity, your relationships, and your quality of life.

#### Signs of Stress:

- Being grumpy, unkind
- Not wanting to play
- Throwing tantrum
- Being tired all the time
- Feeling sick, angry, sick
- Sad and/or tired often
- Eating too much or
- Not wanting to eat

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## An Attitude of Gratitude Parenting Tip:

Thank you to all of the parents and students who contributed time and gifts for Teacher Appreciation Week. We all enjoyed special lunches, daily treats, free recess time, flowers and much more.

It really does make all of us feel good to be pampered a little.

Parents, thank you for everything you do for our children, staff and school. A caring community makes Newington Forest a wonderful place to work and learn.

**Thank you!**

## Cafeteria News

We have had very few major problems in the cafeteria this year, but there is often too much noise and too little "responsibility" as far as staying in seats, using inside voices, and following directions. If a student's job is as "sweeper" or "table washer", he do the task without being told. You will be helping the



**"Over-functioning parents make under-functioning kids!"**

Author unknown

We need to teach our children how to fail, how to accept consequences and how to learn from their mistakes. Consider failure a lesson rather than a loss. Otherwise children grow up feeling entitled and dismissive of their responsibilities.

Have you read

"1-2-3- Magic"

Or

"Have a New Kid by Friday" ?

cafeteria hostess, Mrs. Ramirez, your class, and the whole school make the cafeteria a better place to eat.

**Cafeteria Rules:**

- Choose to act respectfully.
- Always keep hands/feet to self.
- Remember to stay in your seat.
- Eat Politely.

## Inspirational Kids



## Meet Tyler page

**Tyler Page** started a charity through [KidsHelpingKids](http://KidsHelpingKids). He was inspired to save the life of a child he would never meet in Ghana. After seeing an Oprah show, Tyler decided that he had to do something. He had been learning in school about Positive Action, which is where children reach out and help others by picking up trash, paying it forward, and doing other activities in their community to make it better. Tyler figured out that he could save the life of 1 child for \$240 a year (or \$20 a month). He decided to have a car wash. This was so successful he decided to raise his goal from one child to 200 children.

Source: [www.more4kids.info/1501/](http://www.more4kids.info/1501/)

## Stressbusters (continued from page 1)

"Many times the unknown aspects of a situation bring un-needed stress."

**Anti-stress Questions:**

1. What do I know about the situation?
2. What should I know about the situation?
3. How can I learn what I need to know?



**Try some of the anti-stress techniques.**

1. Build a support network.

Who can you go to:

- Laugh really hard with?
- Share a snack with?
- Get angry with?
- Cry in front of?
- Ask for help from?
- Tell a personal problem to?

2. Exercise

3. Laugh

4. Meditate

5. Draw, Write, Sing, Dance,...

Finally...

**Stress is apart of everyone's life. It cannot be eliminated; it can only be dealt with.**

And...

**"Worrying is like a rocking chair. It gives you something to do but doesn't get you anywhere!"**

Author unknown

