



SHINING STARS NEWS

October 1, 2009

A Message from Ms. Suzanne

Dear Shining Stars Families,

Happy October! This is such a wonderful month. The children are familiar with school routines. The weather is cooling down and we have some fun and educational events to look forward to this month. Please join us for our ***Fifth Annual Balloons Aloft Celebration!*** We will have two hot air balloons here on campus. Our Parent Teacher Organization provides free hot chocolate, milk, juice and coffee. The PTO sells delicious food and everyone has a great time. So, bring chairs, blankets and the whole family. Balloons aloft begins Friday at 7AM. Our **Fifth Annual Fall Carnival** is Friday, October 16th. There will be pony rides and lots of fun!

We also have parents Carrie Poplin and Elizabeth Butler representing our school on the Superintendent's Advisory Council. They meet with Dr. Cleveland and parent representatives from throughout the district monthly. If you have any issues you would like discussed at this meeting contact the office and we will get Carrie or Elizabeth to give you a call. Shining Stars has a School Advisory Council. Two parents, Jen Willis and Cheryl Lynn Daniels are members of this council. They meet quarterly with community and staff members to advise and assist me in long range planning and school improvement.

I look forward to seeing you at Balloons Aloft this Friday and at our Fall Carnival on October 16th.

Sincerely,

Upcoming Events

10/2 - Balloons Aloft
7am SSP Soccer Field

10/7 & 10/8
Inservice Days
NO SCHOOL



10/9 - Fall Break
NO SCHOOL

10/5 - Cookie Dough
Fundraiser Begins

10/13 - Bus Driver
Appreciation Day



10/16 - Fall Carnival
(During school hours)

10/20 - Family Fun Night
"Daddy & Me" 5:30pm



10/26 & 10/27 -
School Pictures

10/29 & 10/30 - Parent/
Teacher Conferences
No SCHOOL

10/22 - Financial Literacy
Class Begins 6-8pm



Tips On Positive Discipline

Parents, like children, must practice Positive Discipline in order for them to be effective teachers of it. Discipline itself is based on the idea that the parent is the child's first and most important teacher. When a parent is taking on the roll of a teacher, they are not trying to force the child to obey or punish the child. Instead, they "teach" the child self-control and engage the child through cooperation, which leads to mastery. The parent has to state their expectations for the level of behavior they want the child to master in a way that fits with the child's development.

Tips to engage your children through cooperation for children ages 3-5 years:

1. Describe what you see or describe the problem.
"I don't like when you write with crayon on the wall."
2. State your expectation.
"You can use crayons to draw on paper, but not on the walls."
3. Show the child how to make amends.
"You need to clean the crayon marks off the wall. Here is some soap and water. I will help you if you need help, but try it by yourself first."
4. Give the child a choice.
"So it is up to you, you can use the crayons on paper or you can give up drawing with crayons today." You want your child to master the skill so they will need other opportunities to practice the new rules you have taught them.
5. Practice with the child what you are teaching them.
"So, let's remember the rule. I'll say it first then you can say it. Crayons are for paper and not for walls." Ask your child to repeat the rule and if they get it wrong, repeat it for them. Some time later in the day, or even the next day, review the rule in a matter of fact way.



Please feel free to contact me with any questions.

Elizabeth MacMahon-Herrera, 892-7735 ext 521



It's that time of year again!
It is almost time for our
Cookie Dough Fundraiser
to begin! Look for your child to bring
home a packet next week!!

A NOTE FROM THE LIBRARY

We have had an enjoyable introduction to the library. Thank you to all of you for helping your children return their library books on time. It is tremendously helpful if you can return your library books the day before your child's class visits the library. This way we can have them all checked in and on the shelf before the classes visit.

The children have been learning some book handling skills. These include: 1. Turning the pages from the corner, with pincher fingers. 2. Not removing labels from the books. 3. Keeping books away from food, drink, pets, babies and anything wet! 4. Keeping the books in the book bags to keep them safe when they're not being read.

Thanks to all the families who have visited www.tumblebooks.com/library It is a wonderful resource. If you haven't tried listening to these animated books, our userid is *rrps* and our password is *books*.

On Tuesday, October 20th, we will have our 5th annual Daddy and Me Night. This is a wonderful, fun evening for fathers, grandfathers, uncles, big brothers, and male role models to have fun with the children. We will have a balloon car challenge, as well as songs and stories. Everyone is invited! 5:30-7:00.

-Sarah Farrell and Mary Lou Garcia.



From Nurse Susan:

Take action steps to protect against the flu!

Take preventive actions every day. Limit your time in crowded areas and avoid play areas in fast-food restaurants.

Wash your hands often with soap and water. Alcohol-based hand sanitizers are also very effective. Carry a small bottle in your car and use it after being in stores.

Avoid touching your eyes, mouth or nose. Many people don't know that germs enter your body through the tear ducts!

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash immediately. Don't leave it on a table or dresser. Germs can live on the surfaces of furniture for many days.

Yearly flu vaccine is recommended for everyone over the age of 6 months. It is especially important for individuals with chronic health conditions, pregnant women, and those over 65. This vaccine will NOT protect against H1N1 flu so consider getting this vaccine as well when it becomes available in mid October.

If you do get sick stay home for at least 24 hours after your fever is gone or you are really feeling better. Keep your children out of school if they are ill. Take antiviral drugs if they are recommended by your health care provider. They are prescription medicines that can make your illness milder and make you feel better faster. They are especially important for pregnant women, young children and those with chronic health conditions.



PTO NEWS

The PTO is happy to announce that they made over \$450 at the yard sale this past Saturday! Thank you to all of the parents and staff that donated their items for this great event! Keep in mind - we will be having another yard sale in April! You may bring in your donations anytime between now and then.

PTO will be selling School Spirit shirts, food and other items at Balloons Aloft on October 2nd. We are in desperate need of some volunteers for help with this event. It is a lot of fun and any amount of time you can lend us will be greatly appreciated!! Call Krystal at 892-7735, X511 to sign up to volunteer.

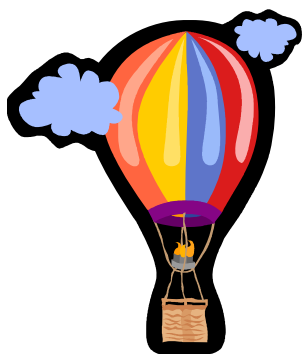
Help support our PTO because PTO is here to benefit our children, families and staff!!!!

It's Balloon time again!!!

**Our 5th Annual Balloon's Aloft will take place on
Friday, October 2nd starting at 7am.**



This is a great family event that helps kick off the Albuquerque International Balloon Fiesta at area schools. Please bring the whole family and your camera! This is an opportunity for the children to get up close to a real hot air balloon. We have at least two balloons that will be taking off from our school. They can talk to the pilot and crew, watch the balloon being inflated on the ground and then, watch it take off.



PTO will be selling burritos, tamales, pastries and water. There will be free coffee, hot chocolate, milk and juice!

All of the fun will take place on the soccer field at the west end of campus.

Hope to see you there!!!!

SAY CHEESE!!

**PLEASE MARK YOUR CALENDARS -
PICTURE DAYS WILL BE ON
MONDAY, OCTOBER 26 AND
TUESDAY, OCTOBER 27.**

**YOUR CLASSROOM TEACHER WILL SEND HOME
MORE INFORMATION AS THE DATE APPROACHES!**

