



Parkview Newsletter

November 15, 2018

Lunch Menu

Week of Nov 19

Monday-Haystacks

Tuesday-noon dismissal

Wednesday- no school

Thursday-Happy Thanksgiving!!!!

Week of Nov 26

Monday-Ziti, Corn, garlic bread

Tuesday-grilled Cheese Sandwich, Tomato soup, cucumbers/carrots

Wednesday-Haystacks

Thursday-Vegetarian beans, potatoes, mixed vegetables

On the Calendar

November 20-23-Thanksgiving Recess, noon dismissal on Tuesday

November 28-Fruit orders due!

December 8-PJA Christmas program at Westvale Church

December 24-January 1 Christmas Recess

January 21-MLK Holiday/No School

January 22-Conference Inservice/No School

Weather Delays/Closings

Watch for **Parkview Junior Academy** specifically (though we typically follow the actions of the Syracuse City School District, but not always) on **channels 3, 5, 9, and 10** to keep up to date about school closings and delays. Usually we are able to get the closings on all of these channels, but some take longer than others, so if you don't see it in one place, check out another.

Veteran's Day Activities

Our students did a fabulous job presenting the Veteran's Day program at St. Camillus. The residents who attended expressed their gratitude. This is a wonderful opportunity for our kids to bridge the generation gap and practice respect for our country. **Thank you** to our **teachers** and **Keryn Cordon** who organized the program. **Check out photos from the day on our school Facebook page!** We also want to say a "**Big Thank You**" to the volunteers who were willing to drive students to the nursing home: **Kelsey Hayes, Pastor Cho, Judith Metelus, Mike & Rachael Boni** and **Gideon Say**. We couldn't function without the help of our volunteers!!!

Home & School

Citrus Fruit Sales

Please continue to collect citrus fruit orders through the holiday week. Remember, a tuition incentive is available providing you a \$5 credit for EVERY BOX of fruit sold. All orders are due by **Wednesday, November 28th**. Thank you for your participation!

Please take a couple moments to read this excerpt about enriching the lives of our children and helping them succeed in life and school. Read the full article here: <https://faithit.com/silent-tragedy-affecting-todays-children-victoria-prooday/>

The Silent Tragedy Affecting Today's Children

By Victoria Prooday

There is a silent tragedy developing right now, in our homes, and it concerns our most precious jewels — our children. [...] In the past 15 years, researchers have been releasing alarming statistics on a sharp and steady increase in kids' mental illness, which is now reaching epidemic proportions:

- 1 in 5 children has mental health problems
- 43% increase in ADHD
- 37% increase in teen depression
- 100% increase in suicide rate in kids 10-14 years old

What is wrong?

Today's children are being **deprived** of the fundamentals of a healthy childhood, such as:

- Emotionally available parents
- Clearly defined limits and guidance
- Responsibilities
- Balanced nutrition and adequate sleep
- Movement and outdoors
- Creative play, social interaction, opportunities for unstructured times and boredom

Instead, children are **being served with**:

- Digitally distracted parents
- Indulgent parents who let kids "Rule the world"
- Sense of entitlement rather than responsibility
- Inadequate sleep and unbalanced nutrition
- Sedentary indoor lifestyle
- Endless stimulation, technological babysitters, instant gratification, and absence of dull moments

How to fix it?

1. Set limits and remember that you are your child's PARENT, not a friend. Offer kids well-balanced lifestyle filled with what kids NEED, not just what they WANT. Don't be afraid to say "No!" to your kids if what they want is not what they need.

- Provide nutritious food and limits snacks.
- Spend one hour a day in green space: biking, hiking, fishing, watching birds/insects
- Involve your child in one chore a day
- Implement consistent sleep routine

2. Teach responsibility and independence. Don't over-protect them from small failures. It trains them the skills needed to overcome greater life's challenges:

- Don't pack your child's backpack, don't carry her backpack, don't bring to school his forgotten lunch box/agenda, and don't peel a banana for a 5-year-old child. Teach them the skills rather than do it for them.

3. Teach delayed gratification and provide opportunities for "boredom" as boredom is the time when creativity awakens:

- Don't feel responsible for being your child's entertainment crew.
- Do not use technology as a cure for boredom.
- Avoid using technology during meals, in cars, restaurants, malls.
- Help them create a "boredom first aid kit" with activity ideas for "I am bored" times.

4. Be emotionally available to connect with kids and teach them self-regulation and social skills:

- Turn off your phones until kids are in bed to avoid digital distraction.
- Become your child's emotional coach. Teach them to recognize and deal with frustration and anger.
- Teach greeting, turn taking, sharing, empathy, table manners, conversation skills,
- Connect emotionally - Smile, hug, kiss, tickle, read, dance, jump, or crawl with your child.

Volunteers appreciated and needed

We are so very grateful for those who have been helping out at the school. What a difference it is making! **Every student's family is expected to volunteer.** This is a new month so those of you who haven't put in your allotted time, you can do so immediately. This list is just a sampling of things to be done at the school. Please check with the office to schedule a time for you to volunteer.

On-going volunteer needs:

Sweep hallway floors

Mop hallway floors (Fridays)

Clean all entrance glass doorways

Water plants inside and out

Remove trash and recyclables

Vacuum hallway rugs every afternoon

Assist with lunch prep, serving and clean up

Assist teachers

Sweep gym floor

Vacuum stage carpet

Clean appliances on the surface

Sweep & mop kitchen floor on Fridays

Clean Bathroom in resource room every afternoon

Smile. Amazon.com Users Make Parkview Happy

If you are a regular user of Amazon, you can make a big difference for Parkview by simply switching to smile.amazon.com. Your shopping experience will be exactly the same, but when you choose Parkview Jr Academy as your charity of choice, Amazon will donate to our school a percentage of whatever you spend. Help us spread the word to family and friends who might not see our newsletter. Thanks so much for your help.

BoxTops for Education™

Parkview is a BoxTops school. Please look for these labels on the products you buy. You can also download the BoxTops app for an opportunity to receive special coupons and earn extra BoxTops. Every clip counts! Turn in labels to **Mrs. King** in the school office.