

### The Holiday Fanfare and Much More

By Skip Forsyth



As the holidays and New Year approach many interests grab our attention: baking holiday goodies, mailing holiday greeting cards, arranging family get-togethers, viewing the endless parade of football bowl games, and making resolutions for the New Year.

Enjoy the holiday fanfare, but do not allow it to become a distraction. Your children need to conclude the semester successfully. Direct your children to complete their homework assignments in a timely manner and produce high-quality end of semester projects. Provide encouragement as they prepare for semester exams. Maintain healthy eating habits and insure that your children continue healthy sleep patterns. Academic excellence does not take a holiday.

Many football and basketball coaches say games are often won just before half-time as a team builds momentum and confidence. Half-time is nearing for the school year. Finish this semester strong. End the semester with energy and a positive outcome. Enter the holiday recess with high expectations, knowing there is work yet to be accomplished but victory is on the horizon.

Enjoy the holiday fanfare, but time ticks on. Soon the holiday décor will be safely boxed for another year. The New Year festivities will be a memory. "And Mom and Dad can hardly wait for school to start again." Half-time is over, the new semester begins, and the early rise and shine schedule resumes.

The new semester is not a "do-over." It is an opportunity for students who struggled to take a new approach and improve study habits and seek assistance before school or after school from teachers and paraprofessionals. For the students that were successful, they need to persevere and build upon their achievements. All students need to avoid a holiday hangover and maintain a positive attitude.

Pilots know an aircraft must have a positive attitude to successfully take off and fly and land. Attitude describes the position of the plane relative to the horizon. A properly positioned plane is the optimum for passenger comfort and safety. Students with a positive attitude will take flight and experience new heights. An upbeat attitude greatly affects a student's altitude. Therefore be a positive role model, an enthusiastic "cheer leader," and daily encourager to your children. Enjoy the holiday fanfare, and then launch into the new semester where new opportunities for success await. Happy Holidays.

### *They Lift Us Up*

*"They Lift Us Up" is adapted from "You Raise Me Up" by Brendan Graham and Rolf Lovland with additional words by Keith Butcher.*

They came to us through open doors of promise,  
Lives filled with hope for futures yet to be.  
And when we turned our eyes to face the future,  
The lives that changed belonged to you and me.

We gave them dreams so they could stand on mountains.  
We gave them strength to sail through troubled seas.  
We gave them hope to face a new tomorrow,  
Lifted them up to all that they could be.

And they give us dreams so we can stand on mountains.  
They give us strength to sail through troubled seas.  
They give us hope to face a new tomorrow,  
They lift us up to all that we can be.



## INSPIRED GIVING

Charity and the spirit of giving have been elevated to a new level in the past few years, following natural disasters, war in Iraq, and terrorist attacks around the globe. After witnessing the horrific images of pain and suffering streaming steadily across their TV sets, more people than ever before have dipped deeper into their own pockets to offer needed relief to the survivors of unprecedented tragedies.

Many parents are using the destruction delivered by these catastrophes as an opportunity to help children learn about charity and the importance of reaching out to others in their time of need. They have made generous family donations, often involving their children in picking out the charity, writing the check, and preparing and mailing the envelope. They have allowed their children to witness turning the pain and grief of unimaginable loss into a time of extending love and compassion to unknown people halfway around the world. Clearly, recent devastation provides an opportune time to teach children about charity. But what if parents want lessons about charity to be more than a one-time occurrence? What if they want the spirit of giving to be a way of life for their children? How do they make charity become a habit?

### 1. Donate clothes.

Periodically go through your closets rooting out clothes you haven't worn in awhile, which can be given to the Salvation Army or Goodwill for distribution to the needy. Encourage your children to do the same. Allow them to select which clothes or toys they wish to donate. The value of this activity is diminished greatly if you go through their closets for them without their presence. For maximum benefit, get your children involved in choosing the appropriate items. Take your children with you when you drop the items off at the charitable destination.

### 2. Help neighbors.

Regularly engage in a service-oriented project. Rake the leaves of an elderly couple. Bake cookies for a serviceman or servicewoman. Bake bread and deliver it to the homeless feeding station in your community.

### 5. Include pets.

At regular intervals, buy dog or cat food and take it to the humane society. Allow your children to spend some time with the recipients of the gift.

### 6. Deliver nutrition.

Build food baskets around the holidays and give to a needy family suggested by your church or school. Involve your children in selecting canned goods, fruit, and other treats to include. Decorate the gift package and deliver it together, as a family.

### 7. Change for a difference.

Create a charity jar to be used by the family when allowances are distributed. Invite children to share some of their allowance with others through donating to the jar. As the jar fills, decide as a family where to contribute the contents. You may choose to save a whale, buy gloves for needy children, or contribute to a cancer charity among others. Read about various charities on the Internet and share this information with your children to help them make an informed decision.

### 8. Help elders.

Do things for the elderly that they have trouble doing for themselves. Pick up sticks in your neighbor's yard after a big windstorm. Mow the grass for grandma. Wash grandpa's car. Clean their windows in the spring. Help them plant flowers.

By implementing some of these ideas or others like them, you will be teaching your children that charity is not reserved only for emergencies. You will be helping them appreciate that reaching out to others in need is a way of life, rather than a moment in time when a catastrophic disaster occurs. Remember, while you are giving to others, you are giving your children important messages about your beliefs concerning the spirit of giving.

When our Children find  
it in their Hearts to  
care for Somebody  
else, you will have  
Succeeded.  
-Maya Angelou-



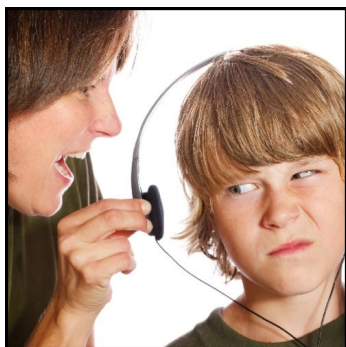
### 3. Give blood.

Take your children with you so they see you as a model for giving. Talk to them about why you choose to donate blood and what you hope it will accomplish by doing so.

### 4. Make birthdays charitable.

Set up birthday parties as a time for giving to others. At your child's first school-age birthday party, ask guests to bring a gift of a book (new or used) to be donated to a local charity. Talk to your child about the books he/she has and about children who have no books. Explain that one way to celebrate a birthday would be to give to those who have less. Involve the birthday boy/girl in the decision of whether or not to give the books to a woman's shelter, a doctor's office, or some other appropriate organization. When you deliver the books with your child, record it on camera, and revisit that movie (or those pictures) on future birthdays.





## Tried talking to the kids about healthy habits? They probably tuned you out! Show them this instead.

By Kathleen M. Reilly from Parents Magazine

Why Should We Wash Our Hands?

Why Should We Eat Right?

Why Should We Drink Water?

Why Should We Cover Our Mouths?

Why Should We Wear a Seat Belt?

**What to do:** Sprinkle some colored glitter on your child's damp hands, and have her rub them together until the glitter sticks. Then have her shake your hand, open the door, or play with some toys. Point out the trail of glitter "germs" that she's left behind. Afterward, ask her to wash her hands with just plain water to see how little of the glitter actually comes off. She'll find she needs to use lots of warm water and soap to truly get her hands clean.

**What to say:** "Even though you can't see them, germs stick to your hands and spread to everything you touch -- just like glitter does. But glitter can't make you sick, and germs can. That's why it's so important to scrub your hands well."

**What to do:** Tell your child the story of "The Three Little Pigs." Afterward, help him build "houses." For the first, use potato chips and small pieces of candy. Build the second house using apple slices and peanut butter. When you're finished, ask your child to huff and puff and see if he can blow the houses down.

**What to say:** "Did you see how easily the chip-and-candy house fell down? But the other one stayed up. Foods do the same thing for your body. If you eat healthy foods, like apples and peanut butter, your body will be strong. But if you eat too much junk food, like chips and candy, you'll be weak and won't have much energy."

**What to do:** Trim the ends off a celery stalk that's been sitting out for a few hours, and stand it upright in a glass of cool water. Add four or five drops of red food coloring to the glass, then let it sit overnight. The next day, take the celery stalk out of the water and gently peel back part of the skin. Point out to your child how the red dye has traveled from the bottom of the stalk to the top.

**What to say:** "Do you see how the dyed water climbed up the stalk? That's because the celery was too dry and needed a drink. It's like what happens when you've been running around and you're thirsty. You need water to keep your body healthy. The water travels from your mouth out to your fingers and down to your toes, just like it traveled from one end of the celery stalk to the other."

**What to do:** Have your child stand in front of a mirror and hold a tissue against the bridge of his nose, letting it hang loosely in front of his mouth. Tell him to make a few hearty coughs and then watch how the tissue blows out away from his mouth.

**What to say:** "When you cough or sneeze, you create a little bit of wind -- and the wind carries any germs that are in your mouth or nose. You need to 'catch' those germs -- so they don't spread to other people and make them sick -- by covering your mouth and nose with a tissue or your hands. But if you do use your hands, wash the germs away with soap and water."

**What to do:** Have your child choose a small plastic person or animal and a toy truck. Place the figure in the truck, then have your child send the vehicle skidding across the floor or into a wall. Point out how the plastic person or animal flew out of the truck. Now help your child strap the toy to the truck with a rubber band, tape, or string. Send it on its way again, and watch how the figurine stays put.

**What to say:** "Even though mom and dad are very careful drivers, there's always a chance the car will hit a bump or we'll have to stop suddenly. You always need to wear a seat belt. It'll keep you safely in your seat, just like this little guy needed you to strap him in to keep him safe."

<http://www.parents.com/health/hygiene/instilling-healthy-habits/#page=8>

# FACTS ON BULLYING

Bullying can happen anywhere. Many children and teens are regular victims of bullying, which can lead to serious emotional scarring and problems with the victim's self-esteem and self-image. Correcting these behaviors before they start or get out of hand are important for parents and educators to keep in mind. In this article we are discussing the facts on bullying and how you can watch for warning signs in victims of bullying as well as in children who might be bullies themselves.

## TYPES OF BULLYING:

- **Verbal.** This type of bullying usually involves name calling and/or teasing.
- **Social.** Spreading rumors, intentionally leaving others out of activities on purpose, breaking up friendships are all examples of social bullying.
- **Physical.** This traditional form of bullying involves hitting, punching, shoving and other acts of intentional physical harm.
- **Cyberbullying.** This method of bullying involves using the Internet, texting, email and other digital technologies to harm others.

## FACTS ON BULLYING:

- **Imbalance of power.** Typically those who engage in bully-like behaviors use their strength, popularity or power to harm, control or manipulate others. They will usually target those who are weaker in size or may have a difficult time defending themselves.
- **Intent to cause harm.** A bully is a person who does not do things by accident. The bully intends to physically or emotionally injure a person or group of persons.
- **Repetition.** Typically incidents of bullying are not a one-time thing. Bullies target the same person or group over and over again.

It is important for parents to discuss the facts on bullying with their children to help teach them how to watch out for bullying and to avoid being bullied.



"Bullying builds character like nuclear waste creates super-heroes. It's a rare occurrence and often does much more damage than endowment."

— Zack W. Van

## THERE ARE SEVERAL SIGNS PARENTS CAN LOOK FOR WHEN EVALUATING IF YOUR CHILD IS A VICTIM OF BULLYING.

- Comes home with unexplained injuries or with damaged or missing clothing or other belongings
- Has change in eating habits
- Makes excuses not to go to school
- Has fewer friends
- Feels helpless
- Talks about suicide
- Acts out of character
- Avoids certain places or playing outside alone
- Feels like they are not good enough
- Has trouble sleeping
- Blames themselves for their problems

## THE FACTS ON BULLYING ALSO PROVIDE INFORMATION ON WHAT TYPES OF SIGNS TO LOOK FOR IN CHILDREN WHO MIGHT BE BULLYING OTHERS.

- Becomes frequently violent
- Has trouble controlling anger
- Is manipulative and controlling of others and situations
- Is quick to blame others
- Does not accept responsibility for their actions
- Needs to win or be the best at everything

Understanding these warning signs can help parents prevent their children from becoming bullies or help them not become a victim of a bully. Counseling or therapy are good methods in helping to treat a child who exhibits symptoms of bullying. Children who are victims may also need some kind of support or counseling to help resolve underlying issues of emotional feelings of inadequacy. Children who are confident and have higher self-esteem are less likely to fall prey to the attacks of bullying.

"Life is a fight, but not everyone's a fighter. Otherwise, bullies would be an endangered species."

— Andrew Vachss, *Terminal*

"Knowing what's right doesn't mean much unless you do what's right."

— Theodore Roosevelt

# HAVE YOU DISCOVERED OUR WEBSITE?

Parents, have you been looking for information on:

- ⇒ **Bullying**
- ⇒ **College & Career Readiness**
- ⇒ **Families & Schools**
- ⇒ **Foster Care**
- ⇒ **Parental Involvement**
- ⇒ **Student Success Strategies**

We have these topics and much more on our website. Go to [www.esc16.net](http://www.esc16.net) and **click on the Parents tab**.



Click on the Title I Logo



A few of the topics available are listed below.

- 2013 P.I. State Conference
- Book Reviews
- Brochures
- Newsletters
  - \* English & Spanish
- Requested Materials
  - \* Foster Care
  - \* Families & Schools
  - \* Bullying
  - \* College & Career Readiness
- Resources
  - \* Parental Involvement
  - \* School Support

Please **LIKE** us on FACEBOOK



**New to Facebook?** Not tech savvy? That's not a problem, the process isn't too technical. Here's a step-by-step guide to help you create your Facebook account.

## • Step 1 - CREATE A FACEBOOK PROFILE

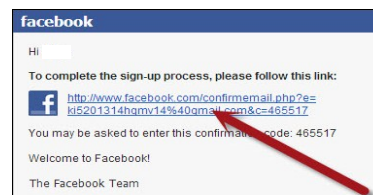
Go to [www.facebook.com](http://www.facebook.com)

### Register a Facebook

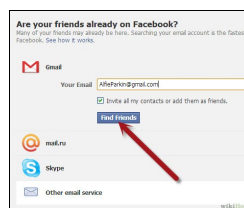
**account.** Put your first name in the first box and your last name in the second box. Next enter a valid email address and re-enter that email in the box below. Next enter a password of your choice, your sex, and your birthday. Then click the **Sign Up** button at the bottom of the page.

## • Step 2 - CREATE A FACEBOOK PROFILE

To complete the sign-up process, follow this link.



## • Step 3 - CREATE A FACEBOOK PROFILE



Click the **Find Friends** button, then type in **Title I Statewide** in the search box and click enter.



Click the **LIKE** button,



**We want to hear from you. SHARE your EVENTS, PHOTOS and COMMENTS**



## Bloom Where You're Planted

My mom taught me that she loves me, no matter what. She taught me that holidays are there to be celebrated, and there's nothing wrong with making up holidays. She taught me to bloom where I'm planted. She taught me to serve others when I'm feeling selfish. Whenever I went on a date or to a sleepover, she said, "Remember who you are." She taught me the value of chocolate. She taught me how to say "I love you," frequently but not casually.

~Molly Provo, Utah

### Multigenerational Advice

- ⇒ "If you can't say something nice, then don't say anything at all."
- ⇒ "Don't be afraid to get your hands dirty. They'll wash clean."
- ⇒ "Work before play."
- ⇒ "You can if you think you can!"
- ⇒ "Keep your chin up. It's not the end of the world."
- ⇒ "Life isn't always fair."
- ⇒ "Never lie, cheat, or steal."
- ⇒ "Never be too proud to ask for help when you need it."
- ⇒ "You catch more flies w/honey than vinegar."



Now that's sound advice! I love you Mom, and Grandma:-)

J. McMillen <http://www.today.com>



## Nurturing Civility in Kids

Civil behavior shows respect for others and regard for their opinions and feelings. It allows one to discuss issues and even disagree without being malicious toward another person or group of people.

In short, civility is **an outward expression of the value one places on other**

**people.** The greater value you place on individuals, the more civil your actions towards them. Looking at much of the behavior in the culture around us, we can all see a need for more civility – in children and adults. What was once thought of as "common courtesy" isn't so common any more.

Children develop their values early on, and parents – especially fathers – have a significant role in teaching their children values. Research shows that intentionally sharing and modeling one's values is a key characteristic of an effective father.

<http://www.fathers.com>

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