



TIMBER LINES

Bridges Academy, Inc.
Established
November 2003

December 2009

How to Raise a Child with Good Character

Giving the gift of politeness, honesty and values:

Good values are getting good press. Schools have resorted to offering courses on the subject, but when it comes to teaching honesty, compassion, and responsibility, parents do it best.

Here are some suggestions for instilling good values in your kids:

Start early and set a good example. If you want your children to be considerate of others, be considerate yourself. Try saying something like, "I love it that you're so kind." Ask your chil-

dren what values are most important to your family. If they can't tell you, they don't know.

Practice honesty and let your kids see you doing it. Give your children's correct ages when buying movie tickets. Tell the checkout person to be sure to charge you for the candy bars the kids ate while you were shopping.

Give time and love. Kids have a profound need for your love. Dr. Elizabeth Berger, author of *Raising Children with Character*, says store-

bought stuff never satisfies the need. Spend time with your children.

Be consistent. If you say grace at home, say it at the restaurant too. Always return the money if you are given too much change. Stealing is stealing.

Speak out against prejudice. Let your children know that everyone is a person to be appreciated, even if they dress differently or look differently.

Always praise your kids when they do the right thing.



Mark Your Calendar

DECEMBER

- 14-18 Uniform Swap Shopping 3:30pm-5:30pm
- 18 Winter Pajama Party Day Early Release 1:00pm
- 21-04 Winter Break

JANUARY

- Fundraiser:** Little Caesars Pizza Kits
- 5 Classes Resume
- 12 Bowling Party 4pm-6pm
- 15 NO School - TWD
- 18 NO School - MLK Jr. Day
- 30 LDA Conference

FEBRUARY

- Fundraiser:** Pasta for Pennies 1st-26th
- 1-5 WRMT & CMAT Testing
- 11 Spring Pictures - Free Dress Early Release 1:00pm
- 12 NO School - TWD
- 15 NO School - Presidents' Day

NO \$\$\$ FUNDRAISERS!!!

We will continue to participate in the following no cash needed fundraisers.

- * BOX TOP\$ for Education
- * Campbell's Labels for Education
- * Nestle Pure Life Go Play! Water Labels

Focus on Faculty

Do you know Mrs. Heidi Paul?

She is our Fast ForWord Coordinator. She enjoys camping with her husband and two sons. Mrs. Paul attended the University of Central Florida and studied Speech/Language Pathology. She is a Buckeye fan, but Mrs. Egli being a Gator fan tries not to hold that against her. Her favorite food is sushi.

Do you know Mr. Robert Hopson?

He was born in Southampton, NY. Mr. Hopson graduated from Wagner College in Staten Island, NY. He teaches Math, History, and P.E. this year. He enjoys listening to jazz music. Mr. Hopson's favorite restaurant is Kobe Japanese Steakhouse.

LDA Florida State Conference

MARK THE DATE...

Saturday, January 30, 2010
@
Embassy Suites Orlando North
225 Shorecrest Drive
Altamonte Springs, FL 32701
PH: (407) 834-2400

For Registration
Information & Forms
(407) 366-1099
Or
www.LDA-FL.com

A Link Between Resilience and Saying "No"

The holidays are here, and the adage of "if you want something done, ask a busy person" can come into play with holiday recitals, social events, family gatherings and coordinating supervision for children when they are out of school. Many "busy" parents get asked to do more when the holidays arrive! How do you tactfully keep your schedule manageable without offending family and friends? Read on...

Resilience is usually associated with life-changing events, but it can be even more important in handling daily life. Sometimes it's not the big events that get people down; it's the barrage of everyday tasks and aggravations. One way to maintain resilience the ability to handle problems and move on is to avoid extra responsibilities.

Learn to say "no." According to Dr. David Posen, author of *The Little Book of Stress Relief*, saying "yes" too often means you are letting other people decide how you will use your time. Saying "no" can reserve your energy and enthusiasm for things you want to do and have to do. You and everyone you associate with will be better off.

Here are a few tactics to use:

The delayed "no." Even though you would like to do what someone is asking, say you have to check with your spouse or your calendar.

The true "no." Say you just don't have time to do it.

The fast "no." Be ready with an immediate excuse.

The sympathetic "no." You really wish you could help out and you sympathize with their situation, but you can't do it.

Don't be swayed by flattery. If someone says you are the best one to head up the festival or lead the club, say you wish you could do it but you can't.

The genius of communication is the ability to be both totally honest and totally kind at the same time.

--John Powell

GUEST SPEAKER

SAVE THE DATE...

Monday, December 7, 2009
6:30pm - 8:00pm
@
Bridges Academy Campus
RSVP: (407) 366-1099

WHO: Pam Clemmons - Scientific Learning Corporation
TOPIC: Overview of the NEW Expanded Edition of Reading Assistant

Child Care will be available for those who need it.



SOCIAL BRIDGES™ TO THE HOME

“Conflict Resolution”

In helping our children to become independent, one important skill is **conflict resolution – working out disagreements with others**. For many children, their first thought is to seek adult intervention. We would like to see the students at Bridges Academy learn and practice strategies for handling misunderstandings on their own – unless danger is involved.

Below are steps for helping your student to formulate a plan to work out disagreements with others.

- * Is it a tremor or an earthquake - do I need to talk about it, or can I let it go and move on?
- * Is it something dangerous - (I need help from an adult)?
- * Plan before speaking - Say it in two (sentences).
- * Be appropriately assertive:
 - Use a strong voice
 - Use eye contact
 - Are you in sync (voice, face, body, tone match)
- * Use an **I message**
“When you _____ I feel _____. Next time I'd like you to _____.”
- * Use your stay calm plan if you feel your body starting to get upset.
- * To make sure you understand what the other person has said review by saying, “I hear you saying that _____.”
- * Conclude by reviewing your plan : “We have both agreed that you will _____ and I will _____.”

Tattling vs. Telling

A child or teen may need assistance from an adult to distinguish if they are tattling or telling. **Tattling** entails intent to get someone else in trouble and is usually told in a whining tone of voice. It is looking for an adult to solve the problem. **Telling** is sharing with the adult what is happening, how the child has tried to handle it, and asking for help in resolving the problem.

Parents can practice these skills by modeling and role playing both tattling and telling and having the child guess which one you are doing. The child can then practice how to tell an adult that they need help.

Social Repair

At times, conflict can result in the damaging of a relationship with friends or family. Without repair the relationship will suffer. Below are the steps for social repair, taking an apology to the next level.

Who was involved in the conflict? _____

What was the conflict? _____

Steps:

- 1.) Accept responsibility for your part of the conflict.
- 2.) Apologize: _____
- 3.) The problem was solved by: _____
- 4.) I repaired (fixed) the damage by: _____
- 5.) I moved on by: _____

Actively practicing these skills at home will provide your student with additional tools to better independently handle the conflicts that inevitably arise for us in the course of our day.