

# The Alkali Creek News

## Alkali Creek Elementary School

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Greg Senitte, Principal

*"Together we create a positive, high performing, learning community for all."*

## September, 2016

### September:

2-----Fall Picture Day  
5-----Labor Day, No School  
6--Music Vendor Night, 6pm @ Will James MS  
8-----Parent Night, beginning at 6pm  
22----PIR Early out day. K-6 dismiss @ 12PM  
23-----Skyview Homecoming Parade (4<sup>th</sup>-5<sup>th</sup>)  
24-----Saturday Live!  
26-----Midterms go home for Gr. 4-6  
30-----PTA Fall Festival/Cow-a-Bunga

### Fantastic Start to 2016-2017!

Thank you to the entire Alkali Creek School community for a wonderful start to the year! Our students are learning their classroom and school-wide procedures, and we are striving to make this the best year yet for each student's educational experience. We are enjoying being a K-5<sup>th</sup> grade school, with a little breathing room this year. Please check the school website for up-to-date information, or call the school with any questions you may have. All of the information is contained in the letterhead of this newsletter.

Thank you. ☺

-Mr Senitte

### Join us for Parent Night

We hope to see all parents on Thursday, September 8<sup>th</sup> for our annual Parent Night. This night is for parents only, and will detail for you what expectations and curriculum items you will encounter for your child this school year. We will begin in the gym with all parents with an address by Mr. Senitte. Then, we will have three 20-minute

sessions (all the same) presented by classroom teachers. PTA will also be on hand for sign ups, T-shirt sales, volunteer opportunities, etc.

Parent Night schedule is as follows:

6pm-6:15pm All Parents in gym w/ Mr.

Senitte

6:20pm-6:40pm Session 1 with classroom

teacher

6:45pm-7:05pm Session 2 with classroom

teacher

7:10pm-7:30pm Session 3 with classroom

teacher

### Arrival and Dismissal SAFETY

Thank you all for being extremely safe and slowing down in our drive-thru area at arrival and dismissal times. A huge favor we'd like to ask: For those parking and walking to pick up your child(ren), PLEASE use the crosswalk that we have instead of cutting through the driveway. It is safest to use the crosswalk, and that is what we are teaching students. It helps to reinforce these safe strategies together.

### PIR Early out days, when students dismiss at 12:00pm

Six times throughout the year, our district builds in PIR Early out days. This is when all Kindergarten through 5<sup>th</sup> grade students dismiss at 12:00pm (NOON). Please make sure you mark your calendars so students are not waiting. Teachers and staff have meetings and are not able to supervise students after 12:15pm. A reminder that the Boys and Girls Club does NOT provide transportation on early out days. Please make alternative arrangements. PIR Early out days for this school year are:

- September 22, 2016
- October 19, 2016
- November 22, 2016
- February 9, 2017
- April 12, 2017
- \*June 2, 2017 \*11:45am



**BULLYING:** Bully behavior occurs when there is deliberate intent to harm, dominate, inflict pain, exclude or otherwise cause distress to the person being targeted. The person who bullies purposefully misuses his/her power (size, age, popularity, confidence, verbal ability), usually repeatedly. The balance of power between the bully and target is NOT EQUAL.

## 5 Ways to Help Your Child Cope With Stress

Adults talk about being stressed, but we can sometimes forget that children experience stress too. Kids are worried about doing well in school and getting along with friends. They worry about their family and their pets. Kids also experience acute periods of stress, like when a loved one dies or when their parents get divorced.

### How to help your child cope with stress:

**1. Teach them a few quick calming strategies.** When kids are experiencing stress, they need to be able to do something in the moment to calm down. Teach these to your child so they have a few simple strategies:

• *Take a deep breath.* • *Imagine your favorite place.* • *Pick a number and count to it slowly.*

**2. Talk about the stress.** Ask one or two open-ended questions and see where that leads. One simple way to ask about their day is to ask about the roses (the good things that happened), and thorns (the bad things that happened). If you're having a hard time starting a verbal conversation, try writing instead. Start a special journal just for the two of you and start a conversation about what's going on with them, and what is stressful for them.

**3. Simplify your schedule.** There is such pressure to go and do *constantly*. That puts a lot of stress on everyone in the family. Talk with your child about their schedule. Do they still like all of their activities? Is there something they'd like to stop doing? Cutting down to one or two activities a week would reduce stress and allow for some down time and freedom to play, which is a great stress reliever.

**4. Find good distractions.** There are times when a situation can't be resolved by something simple like reducing activities, such as when a grandmother is ill. Your child may keep thinking and thinking about it. You can try to take their mind off that stress:

• *Find something that makes them laugh.* • *Help others.* • *Play a game.*

*\*\*If you notice that your child is experiencing so much stress that he or she is unable to focus at school or they no longer seem to enjoy activities they once did, contact your child's school counselor to discuss ideas and additional supports that may help.\*\**

**5. Model healthy coping strategies.** Parents are a child's first teacher. They watch their behaviors and see what they do when they're stressed. They need to model good, healthy coping strategies, too. What are **your** go-to coping strategies? Do you like to go to the gym? Knit? Do a crossword puzzle? The next time you use a coping skill, share that information with your child. Acknowledge it out loud. "I'm so stressed right now, and I just need a quick break. I'm going to knit for 10 minutes."

There will always be stress, but it's all about how you manage it. The earlier your child can learn healthy coping skills, the bigger their repertoire of coping skills will be. With a good set of coping strategies, they can tackle stressful situations successfully for years to come.

