



Central Heights Elementary School

Home of the Cougars

"Nurturing Knowledge Now and Forever"

February 2012

Bob Barone
Principal

120 Lexington Drive
Billings, MT 59102
(406) 281-6209

Calendar of Events

February 6—17	PTA Read-a-Thon
February 10	Spelling Bee (Grades 5 & 6)
February 14	Valentines Day
February 15	Staff Development (Dismissal 12:00 Noon)
February 16—20	Pre-spring Break (no school)
February 21	Midterms sent home (Grades 4—6)
February 24	Spirit Day - (wear blue and yellow)
February 29	MontCAS testing window opens (Grades 3—8)
March 2	PTA Carnival



Bus Parking Zone

Please observe the parking zones established for our buses when picking up your child(ren). Our hope is to provide as safe a pick up and drop off for all our students as is possible.



Thank You !

Our bodies' best shock absorber is a sense of humor.

Read - A - Thon

Central Heights PTA is having a Read—A—Thon.

It is a fundraiser for the PTA. It will run from February 6—17, 2012.

Money collection will be February 21—23, with money to be turned in on February 24.

All of the students that raise money for the PTA will receive 10% back in the form of "Cougar Cash" to send at the Spring Book Fair. The "Cougar Cash" will be handed out on Tuesday, April 17th, before the Spring Book Fair.

Box Top Results

Primary Grades

Mrs. Brahana—1084—Winner

Mrs. Berry-Welch — 440

Mrs. Goyette — 222

Mrs. Lenhardt — 441

Mrs. Reinhardt — 277

Mrs. O'Brien — 346

Mrs. Richmond — 662

Mrs. Wilbert — 207

Mrs. Woods — 1027

Mrs. Kroll — 580

Mrs. Wise — 974

Mr. Herron — 701

Primary Grades

Mrs. Whitney—889—Winner

Mrs. Twichel — 265

Mrs. O'Neil — 283

Mr. Astle — 314

Mrs. Putnam — 204

Discipline Checkup

The secrets to improving children's behavior are time, patience, and finding the right balance between support and discipline.

Keep the following statements in mind as you raise your youngster. Better behavior is sure to follow!

- * I encourage my child to be proud of herself when she does well.
- * I support my little one when he fails.
- * I am as positive as I can be when I discipline.
- * I am consistent in what I say I will do and what I actually do.
- * I teach my youngster to take responsibility for his/her actions.
- * I allow my child to make decisions for himself whenever possible.

Congratulations!!!!

Purple Hands Pledge

"I will not use my hands or my words for hurting myself or others"

Grand Prize Winners

for the month of December are:

Zoë Bermes

Julia Rodriguez

"Respect"

Respect. Learning how to respect begins with learning how to listen.

Listening begins with being tolerant of what we hear.

Learning tolerance teaches us how to understand.

Understanding allows us to learn how to care.

Caring means we've learned how to respect.

Just like a toddler, we take one step at a time.

Just like a puzzle, we find one piece at a time.

Just like building a bridge, we connect one section at a time.

So learning respect is just how I said, it's one step, one piece, one section at a time, but the finished product can make the world safe from all the wars and destruction of human kind.

Because we have **listened**, because we were **tolerant**, because we **understood**, because we **cared**, we learned to **respect** and we created a world to care for all of mankind.

- Andrew Ter Bush (student, age 10)

Kindergarten Registration



During the next months we will be registering students for kindergarten. Please bring your child's birth certificate (State Certificate of Live Birth) and health and immunization records. Children must be five years old by September 10, 2012 to meet the age requirement for kindergarten.

If you know of families who do not already have children attending Central Heights and who have kindergarten-age children, we would appreciate it if you could spread the word.

Mr. Barone
Principal



Developmental Milestones

Prepare for School with Age-Four Activities

What children learn between ages four and five often determines whether they are ready for school. Give your four-year old a chance to do these activities.

- * Cut, color and work on puzzles
- * Play outside
- * Perform simple science and math activities
- * Make up stories and act them out
- * Listen to different kinds of books, including poetry
- * Daydream and pretend



Source: Nancy Paulu, "Helping Your Child Get Ready for School—4 to 5 Years." U.S. Department of Educations,

Is My Child Ready?

Not everything your youngster needs to know for school has to do with academics. In fact, kindergarten teachers say that a child's social and personal development are the best predictors of her success in the classroom.

But keep in mind that your child will mature throughout kindergarten.

His/her social skills will sharpen and "sense of self" will grow.





Kiwanis
Bring Up
Grades
BUG Honor Roll

The following students earned a BUG Award for either bringing up at least one grade while maintaining all other grades or maintaining straight A's during the second quarter.

- | | | | |
|------------------------|----------------------|------------------|---------------------|
| ★ Angela Denning | ★ Mylee Lorenz | ★ Dawson Gray | ★ Jourdan Meidinger |
| ★ Bryce Lehnen | ★ Claudia McDuff | ★ Brady Hein | ★ Jaylee Erickson |
| ★ Ashley Arneson | ★ Joshua Naudet | ★ Taryn Robinson | ★ Claire Rogers |
| ★ Heaven Mountainsheep | ★ Nichole Unsworth | ★ Peyton Streiff | ★ Lacey Sternad |
| ★ Regan Clark | ★ Taylen Braunbeck | ★ Kaia Williams | ★ Ryan Cornwall |
| ★ Robbie Connolly | ★ Gabe Brocklebank | ★ Kaitlyn Yates | ★ Lucas Gerbasi |
| ★ Lily Goettel | ★ Sammie Burk | ★ Jacke Christie | ★ Micah Sanchez |
| ★ Alexa Hash | ★ Kirksey Cunningham | ★ Emily Sperry | ★ Logan Straus |
| ★ Conrad Hope | | | |



Kiwanis
Terrific
Kids

The following students maintained all A's or all A's and one B during the grading period.

- | | | | | |
|--------------------|----------------------|-----------------|------------------|-------------------|
| ★ Dustin Gray | ★ Kole Ketterling | ★ Regan Clark | ★ Mylee Lorenz | ★ Nicole Unsworth |
| ★ Taylen Braunbeck | ★ Kirksey Cunningham | ★ Dawson Gray | ★ Taryn Robinson | ★ Andrew Sullivan |
| ★ Peyton Streiff | ★ Kaia Williams | ★ Kaitlyn Yates | ★ Ryan Cornwall | ★ Peyton Croaker |
| ★ Lucas Gerbasi | ★ Logan Straus | ★ Claire Rogers | ★ Micah Sanchez | ★ Lacey Sternad |



**“Childhood Should Be
 A Journey . . . Not A Race”**

**Children Learn Best
 When They Feel Good About Themselves!**

"Leap Into Action - Nominate a School Staff Member for the Golden Apple Award"

The Golden Apple Awards, a long-running tradition in our community, annually honors outstanding local K-12 educators.

Educators may receive numerous accolades throughout their career but the Golden Apple stands out because it is a community award—recognition from people, businesses and other organizations throughout Billings who want to encourage excellence in education for all our children.

Once again, six awards will be made to staff from public or private accredited schools in Billings as well as from Lockwood School and elementary schools whose students attend middle and high school in Billings. Awards will be given to:

- * Two elementary teachers.
- * One middle school teacher.
- * One high school teacher.
- * One specialist or administrator.
- * One support professional, such as a secretary, aide or custodian.

Nominations are being accepted through February 29th. It's simple to make a nomination: In two pages or less, describe why your nominee should be selected. Give specific examples of how this person takes the extra step to help students learn, how he or she is a mentor or role model and how this person has affected you or someone you know.

Nomination forms are available on the Billings Public School Web site, www.billingschools.org, and will be given to elementary students to take home. The form simply states the award criteria given above and asks for the nominee's name, position and school as well as the nominator's name, address and phone number. Nominations can be made without the form, if all that information is included with the letter and mailed to: Golden Apple Award Program, 415 N. 30th St., Room 209, Billings, MT 59101.



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.

Empathy Skills

Empathy is a sincere, personal understanding of how another person feels. The following are a few ways to practice the skills of empathy at home. Refer to them when teachable moments arise involving positive behavior or problems related to being empathic. Notice and comment when children show that they understand and care about how someone feels:

1. **Practice Reflective Listening:** Show respect for the person by reflecting what they have said back to them — this lets them know for sure that you were listening. For example, say,
 - * "What I hear you saying is..." (then repeat what they just said as best you can) - do not interpret or put your "spin" on it! or, say,
 - * "if I'm getting this right, you're saying..." (again, repeat what they just said)
2. After you have repeated their words back to them, ask, "Is that correct?" If they say yes, then move on, otherwise try again until you accurately reflect what they have said.
3. **Showing Empathy and Validation:** Accept the validity of the other's feelings regardless of whether you agree with them. For example, say,
 - * "When I put myself in your shoes, I can see why you would feel that way" or,
 - * "When I look at this from your viewpoint, what you're saying makes sense to me."
 - * "That must really feel bad to you."
 - * I can only begin to imagine how much that would (hurt you, bother you, make you mad, etc.)"
4. You have to really mean these statements for this to work. **You can't fake empathy!** It can help to imagine that you are the other person, and think about how things look from their viewpoint. This is a skill that **anyone can learn!**
5. This next type of communication is also very good for showing empathy:
6. **Expressing Understanding:** Indicate understanding of what your partner is experiencing. Say,
 - * "I think I can see where you're coming from" or,
 - * "I see what you mean" or the old stand-by,
 - * "I think I understand what you're saying."

Check out these additional resources!

<http://www.angermanagementresources.com/bullying.html>

"Understand and Care" by Cheri J. Meiners