



Central Heights Elementary School

Home of the Cougars

"Nurturing Knowledge Now and Forever"

October 2011

Bob Barone,
Principal

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

Calendar of Events

October 3	Grades 4—6 Midterms home
October 12	Lifetouch Pictures
October 19	Early Dismissal (12:00 Noon)
October 20-21	Teacher's Convention (No School)
October 24-28	Red Ribbon Week
October 28	End of First Quarter
October 31	Halloween



Hi Central Heights Families:

It has been a great start to a new school year in the Library. I am getting to know your children and enjoying my new school.

The Library can always use volunteer helpers. We have various tasks that need completed on a weekly basis. Please call me or stop by the Library to inquire. Children enjoy seeing their parents in the schools and I certainly appreciate your support.

We will be having our annual Book Fair in November and will need parents to help set up tables and display the books. This is fun because you get to see all the new books first. Call if you can help set up on October 19th beginning at 8:30 in the Library. I look forward to meeting all of you this year.

Thank you again for supporting our Library.

Mrs. Orner, Librarian
281-6732

Children Learn Best
When They Feel Good About Themselves!



Congratulations!

*The following have been
chosen to be members of
Billings Westend Honor
Band.*

*Jack Christie
Brittney Whalen*



**"Childhood Should Be
A Journey . . . Not A Race"**

FOOD FOR THOUGHT

One of the values children cherish most is justice. They are, conversely, very uneasy in a world of injustice and abuse. When we teach children kindness and respect for others by insisting on civility in our classrooms, we're laying a foundation for human kindness in the world of adulthood to come.

Teaching Your Child About Listening Skills

Now that summer is over and school has started, it is time to help your child get back into the "swing of things."

One way to do this is help your child work on their listening skills. Research shows that one of the most important skills children need to be successful in school is the ability to listen.

As a parent, you can help your child develop good listening skills. Here are some tips:

- **Be a good model.** When your child is telling you something, stop what you're doing. Look at your child and give them your full attention.
- **Play a game.** Take turns telling one thing about your day. Later, ask the other person a question about what you said.
- **At the dinner table.** Have everyone share one thing that happened to them. Then have family members draw names out of a hat and repeat something that happened to the person whose name they drew.
- **Play "Simon Says."** This will teach your child to listen very carefully to follow directions exactly.
- **When you ask your child to do an errand for you.** Have them repeat back what you just said. Compliment them if they remember everything.

Parents Make The Difference

"QUOTEWORTHY"

"While we try to teach our children all about life, our children teach us what life is all about."

—- Anonymous

Attendance, Attitude and Achievement are Keys to Your Child's School Success

Whether or not your child earns straight A's, they can be winners if they can master the three A's.

- **Attendance.** Businesses know how important attendance is. When they call schools before hiring a graduate, they ask first about attendance and then about grades. Teach your child that attendance is important. You go to work if it's cold or if you have a headache. Pass on those same values to your child.
- **Attitude.** Jesse Jackson often says, "It's your attitude and not your aptitude that determines your altitude." In other words, the brightest student may be a failure if he doesn't work hard. Help your children learn the importance of work. Let them know you expect them to try their best.
- **Achievement.** We all need goals. Help your child learn to set goals—in school and at home. Then support them as they work to achieve their goals. Encourage your child to keep raising their sights. Make a time for homework. Let them see the relationship between hard work and achievement.

Parents Make The Difference.

Halloween Safety Checklist

Costumes

- * Wear flame-retardant materials.
- * Avoid billowy costumes.
- * Wear white or light-colored costumes (use reflective materials in the evening).
- * Avoid wigs (they can burst into flames).
- * Make-up is safer than masks.
- * For children wearing masks, make sure they remove the masks between trick-or-treat stops.
- * Avoid oversized shoes.
- * Props such as magic wands and swords should be cardboard, not metal or wood.
- * Carry a flashlight.
- * Avoid jack-o-lanterns illuminated by candles.
- * Avoid dogs (even your own dog may be frightened by a costume).

Walkers

- * Walk on the sidewalk or grass.
- * If you must walk on the street, walk on the left side facing traffic
- * Cross the street only from corners or at crosswalks.
- * Never dart between parked vehicles.
- * Observe all traffic signals.
- * Look both ways before crossing the street.
- * Watch for cars turning at intersections or into driveways.

Trick-Or-Treat Do's and Don'ts

- * Parents should set rules such as boundaries and curfews and enforce them.
- * Younger children should be accompanied by a parent or responsible adult.
- * Older children not accompanied by a parent or adult should travel with friends.
- * Older children not accompanied by parents or adults should travel with friends.
- * Stay in your own neighborhood and go only to homes of family or friends.
- * Go only to those homes which are well-lit.
- * Do not go inside a home or building to accept treats.
- * Have parents check treats before eating (Do not eat any treats before they are examined)
- * Some hospitals will x-ray treats (contact local hospitals to see if they offer this services.
- * Have a parent or other adult cut all fruit and candy into sections before eating.

Teaching Trustworthiness

The first years of life are the trust-building years. As a parent, every time you respond to your child's needs, he or she is learning to trust you, making you the most important teacher your child will ever have. Children who learn to trust others will be able to build trustworthy characteristics in themselves. Here are some of the values you can model to your child and some of the strategies for teaching these traits:

- * Tell the truth. When you can be counted on to be honest, your child will learn from your example.
- * Follow the rules. This helps your child feel part of the community and its values.
- * Keep promises. This will feed your child's sense of self-worth.
- * Take only things that belong to you or ask for permission.
- * Talk about problems and how to solve them. Let your child see your struggle and find a way through difficulty while modeling your family's values. This will give him or her confidence that he or she can solve problems as an adult.
- * Set an example. Never take without asking. Give back what you borrow.
- * Establish consistent routines. Knowing what comes next helps children trust their environment and learn self-regulation.
- * Watch TV shows and movies together. Talk about what happened to the characters. Use "teachable moments" in every day life to model how to solve problems.
- * Read books about trustworthiness with your child. Discuss characters and situations.

Your child will not develop these characteristics overnight. He or she will need to observe these traits modeled consistently and have plenty of opportunities to practice before being able to consistently trust and be trusted.

BILLINGS PUBLIC SCHOOLS

BILLINGS, MONTANA

TO: All Parents and/or Guardians of Billings Public School Students
FROM: Superintendent
SUBJECT: Emergency Procedures for School District #2

School District No. 2's Crisis Procedure Manual is designed to minimize danger to anyone occupying a school should an emergency occur. Our main objective is to attend to the health and welfare of your child/children in the event of a crisis and to see that he/she gets home safely by walking, bus or by transportation provided by parents.

It is impossible for foresee all the possible emergencies, but we have researched the most effective way to use our resources to respond immediately to those emergencies that cannot be avoided. Any disaster will disrupt the "normal" way of doing things. It will cause inconvenience to all of us. We share the responsibilities as school administrators and you as parents.

IN MOST EMERGENCIES, YOUR CHILD/CHILDREN WILL REMAIN AND BE CARED FOR AT THE SCHOOL HE/SHE ATTENDS. IN THE RARE EVENT OF AN EMERGENCY AFFECTING THE SCHOOL YOUR CHILD ATTENDS THAT PROHIBITS RE-ENTRY TO THE BUILDING (SUCH AS A BROKEN GAS OR WATER MAIN, A FIRE OR A SUDDEN LOSS OF UTILITIES IN BAD WEATHER) STUDENTS AND STAFF WILL BE MOVED IMMEDIATELY TO THAT SCHOOL'S ALTERNATE SCHOOL LOCATION.

We ask you to follow this procedure if you hear rumors of any school emergency:

1. TURN ON YOUR RADIO OR TELEVISION. We will keep the media accurately informed of any emergency.
2. PLEASE DO NOT TELEPHONE THE SCHOOL. We have limited phone lines. These MUST be used to respond to the emergency.
3. PLEASE DO NOT COME TO THE SCHOOL. Any emergencies involving your child's school may mean emergency vehicles and disaster workers must be able to get to the building. If the emergency necessitates relocation of staff and students, follow these instructions:
 - A. If, for any reason, Central Heights must be evacuated during regular school hours, your child will be taken and cared for at *Billings Health & Rehab Community 2115 Central Ave.*
 - B. Stay tuned to the radio and television stations for updated, accurate reports, and information about when and where to pick up your child.