



September 2010



Dear Elementary Parents,

Here we are! We have already been in school for a week and a half. Your children have been a delight to see. I want to give you an update about some of the things that are going on at Shiloh.

Respect and Protect

Shiloh has adopted a Respect and Protect program this year. Teachers and staff have been given a brief overview at our teacher in-service. You may see a few signs in the foyer. Students have learned the common definition of Violence/Disrespect. Violence/disrespect is any mean word, look, sign, or act that hurts a person's body, feelings, reputation or things. This approach guides us to look at a restorative approach to discipline. Shiloh believes that every child and staff member has a right to be in a school environment where he or she feels respected, protected, and safe. More information is to come.

School Year Theme

The theme for this year is "Never too young to make a difference." It is found in I Timothy 4:12, "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith, and in purity."

Chapel

Elementary chapel (Grades K-5) will be held each Friday at 8:30 a.m. Parents are welcome to join us.

Moms-In-Touch

Moms-In-Touch is an organized group of moms and grandmothers who pray for the teachers and the school. Moms-In-Touch will be meeting on Thursday, September 2 from 2:00-3:25 p.m. in the elementary building conference room. If you are interested, please contact Lauri Desir.

Servants of Shiloh

Servants of Shiloh (SOS) is another parent organization at Shiloh. They too want to be a blessing to our teachers. SOS invites you to attend their first official meeting on September 7 in the elementary chapel room. Discussion will be held on the elections of the SOS officers. On September 14, an election will be held for those positions. For more information, please contact Shannon Bathurst, Rachel Miller, or Jewel Lambrecht.

(Continued)

Elementary Library

We are proud to announce that we have a library in the elementary building. It is located across from the elementary chapel. We thank Mrs. Kindsvogel, Mrs. Torgerson, and Mrs. Montgomery for their hard work on it this summer. We have a great selection of books, but we are looking forward to expanding the collection and the space. If you have any accelerated reader books you are willing to donate, please drop them off at the elementary office.

Handbook

We have created an elementary handbook that we believe will be user friendly. This handbook covers some of the procedures and policies in the Shiloh elementary. We hope it is helpful to you. We also want to let you know that this is a working draft, "living document," this school year. This handbook is located on our Shiloh website for your convenience. Type in www.shilohchristian.org. The information is under "students" on the left side links.

Grading Scale

Shiloh has revised the general grading scale. This grading scale has closer to equal percentages between the letter grades and is a common grading scale used by other schools. Below is a copy of this grading scale for your information.

General Grading Scale	
A	93-100
B	85-92
C	77-84
D	69-76
F	68 & Below

Break Out Points with Grades					
(2 in each)		(3 in each)		(3 in each)	
93-94	A-	95-97	A	98-100	A+
85-86	B-	87-89	B	90-92	B+
77-78	C-	79-81	C	82-84	C+
69-70	D-	71-73	D	74-76	D+

Noon Duty

We are still searching for another noon supervisor for the K-3 recess. The time frame is from 11:45-12:15 p.m. We appreciate any volunteers or payment can be considered. If you are able or interested please contact me.

Elementary Drop off/Pick up Procedure

Student Drop-Off Procedures

The school day begins **at 8:25 a.m.** Dismissal time for half-day Kindergarten is 11:30 a.m. Dismissal for elementary students K-5 is 3:15 p.m. The school office is open from 7:30 a.m. to 4:00 p.m. Please have your child arrive after 8:00 a.m. Breakfast will be available in the Heringer Auditorium from 7:30-8:00 a.m. for students of families that must drop off before 8:00 a.m. Students dropped off before 8:00 a.m., please drop off at the Heringer Auditorium. Students are expected to go outside from 8:00-8:20 a.m. and students will be supervised during this time. Classrooms are open at 8:20 a.m. Children will be supervised from 8:00 to 8:20 a.m. When students are dropped off after 8:00 a.m., please drop them off at the elementary building. Your child should be picked up by **3:30 p.m.** each day. The only exception to these times would be at teacher discretion or if the child is part of a before or after school program or activity.

Options:

1. To drive through to drop off your child, please use the Northwest entrance to the school parking lot. **This year we will be using the large West loop in front of the elementary building for drop off procedures.** Vehicles may not be parked around the loop due to fire codes. The traffic flow should be counterclockwise.

- If possible, please have your child exit through the passenger side of the vehicle closest to the front sidewalk. If this is not possible, please have your child cross *in front* of your vehicle to the sidewalk or front entrance.
- Students may be dropped off in the main building Heringer auditorium before 8:00 a.m. After 8:00 a.m. students may be dropped off at the front doors. Students will be expected to go outside until 8:20 a.m. unless approved by the classroom teacher to be inside the classroom.

2. To walk your child into the building, please use the following procedure:

- If walking your child inside the building, please park the vehicle in the parking lot. This will minimize pedestrian traffic crossing in front of cars that are driving through to drop their children off.
- We have a few **reserved spots** in the front for vehicles with infants and small children. Please don't park here if you do not have small children or if you plan to stay for a lengthy time.
- Enter through the front doors **West** side of the school.
- Please do not park in **handicapped spots**. We want to keep these areas open for those with disabilities. Those who do not have an authorized handicapped vehicle may be fined.

Student Pick-up Procedure

We encourage parents to pick up their children in the elementary foyer. This is a great way for parents and teachers to connect. However, we understand some parents are not able to come inside due to time constraints or small children in the vehicle. If you are not able to come inside, the following procedure is available. Please communicate with your teacher if you are not coming inside.

Options:

1. To drive through to pick up your child, please drive around the loop and drive counterclockwise. **This year we will be using the large West loop in front of the elementary building for drop off procedures.** Please do not plan to park in the loop as it is a fire lane.

- When you are in line, a staff member will dismiss your child(ren).

*Note: If you are picking up your child(ren) after 3:30 p.m., please pick up at the main office.

2. To walk in to pick up your child, please use the following procedure:

- Park in one of the parking spaces, out of the flow of traffic for the drive through pick up line.
- Enter the main West door of the Elementary building.
- Pick up your child from the Elementary lobby.
- Supervise your child to your car or keep your child with you. The school will not be held liable if something happens to a child after he/she is picked up by a parent/guardian.

*Note: If you are picking up your child(ren) after 3:30 p.m., please pick up at the main office.

Helpful Hints for Parents:

Instruct anyone who drops off/picks up your child on these procedures.

- *If there is a line for **drop off***; when you are second in line allow your child to unbuckle, put their backpack on, gather any other materials and say goodbye. This will allow a quicker exit when it's your turn.
- *If appropriate for younger children in the **pickup** line*: After your child is safely in the car, pull forward a few feet. Put the car in park in a parking area and then get your child settled into their safety belt.
- **If you are visiting with other parents/children, please park and pick a location clear of all traffic areas.**
- **Please do not talk on your cell phone during this time.**

Important Dates

September 6	No School – Labor Day
September 7	Book Mobile
September 9	Individual Pictures, 8:30, Sport Court
September 24	Homecoming
October 8	Grandparents' Day

We pray you have a wonderful September.

Blessings,

Mrs. Sara Mitzel
K-12 Principal

Help "De-stress" Your Children

Back-to-school season, while exciting, can be unsettling for young students. They may worry about facing new teachers, classrooms, and classmates. Other children feel stressed because of busy schedules or high expectations that they or their parents set.

Preteens report that school, homework, and grades are their top causes of stress. Feeling like they have to be perfect just adds to some children's anxiety. Signs of perfectionism include being afraid to fail or take risks, never being satisfied with one's success, feeling insecure, and lacking flexibility. Here are some tips for helping children realize when "good enough" is good enough:



Encourage children to enjoy the process rather than just the outcome. Emphasize that the important part of school is to have fun learning, practicing, and doing, rather than being an immediate expert. It's okay to dream big, regardless of the outcome.

Provide age-appropriate tasks to build confidence. To prevent frustration and getting "stuck," show children how to tackle achievable tasks one at a time.

Accept "good enough" yourself. Try not to dwell on children's mistakes. Offer many more comments about what they're doing right than about what they're doing wrong. Talk about times you've done your best and been satisfied with a less-than-perfect outcome.

Me, Worry?

- 31% of children ages 9 to 12 say they "worry a lot," and 47% suffer from insomnia. *(Children's Ministry Magazine)*
- Children whose family lives are stressful are nearly twice as likely as other kids to have low levels of school engagement and four times as likely to have behavioral and emotional problems. *("Stressful Family Lives" by Kristin Moore & Sharon Vandivere)*
- About 14% of children ages 5 to 12 spend an average of about one hour alone at home after school. Kids left alone tend to have more difficulty handling school assignments. *(momdadchat.com)*

We recommend Discover Christian Schools website. It introduces parents to the world of Christ-Centered education. You'll find useful information at this website to support your decision that will impact your children for eternity. Please be sure to check out <http://discoverchristianschools.com> online today.



PowerSource



Ask God:

1. To help your children have a positive school year.
2. To help you and your children manage life's stresses.
3. To help you resist the urge to be a "perfect" parent.

Parenting Insights

Psychologist Les Parrott III, writing in *Children's Ministry Magazine*, offers these ways to lower children's stress levels:

1. **Take care of your stress.** Monitor your stress level and protect yourself from running on empty. Take time to relax and find social support.
2. **Model coping skills.** Keep calm when problems arise because children will follow your example.
3. **Acknowledge children's feelings.** Help them find words and "I" statements to express their frustrations.
4. **Accept stress as normal.** Jesus told his disciples they'd face troubles. But it's possible to turn stressful times into times of growth.
5. **Know when to seek help.** When children's stress turns to panic, consult a professional.



OpenTheBook

**"Give all your worries and cares to God, for he cares about you."
1 Peter 5:7**

Jesus warns that his followers will face earthly trials, but he also promises to protect and comfort us. Because our loving God is in control, we can put all our anxieties on his shoulders.

Teachable Moments

- 1. Under Pressure**—Give family members each an inflated balloon, and have them gradually step on it as everyone calls out stresses and pressures. When all balloons are broken, read aloud Philippians 4:6 and share ways that God helps us deal with stress.
- 2. Puzzled**—Work on a jigsaw puzzle and talk about the challenges of putting all the pieces of a puzzle—and life—together. Read aloud Luke 1:37 and discuss how Jesus helps us solve even the toughest problems.
- 3. Built to Last**—Together, use blocks or LEGOS to make as tall of a tower as possible. Talk about why your creation always falls down and why our efforts to be perfect will always fail. Then discuss ways that God is our sturdy foundation and how we can stand tall in him.



"So commit yourselves wholeheartedly to these words of mine. Tie them to your hands and wear them on your forehead as reminders. Teach them to your children. Talk about them when you are at home and when you are ON THE ROAD, when you are going to bed and when you are getting up." Deuteronomy 11:18-19, NLT

Help your children open up about stress and perfectionism by asking these discussion-starter questions:

1. What excites and worries you about going back to school?
2. What good does it do to worry about things we can't control? What are some ways we can hand our worries to God?
3. What are some things you try to do "just right," and why? How do you feel when you mess up?
4. How do you know when you've done your best or when something is "good enough"? How can you be satisfied with that?

Family Experience: Putting It in Perspective

Try these fun activities to put problems and priorities in place:

- **Lift Your Hearts**—With permanent marker, draw a heart on a hard-boiled egg. Pour ½ cup salt into a paper cup with "Jesus" written on the side. Fill a clear jar half full of water. Hold the egg so everyone can see the heart. Say: "Sometimes our hearts feel heavy with worries. What are some worries you have?" As you drop the egg into the jar of water, say: "Worries make our hearts sink inside us. But Jesus can take away those worries." Pour the salt into the jar and stir the water for a while. Read aloud Matthew 11:28-30. When the egg rises to the top and floats, say: "When we give our worries to Jesus, our hearts become lighter." Close in prayer.
- **Balancing Act**—Align the edge of a book exactly along a table edge. Ask: "What are some of your responsibilities? Sometimes it seems like we can't get everything done in a day. Each responsibility puts us a bit closer to being over the edge." Place a second book atop the first so it hangs one inch beyond the edge of the first—and over the table edge. List responsibilities as you keep placing three more books in the same manner. Ask: "How could I place each of these books without any of them falling? What would happen if I moved the bottom one?" Move it and watch the books fall. Read aloud 2 Chronicles 27:6. Say: "A priority is something that's more important than another thing." Ask: "What could happen if we don't keep our priorities in order? How can keeping our priorities straight help us deal with life's stresses?"





What's Playing at the Movies

Movie: *Alpha and Omega* (releases Sept. 17)
Genre: Family animation/adventure
Rating: Not yet rated
Cast: Voiced by Hayden Panettiere, Justin Long, Danny Glover, Dennis Hopper, Christina Ricci
Synopsis: While making their way back home after being captured by park rangers, two young wolves must deal with their personality differences. Kate, an alpha, is serious and driven, while Humphrey, an omega, likes to hang out and have fun. The wolves have to get along and bond so they can restore peace between rival packs at home.
Discussion Questions: How would you describe your personality? What kinds of people do you get along with the best: those who are similar to or different from you? Explain. Read aloud Genesis 25:21-28. How can we get along with and learn to enjoy people whose personalities and backgrounds are very different from our own?



What Music Is Releasing

Artist: Sarah Kelly
Album: *Midnight Sun*
Artist Info: Kelly, a contemporary Christian singer-songwriter, has been a piano teacher and a worship leader. Because she left an abusive relationship and struggled with poor self-esteem, Kelly often sings about healing.
Summary: *Midnight Sun* builds on the raspy vocals and powerful lyrics of Kelly's acclaimed albums *Take Me Away* and *Where the Past Meets Today*. She's been compared to Janis Joplin and Sheryl Crow. Of the idea behind "Living Hallulejah," Kelly says, "It's wanting every attitude, every action, every motive, everything about me to be glorifying God."
Discussion Questions: How does your life show that you love and follow God? What makes it hard or easy for you to love yourself, and why? Read aloud 1 Corinthians 10:31. How can our everyday attitudes and actions give glory to God?



What Games Are Out

Title	Content	Rating & Platform
<i>Guilty Party</i>	Up to four players join the Dickens Detective Agency to solve crimes together.	E; Wii
<i>Dragon Quest IX: Sentinels of the Starry Skies</i>	In this RPG (role-playing game), multiplayer modes let players share their customized adventures with others.	E10+; Nintendo DS
<i>Monkey Island 2: LeChuck's Revenge</i>	A wannabe pirate pursues a lost treasure. This series is known for its humor, creativity, and throwback puzzle-solving.	E10+; Xbox 360, iPad

GAME RATINGS KEY: EC=Early Childhood, E=Everyone (ages 6+), E10+ (ages 10+), T=Teen (ages 13+)



Culture & Trends

What's happening right now that may affect your children and family:

- TV critics say the new fall schedule is full of crass, cringe-worthy shows about rude behavior and topics such as obesity, cancer, and outsourced jobs. The week of September 19 is a national Turnoff Week.
- Fashion-obsessed girls known as "haulers" have become an online force. Many are now building a fan base—and even getting ad profits—by modeling and discussing their shopping finds on sites such as YouTube.

Quick Stats

- 69% of American adults remember consistently attending Sunday school as a child. Of those adults, 50% now attend church weekly, which is higher than the national average. (Barna Group)



- During the last 10 years, dads have significantly increased their involvement with their children at school. (fathers.com)