

Pgroveschool.org

Important Dates:

December 22nd
12:30 Dismissal

December 23rd – January
8th Winter Break

We'll see you January 9th!

January 16th
No School

January 19th
Home game
3:15

January 26th
Game @ Browns
3:15

On-Line Payment Option

If you haven't already done so, please check out e-Funds For Schools an on-line option for paying cafeteria, daycare, and other school items electronically from your checking account or charged to your credit card.

Please visit the e-Funds For Schools website at <https://eps.mvpbanking.com/cgi-bin/efs/login.pl?access=55500>

Teach Your Child How to Set Goals

The New Year is the traditional time for making resolutions. Unfortunately, as many adults know, those resolutions are often a distant memory in a few weeks time. Children often have this same problem. They start off the school year eager to learn and vow to work hard but like those forgotten resolutions, their resolve wanes. So this halfway point in the 2011/12 school year is a good time to motivate your children to finish the year strong. One way to accomplish this is to teach them how to set goals.

For students in grades K-3 help them learn about setting goals by talking to them about things they would like to learn or skills they would like to master. Work with them to develop a plan that includes the goal, the timeframe, and the steps they need to take to achieve the goal. Students in

these grades will need assistance in identifying a goal and developing a plan. Most importantly, they will depend on the adults in their lives to oversee their progress.

For students in 4th-8th, teach them the difference between short-term goals and long-term goals. Have your child create a long-term goal that can either be obtained in the next few months or a year. Whatever their goal may be, have them write a goal plan that includes resources and ways to achieve their goal. Talk to your child about the setbacks that can occur while working toward a goal. Help your child create a plan for dealing with setbacks.

Teaching children to make a plan for reaching goals, dealing with setbacks, and experiencing the success when reaching a goal, is as important as the 3R's.

FYI

For less than the cost of a fancy cup of coffee your child can eat a yummy breakfast and lunch each day at school. In addition, for only \$1.00 students who eat a school breakfast can get a second breakfast at recess.

So what are the costs? A Lunchable at Walmart costs \$2.68 and that includes no drink.



A school lunch with a choice of entrée, peanut butter and jelly sandwich, or burrito, salad bar and drink is only \$2.50.



It looks like eating a school lunch is not only delicious, but a good deal too!