

Mark Your Calendar!

Dec. 17 - Niles Board of Education Meeting at Niles Middle School at 7:00 PM

Dec. 21 - Winter break begins

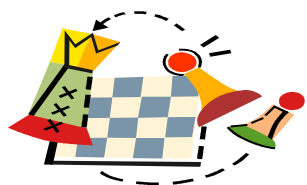
Dec. 24 - Christmas Eve

Dec. 25 - Christmas Day

Dec. 31 - New Year's Eve

Jan. 1 - New Year's Day

Jan. 4 - School resumes, Winter break ends.



The Perfect Gift

Parents often search for the perfect Christmas gift. Children think of computer and technology games as “the gift” they would most like to receive for Christmas. However, too much alone time with the X-Box, Wii or computer game is not appropriate.

This year give your whole family the gift of togetherness. Purchase board games, like Monopoly or Clue. Make a bowl of popcorn and sit down to some good old fashion fun. I can guarantee your child(ren) will enjoy spending time with you.



Title Times

Niles City School District
Ohio Parent Resource Center

<http://www.niles.k12.oh.us>
www.ohiopirc.org

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A Note from the Title I Coordinator, Renee Ruman

This school year all Title I teachers and three special education teachers are being trained in Leveled Literacy Intervention (LLI). This professional development is rich in research based practices and teaches the teacher how to intervene with at-risk students. LLI is designed to bring children quickly up to grade-level competency—in 14 to 18 weeks on average.

Leveled Literacy Intervention (LLI) is small-group, supplementary intervention designed for children who find reading and writing difficult. Typi-

cally no more than three students are in an LLI group. Assessment is the key to forming successful groups and determining the students for whom intervention would be most appropriate.

Three systems are available for LLI. Each supports instruction at different levels using Fountas & Pinnell A-Z Text Level Gradient:

- * Orange System: Levels A through C (Kindergarten - second semester)
- * Green System: Levels A through J

(Grades 1 and 2)

- * Blue System: Levels C through N (Grades 2 and 3)

All three systems have organized lessons centered upon a variety of small leveled books. Leveled books are a key component in helping children become competent readers. This collection of carefully leveled books provides enough support with a small amount of challenge so that the reader can learn on the text and make small steps toward grade-level goals.



The 2009 Winter Holiday Stamps

The U.S. Postal Service celebrates the winter holiday season with stamps featuring a reindeer, snowman, gingerbread man, and a toy soldier. For fun have your child design stamps and original Christmas cards.



HELPING YOUNG CHILDREN COPE WITH ANGER

by Diana S. DelCampo , Ph.D. and Ruth S. Herrera, M.S>

Children become angry in a variety of situations. Suzie may be angry with Mom because she won't let her go to a friend's house to play. Paco gets angry with his Dad because he won't let him buy gum at the store. In our role as caregivers, we can give parents some skills for dealing with these situations.

Many adults have learned to ignore their feelings of anger, or to express these feelings by hitting or yelling at someone. Therefore, adults often deal with a child's anger by demanding that he or she stop being angry. They might send a child to his or her room until the child can behave better, and sometimes, an adult may hit a child. However, these actions do not help children learn to handle strong emotions such as anger.

Although feeling angry is a part of life that no one can avoid, we can teach children positive ways to cope with anger. Adults can teach children the difference between feeling angry and acting on anger. Children need to be told that feeling mad is neither good nor bad, but hitting someone out of anger is not OK. In the short run, life at home will be easier when children learn how to work through anger. In the long run, children will continue developing ways to cope with anger as they become teenagers and adults, and will pass these skills along to their own children.

SPECIFIC WAYS CHILDREN CAN COPE WITH ANGER

Children can learn to handle their anger in several ways. Give children several choices so they can pick those that work best for them. Remember that some angry episodes take longer than others to solve.

DO SOMETHING PHYSICAL.

Do something with your body such as stomp your feet (the "Mad Dance"), run around the house, or punch a pillow. Or, play with play dough, clay, or bread dough, which can be rolled out, pounded, twisted, and pulled apart. Any of these physical activities can help children focus their anger on something else and help them to calm down.

TALK ABOUT YOUR FEELINGS.

Some young children can talk to a parent, brother or sister, grandparent, a child care provider or a friend about what is making them angry. Talking helps some people work through their anger so they can accept what is making them angry, or solve the problem in a positive way. If children can't or won't talk to a person, they can be encouraged to talk to a family pet, a puppet, or an imaginary friend.

SING AN "UN-MAD" SONG.

Help children make up words to a song or poem that expresses what they're feeling. Words from a favorite song can be substituted with this "un-mad" song. For example, the words "I'm so mad 'cause I can't play. Go away, go away, day!" can be sung to a familiar or made-up tune.

ASK OTHER PEOPLE HOW THEY COPE WITH THEIR FEELINGS OF ANGER.

Help children collect ideas from other people on how to cope with anger. Help the child decide which ones are OK based on the information in this publication. For example, some people take a fast walk to drain off anger, while others take deep breaths when they get angry.

DRAIN THE ANGER FROM YOUR BODY.

Let children relax with some water play activities or finger-painting. Or let the child scribble as hard as she can on a scrap of paper and throw the paper away as if throwing the anger away. Or encourage the child to dictate a story about what has made her angry to an adult and have the adult read it back. The child can then crumple up the paper and throw it away.

For more information on how to respond to children's anger check out the following:

Crary, E. (1992). **I'm Mad**. Seattle: Parenting Press.

Guhl, B. & Fontenelle, D. (1987). **Purrfect Parenting**. Tucson: Fisher Books

Reprinted with permission from the National Network for Child Care - NNCC. DelCampo, D. S. & Herrera, R. S. (1993). Helping young children cope with anger. In Todd, C.M. (Ed.), "Day care center connections", 3(1), pp. 5-6. Urbana-Champaign, IL: University of Illinois Cooperative Extension Service.



Did You Know?

Good hygiene is critical to controlling infections like the common cold and influenza. If you are sick, stay

home. If you need to cough, do so in the crook of your arm. Learn "hand hygiene", which means washing your hands frequently with soap and water and drying them

thoroughly. When soap and water are not available, antiseptic hand rubs that contain 60-90% alcohol can be used.