

GUIDANCE NOTES

NOVEMBER 9, 2018



IMPORTANT INFORMATION FOR STUDENTS & PARENTS

Raising Grateful Kids ALL Year Long (Not just at Thanksgiving)

How do we raise kids who are grateful for **everything** they have instead of constantly wanting, asking for and expecting more?

If you're feeling as if you're in the center of a "me, me, me" epidemic, you're not alone. "Selfies" are the metaphor for the self-obsessed narratives encouraged by social media platforms." The digital world has a lot to answer for, then. But it's not going anywhere — and if anything, future generations are only going to spend more of their time online, which means a big part of our job as parents is to raise our kids to be grateful and compassionate.

It's a big responsibility. When kids get everything they ask for and are allowed to dictate how things go, they become unaware of other's needs and expect the world to cater to them. Entitled people are rarely happy, because they are always expecting to have more, be more and bask in endless praise. Grateful people, by contrast, are humble and are rewarded intrinsically from a sense of well-being and purpose.

Time to stop giving in to our kids then? Absolutely.

Freed suggests trying the following to improve our chances of bringing up grateful, caring, respectful human beings, not entitled, spoiled brats.

1. Spend time daily without devices in the room

Ask questions like:

- "Who have you been kind to today and how?"
- "How have you reached out to someone today? Tell me more about that?"
- "What matters most to you right now in terms of social issues? How can I support you to do something about that issue?"

2. Express gratitude daily

Every day find a time to sit with your child and list three things you are both grateful for. Lead by example!

3. Shine a light on inspirational people

Select a story from the media once a week that depicts someone doing something selfless and getting a lot of credit for it. Read it aloud with your children and ask them their thoughts and feelings about it.

4. Help others in practical ways

Get involved with your child in some sort of public service that involves actually interacting with less fortunate others. Your child needs to not just hear about being grateful, but to see gratitude demonstrated in acts of true generosity.

5. Make sure your child does not take your efforts for granted

When you drive your kids places, do their laundry, make meals for them or help them with anything, teach them how to look you in the eye and say, "Thank you." It only takes a moment to be grateful and practicing that helps build a core value of appreciating others. On the other hand, it takes years to undo deeply patterned selfishness. Take each moment you give to your child as an opportunity for them to share their gratitude.

Employment Opportunities



Whispering Pines Tree Farm in Oconto, is looking for help harvesting Christmas trees & boughs. Once it gets closer to Christmas, also help in assisting customers. Work is outside on Saturdays & Sundays from 8 am - 4 pm. We are flexible and will work around your schedule. \$9.50 per hour. Only Ages 15 & up. Call/text Dave @ (920)660-8567. Leave your name, phone number & the best time to call you.

Scholarships



Wisconsin Automobile & Truck Dealers Association

The Foundation of WATDA awards 70 to 90 scholarships per year to students attending Wisconsin Technical Colleges for the following technician programs:

- Automotive
- Diesel
- Auto Collision
- Motorcycle

Tuition amounts vary and can be up to full tuition. Average tuition awards are \$3,000 (\$750 per semester for four semesters). Snap-on Tool sets may be awarded independently or in conjunction with tuition awards and have a retail value of \$3,905. Students that are not already working in the automotive industry can receive employment assistance. The goal is to have all students working part-time while attending school to get on-the-job training and mentoring to enhance their education experience and graduate with a full-time job!

APPLYING IS EASY!

Go to: <http://www.watda.org/Scholarship> and click on the "Apply Online" button on our website. Supporting documentation will still need to be sent in by e-mail, fax or mail. See "2019 Full Scholarship Application Information" on our website. High school seniors and current technical college students that are in their first year of a two-year program are encouraged to apply.

Application deadline is January 15, 2019. Only students with complete application files by the deadline will be invited for a personal interview at a hosting dealership in their area. The interview is for the scholarship only, not employment.

Important: No FAFSA or income information is required to apply for this scholarship.

****All Males are reminded to register at age 18 with the selective service. Log on at: www.sss.gov**

TAMING THE DEFIANT CHILD

USE VERY FEW WORDS
When kids say: "YOU CAN'T MAKE ME!"
Simply reply: "I LOVE YOU TOO MUCH TO ARGUE."
It's tempting to raise our voices, lecture or threaten. Using few words shows your child that you can't be pulled into an argument.

SIDESTEP THE POWER STRUGGLE
Start with, "I'm going to do something about this. We'll talk later."
Reacting immediately does not allow time to determine a reasonable plan or anticipate how the child will react. Take time to calm down and think.

FOLLOW THROUGH
Choose a consequence for defiant behavior that you're willing to enforce. Not following through teaches children to ignore your requests.
If you say, "Stop doing that" and they don't listen, take ACTION the FIRST TIME.

LEAD WITH EMPATHY
Offering kind words before delivering consequences encourages the child to think about their actions and helps maintain love and respect.
Try something like: "THIS IS SO SAD"

CHANGE THE LANGUAGE
Speaking positively teaches children to make good choices on their own.
Instead of: "You can't go play until you have finished your homework."
FEEL FREE TO GO PLAY AS SOON AS YOU HAVE FINISHED YOUR HOMEWORK.
Instead of: "Don't talk to me in that tone of voice."
I'LL LISTEN AS SOON AS YOUR VOICE IS AS CALM AS MINE.

Love and Logic
Trusted for more than 35 years, Love and Logic provides practical techniques to help parents and educators raise responsible kids, have more fun in their roles, and strengthen relationships with the kids in their lives. To learn more, visit LoveAndLogic.com.



Registration deadline is November 10th!

Schedule for Campus Career Days:

Session 1:

- 8:30-8:45 am College Welcome
- 8:45-10:15 am Divisional Tour
- 10:15-10:30 am Wrap Up/Dismissal

Session 2:

- 11:30-11:45 am College Welcome
- 11:45-1:15 pm Divisional Tour
- 1:15-1:30 pm Wrap Up/Dismissal



Bucky's TUITION PROMISE

Eligibility requirements include:

- 1 WISCONSIN RESIDENT**
- 2 INCOMING FRESHMAN OR TRANSFER STUDENT**
- 3 HOUSEHOLD ADJUSTED GROSS INCOME OF \$56,000 OR LESS**

BENEFITS:
4 years for freshmen and 2 years for transfer students of **free** tuition and segregated fees

STUDY MUSIC AT UW-STEVENS POINT

PROGRAMS OF STUDY
Instrumental/Choral/General Music Education
Music Performance
Jazz Studies
Bachelor of Arts in Music
Music Minor
Master of Music Education
Performance Certificate for Non-Majors

**Prospective Music Student
OPEN HOUSE AND AUDITIONS**
November 14, 2018
February 13, 2019
or by appointment

DEPARTMENT AUDITIONS
February 23, 2019
March 9, 2019
or by appointment

Department of Music
College of Fine Arts & Communication
University of Wisconsin-Stevens Point

715-346-3841 www.uwsp.edu/music

Gain Hands on Experience

JOIN OUR TEAM OF COMPASSIONATE CAREGIVERS, WHERE DIGNITY AND RESPECT PREVAIL... A PLACE THAT IS MORE THAN CARE, IT'S "FAMILY".

CARE PARTNERS Country Terrace ASSISTED LIVING

Gain hands on experience as you prepare for a career in healthcare. Learn the valuable skills of care giving through the guided activities of daily living. You will help monitor and record our residents healthcare needs and provide a variety of fun filled activities.
Must be 18 years of age or older.
Background check required per DHS83. EOE.

- Flexible Schedule
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- Paid Vacation - FT/PT
- On the Job Training

Pick up your application today!

Care Partners Assisted Living, LLC
301 Pine Ave.
Oconto, WI 54153
Phone: 920-516-7433
Email: cp54oconto@cpalet.com
www.carepartners-countryterrace.com

Don't feel sorry for yourself if you have chosen the wrong road. Turn around.

- Edgar Cayce

Northeast Wisconsin Technical College

SAVE THE DATE
FEBRUARY 21, 2019
5-7 PM
Engineering Technology Center
Room ET129

ENGINEERING OPEN HOUSE

FEATURING:
17+ CAREER CHOICES RELATED TO ENGINEERING DEGREES
EMPLOYERS WHO HIRE OUR GRADUATES
OTHER COLLEGES AND TRANSFER OPTIONS
DEMONSTRATIONS

NO NEED TO REGISTER JUST STOP IN

Questions? Call: 920-498-5461 nwtc.edu/EngineeringOpenHouse

Math+Science Connection

Building Understanding and Excitement for Children

Lena Elementary School
Mr. Ben Pytleski, Principal

INFO BITS



Open-door angles

Doors in your house are the perfect place for hands-on practice with angles. Take turns opening or closing a door and asking, "Acute, right, or obtuse?" Partially open a door, and it's an acute angle. Open it straight out, and it's a right angle. Open it wider, and it's obtuse.

Habitat for rent

Help your child think about what animals need to survive (shelter, food, water). Then, have her choose an animal (monkey) and write a classified ad for a home that will meet its needs. *Example:* "Tall tree in a tropical rain forest. Large river nearby for drinking. Plenty of leaves, fruit, and insects to eat."

Book picks

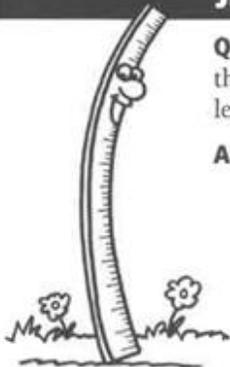
■ *The Man Who Counted: A Collection of Mathematical Adventures* (Malba Tahan) combines an adventure story with interesting math puzzles.

■ Learning about the solar system is fun when planets tell the story themselves. Dan Green's *Astronomy: Out of This World!* contains fascinating facts and details along with cartoon illustrations your youngster is sure to love.

Just for fun

Q: What has three feet but no legs or arms?

A: A yard.



Fractions of fun

Understanding fractions is much easier when your child can visualize them. Here are ideas to help her see—and use—fractions.

Keep a diary

Show your youngster that fractions are a part of everyday life. For a week, have her record and illustrate each one she notices. For instance, she might write, "We had a half day of school today," or "Mom asked for $1\frac{1}{3}$ pounds of turkey at the store." How many examples can she find and draw?

Play a game

Have each player cut a sheet of construction paper into six horizontal strips. She should leave the first one whole and then cut the second one in half (fold it, and cut along the fold), and the others into thirds, fourths, sixths, and eighths. With bits of masking tape, label a die: $\frac{1}{2}$, $\frac{1}{3}$, $\frac{1}{4}$, $\frac{1}{6}$, $\frac{1}{8}$, and "wild." To play, roll the die,



and lay the matching piece of paper on your whole strip (for "wild," choose any piece). The goal is to be the first one to fill your strip without overlapping any pieces (*example:* $\frac{1}{2} + \frac{1}{4} + \frac{1}{4} = 1$ whole strip).

Put in order

Together, make a set of fraction cards, with one fraction per index card ($\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$, 1, $1\frac{1}{4}$, $1\frac{1}{2}$, $1\frac{3}{4}$, 2). Shuffle the cards, and see how quickly your child can put them in order. Then, while she closes her eyes, lay the cards in order but leave out a few. Give her the missing cards, and have her put them where they go. 🎲

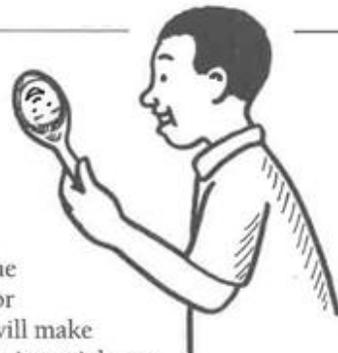
Look at me!

Help your youngster learn about the science of *optics* with this mealtime activity.

Have him look at himself in a clean spoon. What happens if he looks in the bowl of the spoon? (He's upside down.) What happens on the other side? (He's right side up.)

Next, have him bring his finger toward the spoon and watch what happens on each side. The bowl (the *concave* side) will magnify his finger, or make it look larger. The back (the *convex* side) will make his finger look smaller. Ask your child how scientists might use this information to make eyeglasses, cameras, or telescopes.

Tip: He can remember which side is which by thinking of concave as "caves in." 🎲



Multiply and divide

Learning to multiply and divide can be more about *thinking* than memorizing. Strategies like these can help your child practice.

Make it fun. If your child collects toy animals, you might ask, "How many legs do 4 horses have?" He can "skip count" the legs by 4s (4, 8, 12, 16) to see that $4 \times 4 = 16$. Or if he has friends over and wants to divide 17 pretzels equally among 3 people, he can "deal them out." He'll see that each person gets 5, and there are 2 left over. ($17 \div 3 = 5$, remainder 2)



Use what you know. Encourage your youngster to look for clues to help him solve problems. For 8×7 , he could consider other math facts he knows. "I know 4 groups of $7 = 28$. I need 8 groups, so I can double that answer. If $28 + 28 = 56$, then $8 \times 7 = 56$." For $30 \div 5$, he might say, "I know $10 \div 5 = 2$. There are three 10s in 30, and $3 \times 2 = 6$. So $30 \div 5$ must be 6."

Q & A Ask math questions

Q: I've never felt comfortable with math. How should I talk to my children about what they're learning in math class?

A: Try to show enthusiasm for what your youngsters are doing in math. You might ask them each day at dinner or homework time what they studied in math that day. Let them explain the concepts they're working on, and follow up with questions. For instance, if they're learning about decimals, you could ask how decimal points are used in money (they separate the parts of a dollar from the whole dollar).



Then, when your children finish their homework, have them show you how they solved a few problems. As they explain their methods to you, they'll be reinforcing their own skills. And they'll be proud to be teaching you something!

OUR PURPOSE

To provide busy parents with practical ways to promote their children's math and science skills.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com

MATH CORNER

Find, build, compute

What do a shoebox, book, and refrigerator have in common? They are all rectangular prisms, or solid shapes with rectangles for their faces (sides). Encourage your child to explore geometry with this common shape.

Volume. Let her build a rectangular prism out of dice, sugar cubes, or same-sized Legos. Her model should be solid, with no hidden spaces. When she finishes, have her figure out the volume (count the cubes along the height, width, and length, and multiply the three numbers together). To check her math, she can take apart her structure and count all the cubes.

Dimensions. Give your youngster 36 blocks, and see how many different sizes of rectangular prisms she can build. Have her record dimensions of each one. *Examples:* $2 \times 2 \times 9$ and $2 \times 3 \times 6$. What do the sets have in common? (Each product equals 36.)



SCIENCE LAB

Save your breath

Your youngster can inflate a balloon without using his breath. A chemical reaction will do the job for him!

You'll need: empty plastic soda bottle (20 fl. oz.), $\frac{1}{2}$ cup water, 1 tsp. baking soda, uninflated balloon, lemon juice

Here's how: Have your child add the water and baking soda to the bottle, close the cap, and swirl it around until the water is cloudy. Then, help him stretch out the

balloon and place the opening over the top of the bottle, leaving a small space. He should very quickly add a little lemon juice, seal the balloon completely over the bottle, and shake lightly.

What happens? The balloon inflates.

Why? When you mix an acid (lemon juice) with a base (baking soda), they create carbon dioxide. The molecules spread out as the gas forms, pushing against the walls of the balloon and causing it to inflate.

