

THE CHILDREN'S HOUSE
PRESCHOOL &
KINDERGARTEN
PARENT BULLETIN
October 5, 2011



Dear Parents & Grandparents:

Our Word of the Week is **CONFIDENCE**

Confidence is to know that we are made in the image of God and we are all special to Him.

A confident child is not afraid of trying new things and adjusts easily to change. A confident child accepts failure and success equally well and takes pleasure in the success of others.

Philippians chapter 4, verse 13 says:

"I can do all things through Christ who strengthens me."

This is our confidence.

Preschoolers show how creative they can be using big leaves as oars to row their boat

CALENDAR OF EVENTS

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| 10/6 and 10/7 | Parent-Teacher Conference Days - NO SCHOOL for students |
| 10/10, Monday | NOT A HOLIDAY – SCHOOL IN SESSION |
| 10/20, Thursday | POD 6 – Field trip to Aloun Farms and lunch at Kapolei Regional Park |
| 10/28, Friday | Harvest Festival – All Pods |
| 11/1, Tuesday | PODS 5, 6 & 7 only – Influenza (flu) vaccine clinic |
| 11/4, Friday | NO SCHOOL – Staff Inservice Day for teachers |
| 11/9, Wednesday | Make-up day for individual photos |
| 11/11, Friday | NO SCHOOL – Veterans' Day Holiday |

REMINDER TO ATTEND YOUR PARENT-TEACHER CONFERENCE



Please remember to attend your scheduled parent-teacher conference on either Thursday, October 6th or Friday, October 7th. School will not be in session and students should not report to class. This first conference is **mandatory** for all parents. If you have forgotten the date of your conference, please call our office.



Please remember that we do not celebrate Halloween and kindly ask that **NO** treats be sent to school, other than that requested by the teachers for Harvest Celebration. Please refer to page 19 in our Parent Handbook regarding special treat days.

REMINDER TO SIGN OUT YOUR CHILD



A friendly reminder to all parents and grandparents to please be sure to sign out your child on the sign out sheet when they are picked up. This applies to all students enrolled in the After School Care Program and all full day preschool, pre-kindergarten and kindergarten children. The teachers have noticed that some students are being picked-up, but they are not signed out in the Sign-Out folder. Thank you for your cooperation.

Christmas Program Schedule

We want to let you know ahead of time the date of your child's Christmas Program so you can arrange your work schedules to attend. Parents, grandparents, aunties and uncles are all invited. All programs begin at 9:00 a.m. and will be held in the Pavilion. Admission is **one dozen** cookies per family (**PLEASE NO NUTS AND NO NUT PRODUCTS**).

12/1, Thursday	Christmas Program for Pod 4
12/2, Friday	Christmas Program for Pod 1
12/5, Monday	Christmas Program for Pod 2
12/6, Tuesday	Christmas Program for Pod 3
12/7, Wednesday	Christmas Program for Pod 7A
12/8, Thursday	Christmas Program for Pod 7B
12/9, Friday	Christmas Program for Pod 6 (Grades 1-2)
12/12, Monday	Christmas Program for Pod 5 (Grades 3-6)



“PARENTS MAKE A DIFFERENCE”

We hope you enjoy reading the weekly articles from “Parents Make A Difference” and find them to be helpful to you and your family. This week, we think the following article is well worth reading. It is being shared with you with the permission of the author, Curtis Murayama, and the Honolulu Star-Advertiser.

Various forces can contribute to burnout in young athletes

By Curtis Murayama

When does a gentle parental nudge become a push, and then a shove?

Most parents with a child competing in organized sports might eventually face this dilemma.

One thing's certain: No parent wants to lead their child down the road toward burnout.

According to Dan Gould, an expert in the field, burnout can be described as malady that caused "what was formerly enjoyable to no longer be enjoyable."

Gould, who was in Hawaii this past week for a conference, is the director of the Institute for the Study of Youth Sports and a professor in the Department of Kinesiology at Michigan State University. His research and studies have included psychological characteristics as sources of athletic stress and burnout in young athletes.

"First, we know that burnout is usually stress-related," he said. "So we discuss burnout as a reaction to long-term stress. Chronic stress over time."

In his studies, he said, "we've had kids 14-15 (years old) burn out. They've been playing since they were 5. Too much, too soon."

In one of his studies on tennis players, Gould said he isolated three strains that lead to burnout.

The first was physical.

"Just too much, not enough breaks, going year round. The kid is physically tired, (is) not eating enough, not sleeping enough," he said.

The second was more socio-psychologically driven, where the kid is a perfectionist, eventually stressing himself out.

"When people are perfectionists, they set high standards ... they spend the day worrying about meeting those expectations," he said.

The third comes from pressure placed on the child from a coach or parent, where "the kid ends up resenting it."

Gould said, "some kids who burn out feel they're entrapped. 'I can't quit because I don't want to let (my) parents down.' "

So what are the signs parents should look for? Gould said to watch for a mood shift.

"The kid used to love to go to practice. Now they don't want to go. Sometimes you see they tend to slack," he said. "You'll notice the change in the kid. They don't seem so enthusiastic."

To avoid potential burnout, Gould offered the following:

"Every year you have a signup with your kid. You ask your kid if he wants to play again. If he says yes, then you tell him he has to commit to practices. Then after time off (after the season), you ask if he wants to play again next year."

He also suggested that under the age of 13-14, kids should avoid specialization and try different sports, which offers a different activity and a different coach.

"As a parent, focus on all the reasons kids participate — fitness, having a good time; winning shouldn't be the primary focus. It shouldn't be unimportant, either. But you're thinking about long term.

"You want (your child) to fall in love with physical activity, so if they stop (playing competitively), they'll still want to be physically active.

"Just because we put the kids in uniforms and they look like adults, they're not adults."

Reach Curtis Murayama at cmurayama@staradvertiser.com.

More pictures of our preschoolers enjoying their boat ride.



God Bless,

The Children's House Administration

Visit our website at www.childrenshousehawaii.org