

# THE CHILDREN'S HOUSE ELEMENTARY PARENT BULLETIN

September 15, 2011

Dear Parents & Grandparents:

Our Word of the Week is **OBEDIENCE**

Obedience is simply respecting and following the rules. It is just as hard for most adults as it is for children to do this simple thing. It means bending your will to someone else and often swallowing your pride. It means trusting that the one who set the rules knows what is best.



*Learning the Rules of Grammar*

“Buckle your seatbelt.” It is such a simple rule that many of us don’t think twice about it and often do not obey. Buckling your seatbelt takes time, is inconvenient and wrinkles our clothes. But obeying that simple rule can mean the difference between life or death.

God is our safety belt. Following His rules can mean life, joy, peace and harmony. You show God that you love Him when you obey Him.

Matthew 5:19 says,

"And so if anyone breaks the least commandment, and teaches others to, he shall be the least in the Kingdom of Heaven. But those who teach God’s laws and obey them shall be great in the Kingdom of Heaven."

## CALENDAR OF EVENTS

- |                 |   |
|-----------------|---|
| 9/14 – 9/16     | POD 5 (Grades 3-6) – Friendship Camp at Camp Homelani   |
| 9/19 – 9/23     | Parent-teacher conference sign-ups on a first-come-first-serve basis<br>(Sign-up sheets for Preschool will be located in your child’s classroom, Grades K-6 will be located in the school main lobby) |
| 9/29, Thursday  | POD 5 – Field trip to Ku’u Home Kula’iwi  |
| 10/3, Monday    | Picture taking for Preschoolers (Pods 1, 2, 3 and 4)  |
| 10/4, Tuesday   | Picture taking for Pre-Kindergarten and Elementary (Pods 5, 6 and 7)  |
| 10/5, Wednesday | POD 7 – Field trip to Aloun Farms and lunch at Waiiau District Park   |
| 10/6 and 10/7   | Parent-Teacher Conference Days<br><b>NO SCHOOL</b> for students   |
| 10/10, Monday   | <b>NOT A HOLIDAY – SCHOOL IN SESSION</b>  |



## **Studies show that when parents set limits, screen time is reduced**

Today's kids spend seven and a half hours a day in front of a screen--a TV, a computer, a video game. They spend just 25 minutes a day reading.

That means they may grow up to be great at playing games like Angry Birds, but not able to do the reading in their high school history class. All that time spent sitting in front of a screen also means that today's kids aren't getting the exercise they need. (Well, except for their thumbs.)

What can you do as a parent? First, help your child become aware of how much time she actually spends sitting in front of a screen. Have her track the amount of time she spends watching TV, playing video games, texting friends and fiddling with her iPod. She may be surprised how quickly those minutes add up.

If your child is spending fewer than two hours a day in front of a screen, she is on the right track. If she is spending more, it's time to set limits. Studies show that when parents set any media rules, kids' screen time drops by more than three hours a day!

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God Bless,

The Children's House Administration

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