

DCES is Hip - Rocking Out Leadership!

**Delphi Community
Elementary School (DCES)**

**Camden Early Childhood
Center (CECC)**

765-564-3895

574-686-2362

de.delphi.k12.in.us

Kindergarten Round-Up

On April 11th from 9:00am-12:00pm & 1:00pm- 6:00pm at Camden Early Childhood Center, we will have round-up for the 2019-20 school year. This is for a child who will be 5 years of age on or before August 1, 2019. Please come and register your child or children that day. If you have any questions, please contact Shelly Britton at 574-686-2362.

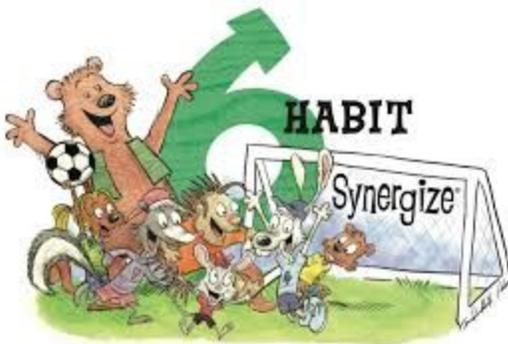
The Leader in Me

Habit 6 - Synergize

Together is better! There are very few careers in life that allow people to work in complete solitude.

Teamwork is a vital part of life. Habit 6, Synergize, is

all about coming together as a team to achieve the best possible



outcome. In order to synergize, students have to use the what they learned in Habit 5 (Seek First To Understand Then To Be Understood) and Habit 4 (Think Win-Win) to communicate and cooperate

effectively as a member of a team. The following are some of the concepts that we are practicing at school:

- I get along well with other people and work well in groups.
- I value the strength of others and allow myself to learn from them.
- I know that by working together as a team we can get more done and come up with better solutions than we can alone.

At home you can Synergize by working together on a task as equals. Think of a activity that you might not normally involve your child, like making dinner. Allow your child to help make dinner as your equal. Work together to choose a kid friendly recipes. Divide other task based on each others strengths and offer support in areas of know weakness. Making dinner this way once a week may take considerably longer but synergizing with your child will benefit everyone, and remember that cleaning up together is part of the process.

Reminder about Buses:

From the Student Handbook, BUS INFORMATION - "CAN I RIDE HOME WITH MY FRIEND?" Students may not ride home with friends on another school bus nor may they get off on another bus stop other than their own.

DCES - SIGN UP FOR THE BIRTHDAY ROCK! Contact the office for more information!

Reminder: School Day

8:00 a.m. until 3:00 p.m. - DCES (M, T, Th, F)

8:00 a.m. until 2:15 p.m. - DCES (Wednesday)

8:15 a.m. until 2:30 p.m. - CECC (M, T, Th, F)

8:15 a.m. until 1:30 p.m. - CECC (Wednesday)



PROMISE INDIANA

We have completed our first round of enrollment for the Promise College Choice Enrollment! How exciting to see so many families signing up for their child's future! The Carroll Community Foundation will be depositing the first \$25 in our student's accounts! On March 13th, we will have an open enrollment hour at DCES for k-2 families. It is never too soon to plan for the future. If you have any questions, please don't hesitate to contact Mrs. Gill.

Counselor's Corner

Let's talk about ANXIETY. Anxiety is on the rise among kids. I have seen this in working with DCES students. According to a study from 2016 by the Anxiety and Depression Association of America, one in eight children suffers from a significant anxiety disorder and it is the most common type of psychological problem children experience. Research also shows that if we don't adequately treat children with anxiety disorders, they are more likely to develop other mental illnesses in adulthood, such as depression and substance abuse (Walker 2017). Symptoms of anxiety can be very tricky and how to help your child with anxiety can be even more tricky. I recently read a book that I feel is worthy of sharing with parents about this topic. It is called *Anxiety Relief for Kids On-the-Spot Strategies to Help Your Child Overcome Worry, Panic, & Avoidance* by Bridget Flynn Walker, PhD. I highly recommend this to all parents who have kids they suspect are struggling with any degree of anxiety. I could literally write a book on all the wonderful things contained in this book.

All Pro Dads

Exciting! We are in our 2nd year of All Pro Dads. This year, we are going to go with students in grades 3-5 along with their father/male role model; Our next event is Saturday, March 16th @ 10 a.m. We plan to do an Breakout Box Activity - should be a great time! Fathers MUST sign up at the following link:

<https://allprodadsday.com/chapters/10491>

Below is an article from their website:

'How to Know When to Say No'

By Andrew Linder

Most parents would agree that saying "no" to their children is an essential part of being a good parent and raising kids with discipline, character, and discernment. Part of any parent's job is to protect their children from many things they aren't even aware that they need to be protected from. But on the flip side of that, sometimes as parents, we're guilty of habitually saying "no" before our kids can even finish the sentence, without having given any fair consideration to their request. And while saying "no" is often necessary, there's not always a good reason for saying "no", just for the sake of saying "no". In fact, in certain things, it's super important that we [be a "Yes" parent](#).

So the next time you're hit up with 20 questions from your kids of things they want to do or have, use these three questions as practical guidelines for how to know when to say no.

Is it Unethical?

What we allow or don't allow our children to do must always first and foremost fall in line with our family values. Our children need to understand what we stand for and what we believe is right and wrong. So when our child wants to lie or bend the truth, when they desire retaliation or revenge, or when they simply want to do something that goes contrary to those values, the answer should always be no.

However, I've seen many parents who justify letting their kids participate in wrong practices by

adopting this mindset, “Well, it’s a whole lot better than what else they *could* be doing.”

Let me encourage you as a parent to have clearly defined values in your home that help you and your children navigate the tough (and not so tough) decisions when they come. Don’t ever justify wrong behavior simply because it’s a lesser evil than something else.

Is it Unwise?

There will be times when something may not be clearly wrong, but it still may not be in your child’s best interest.

- Just because little Johnny has \$50 in cash doesn’t necessitate that he go spend \$50 at the candy store.
- Just because little Susie was invited to spend the night at a friend’s house from school doesn’t make it a good decision, especially if you don’t know the family well.
- Just because your child wants a new puppy doesn’t mean they’re old enough or responsible enough yet to take care of one.

When our children come to us with requests, it gives us the opportunity to teach them wisdom in their choices. Sometimes that means we have to make the choice for them. Other times, we may have to let them make their own choice and learn from it, even if it’s the wrong one.

Is it Unhealthy?

Especially if you have young kids still at home, 50% of the requests you get from your kids are probably going to be for candy or junk food (or they may not even ask). My kids usually ask me over mom because they know they have a slightly better chance of getting a “Yes”.

Why do parents say “No” to their kids when they want to have ice cream for supper and gummy bears for dessert? Because parents intuitively know that they are responsible for the health and well-being of their children.

Some of the biggest ongoing life choices that your children will have to make will concern what they do with and put into their body, so help them develop good habits while they are young for making wise health choices. They may not thank you now, but they will someday.

Even after filtering our response with these three questions, there will still be times when we know why something’s not in our child’s best interest, but don’t have a way of explaining it to them so that they’ll understand.

“But being able to say ‘Yes’ for our child’s enjoyment also requires that we know when to say ‘No’ for their benefit.”

And sometimes we simply have to say, “I don’t expect you to understand this, but I love you, and you’re just going to have to trust me.” Any good parent loves being able to say “Yes” to their children when they can. But being able to say “Yes” for our child’s enjoyment also requires that we know when to say “No” for their benefit.

Calendar of Events

- 3/1 - Read Across America Event
- 3/4 - PreK Purdue Convo ‘Peg & Cat’
- 3/5 - DCSC Board of Trustees Special Meeting @ 6:00 p.m. Central Office
- 3/6 - CogAT testing grade 5
- 3/6 - DCHS ‘This I Believe’ Program @ Opera House @ 6:30 p.m.
- 3/7 - CogAT testing grade 2
- 3/8 - Term 3 Ends
- 3/10 - Daylight Savings Time Begins (move clock 1 hour ahead)
- 3/11 - DCSC Board of Trustees Regular Mtg @ 7:00 p.m. Central Office
- 3/12 - PTA Meeting 6-7:30 p.m.

3/13 - Report Cards Sent Home; Parents to sign note acknowledging report card received and return note
3/13 - K-2 Promise College Choice Event @ DCES
3/15 - JA in a Day (1-5)
3/15 - PTA Movie Matinee
3/16 - All Pro Dad Event @ 9:00
3/18-3/21 - IREAD for Grades 3
3/21 - 4th Grade Ag Day
3/22 - No School, Spring Break
Week of 3/25 - No School, Spring Break
April 22-May 18th ILEARN Testing (Grades 3-5)

you would like to donate to the health room they would be greatly appreciated.

FROM NURSE ROSS

Health Room News from
Kay Ross RN



Tips for staying healthy during cold and flu season:

- **Wash your hands frequently, especially after blowing your nose, coughing, sneezing, being with ill people and especially before you eat**
- **Avoid sharing objects**
- **Avoid touching your nose, mouth and eyes**
- **Get enough sleep**
- **Use tissues for coughs and sneezes**
- **Eat right and get regular exercise**
- **Avoid crowds and keep your distance from people whom you know are ill**
- **If you are sick, stay home from school**

Head Lice

Do not send your child to school if you have found head lice. Students will be sent home with live lice or dark nits deemed viable by the school nurse. The live lice and dark nits must be removed and the home environment cleaned the day the child is sent home so that they may return to school the next day. An adult must accompany the child upon their return to school. The child must be seen by the school nurse before they will be allowed to return to the classroom or ride the school bus.

Clothing Items for Health Room

Please launder and return items loaned to your student from the health room. If you have jeans, sweatpants, leggings or active wear shorts that