

King Academy

Cougar News

December 18, 2009

The mission of King Academy of Extended Learning and Technology is to provide a secure, nurturing environment that embraces individuality, promotes high academic achievement and develops life-long learners who will become contributing members of a global society.

Vision

Everyone learns: Whatever it takes!

Dear Families,

"We need to have time to dream, time to remember, and time to reach the infinite. Time to be."

- Gladys Taber (1899-1980)

The moments of life slip by quickly, rushing past us without much notice as we move unaware through each passing hour. We wake up one day and ask ourselves, "Where has time gone? It seems like just yesterday I was ____." But when we stop to dream, to remember, and to reach for our better selves, time slows. We consider where we have been, where we want to go, and how best to get there. We become better people because we take into account what life has taught us and how, with conscious intent, we can share that wisdom with others.

The staff and administration of M.L. King Jr. Academy wish you and your family a very Merry Christmas, Happy Kwanzaa and Happy New year.

Mrs. Sharon Gryzenia Ed.S.
Principal

Parent-Teacher Committee Meeting

The next meeting of the Parent-Teacher Committee will be on **MONDAY, January 11th** at 3:30 in our offices. We are hoping to have a better turn-out with an earlier meeting. Stop by

and help us plan our Family Valentine Dance – scheduled for February 5th.

Holiday Break

Friday, December 18th is the last day of school before the holidays. School resumes on Monday, January 4th. Have a wonderful holiday break.

Second Grade Continent Project

The students in Ms. Spratt's second grade did a wonderful job on their recent project: making maps and globes of the continents and the oceans. With the help of their parents, students made three dimensional representations that are simply fantastic. Research has shown that by engaging students in hands-on activities, they learn and retain information to a much higher level. In addition, in order to help our second grade students learn, Ms. Spratt has also taught them this poem. Will it help you remember the seven continents of the world?

Continents of the World

By Amy A. Anderson

To learn of the seven continents

think of the letter A

And when you are down to one

the E will save the day.

There's Africa, Asia, Australia, Antarctica, too.

The oceans run between them

with their waters deep and blue.

There are also two America's –

North and South you see.

Now we're coming to the end

Europe starts with an E!

Early Release Day

Wednesday, January 6th is an Early Release Day. Teachers will be working together developing Focus instruction and Tutoring plans for our students. School is dismissed at 1:00 p.m.

Family University

Family University is a community collaboration project led by our district and Communities in Schools to connect families to community agencies and organizations with resources and experts in child-rearing. The goal of Family University is to increase parent involvement in the schools and empower parents to raise children who are successful in school, and in life. There will be three more classes held beginning on January 14, and followed by March 18 and May 13, 2010. Each session will start at 6pm on the Secondary Campus. Dinner will be served and childcare is provided to all that attend. All of the classes have been developed with input from the Superintendent's Parent Advisory Council, C.A.S.T. (Churches and Schools Together), teachers and administrators. On January 14, the topic will be "Raising Boys Alone". This workshop will provide those that are parenting alone support, encouragement and practical advice for raising boys. There will be panel discussion, small group discussion and a chance to talk with others that may be facing similar challenges.

Parent Breakfast Club

The next meeting of our Parent Breakfast Club is on Thursday, January 21, 2010. Meet us in the Media Center at 7:35 a.m. and enjoy a healthy breakfast. Our topic for January is "Dental Health". We'll even have toothbrushes and toothpaste for you— And as always, we'll have prizes and giveaways for parents who attend. These classes are less than an hour in length. You get breakfast, great conversation, meet some other parents and start your day off right!

Honoring the Dream

M.L. King Jr. Academy is again presenting our **Honoring the Dream Celebration** on Thursday, January 14th at 6:30 p.m. in the King Academy cafetorium. Students in all classes will be performing choral readings, songs and a Photo story on African American leaders. We invite all

parents and community members to join with us to acknowledge the accomplishments of Dr. King, our namesake and others at this annual celebration. We'll have a special surprise at the end of the evening which we know you will enjoy! Don't forget to mark this date on your calendar for a great, educational evening.

Healthy Eating Tips

- **Get them excited about healthy food:** Let them smell, touch, taste, ask questions and try fruits, veggies, yogurts and other healthy foods in the kitchen. Ask them what they think of the foods and let them know their opinions count.
- **Get them involved in the kitchen:** Let them help you with small, kid-safe jobs in the kitchen such as mixing ingredients. Be sure to thank them for their help.
- **Give them a say in what they eat:** Help your kids make the right food and drink choices from an early age. If they have a say in decisions they will be more excited about what they eat. Its a great way to get them to take charge of their health.
- **Take them grocery shopping with you:** Get your kids involved in shopping decisions. It may take a little more time in the supermarket but it is likely to lead to less tantrums at meals.
- **Keep the junk food out of the house:** Your kids can't eat unhealthy snacks if you don't buy them. Kids will moan at first but soon they will get hungry and reach for the apple instead of the chips.
- **Add healthy food when you can:** Find ways to add healthy foods into foods your child already likes. You can put blueberries in pancakes, chopped fruit on cereal, or small pieces of broccoli in macaroni and cheese.
- **Help them learn:** Encourage your kids to draw or doodle pictures of healthy foods or write a poem. Post on the fridge and make sure they know you are proud.
- **Sit down together:** Try to set aside your meals as family time. Turn off the TV and enjoy eating together.

- **Keep healthy snacks on hand:** Bring healthy snacks when you pick them up from school, after sports practice, and at other times when you know their stomachs will be grumbling.
- **Make healthy food and meals fun:** Try cutting up food into fun shapes or making faces out of fruit and vegetables. Putting healthy snacks such as oatmeal cookies or dried fruit into a fun bag can turn healthy foods into a cool snack for your child..

Calendar

December 18	Winter Recess begins at the end of the day. School resumes on Monday, January 4 th .
January 4	School resumes
January 6	Early Release, 1:00 p.m. Teacher Collaboration Time
January 14	Honoring the Dream Celebration 6:30 p.m. King Cafetorium
January 22	Half Day – Records Day. - End of first semester
January 22	Roller Skating Party
January 27	Early Release 1:00 p.m. Teacher Collaboration Time
February 3	Early Release, 1:00 p.m. for Teacher Collaboration Time
February 11	Half Day – Release at 10:48 a.m.
Feb. 12-16	No School - Mid-Winter Break
February 17	Classes Resume
March 3	Early Release, 1:00 p.m. for Teacher Collaboration Time



KEEP YOUR COOL With your kids!

Know your limits. Accept what you can't change . . . for now.

Ease your tension. Take a walk, listen to music, splash cold water on your face.

Encourage your children's positive qualities and constructive behaviors.

Phone a friend. It helps to share your concerns and talk things out.

Your example helps your children learn to handle anger. Be a good role model.

Opt for the counting cure if needed. Count to 10 . . . 20 . . . or 100.

Use your kitchen timer for "time out" before disciplining.

Remember that everyone slips up at times, including your children.

Count your blessings; these include the children you love.

Organize time away from your children so you enjoy your times together.

Out of ideas to handle anger? Consider parenting classes or professional counseling.

Learn which "cool down" methods work best for you and use them.