

THE SOULARD SCHOOL NEWS

March, 2008
www.soulardschool.org

FROM THE HEAD OF SCHOOL ...

What Is The Size Of The Problem?

Irving Berlin says, *"Life is 10% what you make it, and 90% how you take it."* Some people seem to have a gift to take it in stride, not take it personally, go with the flow...But given the rise of road rage, anti-anxiety medications, and our nation's average blood pressure, it seems most of us struggle with this. Children are no exception. In fact, for many, dealing with life's frustrating elements is compounded by the overall lack of control children have over their own lives. We tell them when to go to school, what to eat for lunch, when to bathe, go to bed, wake up, turn off the television, etcetera. Sometimes this challenge looks like an inappropriate outburst – loud and/or physical. Sometimes it's quiet and internal, sulking and holding a grudge. Sometimes it's tears and "I'm having the worst day of my life!" **At The Soulard School, we help students grow and develop Irving Berlin's wisdom by asking, "What is the size of the problem?"**

Here's how it works: Using pen and paper, I draw a number line from 0 to 10. Zero represents no problem. Ten is the very worst thing that could happen. Every child's (and adult's) ten is different. Obviously, the worst thing that a 3-year old can imagine is different than what a 12-year-old can imagine. There are no wrong responses. However, I have encouraged an "If I fall down and get hurt" response to include "hurt so badly that you have to go to the doctor or hospital." We then write that down under the ten. Next, we return to the problem at hand. For example: Joe knocked down Sue's block tower. Sue screamed, took a swing at Joe, and then broke down in tears. "Sue, on this line when 0 is no problem and 10 means you got hurt and have to go to the hospital, what is the size of the problem when your blocks get knocked over?" Older children tend to accurately place the problem low on the scale (even if admitting it somewhat begrudgingly). Younger children, still driven mostly by emotion, will often tell me it's a 7 or 8. I plot it and ask, "Really? Blocks getting knocked down is almost the same as going to the hospital?" After reflection, and a more accurate sizing of the problem, I then point out that his/her reaction was more suited for a 7 or 8 sized problem. Finally, **we brainstorm on what things we could do to help the response match the size of the problem.**

On the front, this takes a lot of time. But subsequent events are quickly addressed with just the questions, "What is the size of this problem?" "What is the size of your reaction?" "What can you do to help yourself make those numbers the same?" Eventually, I only ask, "What is the size of the problem?" and the child is able to help him/herself. This has been so effective; I have heard children help each other saying, "This is only a size 2 problem. We can work it out." Few things in life are a 10 – for any of us. **When we help children with the 90% of life to take, we empower them to shift their energy to move mountains with the 10% of life they make.**

- Kelly Bock



Annual Giving Fund Update: A Tribute to our Tremendous Trivia Night

Q: What percentage of families has **NOT** contributed to the Annual Giving Campaign?

Q: Which classroom has the **highest percentage** of families who have contributed to the Annual Giving Campaign? (Hint: Piece by piece they're chipping in!)

Q: Which classroom has the **lowest percentage** of families who have contributed to the Annual Giving Campaign? (Hint: I'm puzzled by this!)

(Answers found on page 3)

Harry, Daniel, Aidan, Gianni and Alexa observing an erosion exhibit at the Science Center as Aidan's mom, Kathy, looks on.

NOTICE OF NONDISCRIMINATORY POLICY AS TO STUDENTS

The Soulard School admits students of any race, color, national and ethnic origin to all rights, privileges, programs, and activities generally accorded or made available to students at the school. The Soulard School does not discriminate on the basis of race, color, national and ethnic origin in the administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school administered programs.

EVENTS & HAPPENINGS

SOULARD SOIREE

*Mark your calendars, tell your friends,
and get the party bus rev'ed up.*

The Soulard Soiree is April 19th.

This will be an all-out party to benefit our school. We will overtake the garden at McGurk's (covered and heated, of course, since this is St. Louis weather!) for a night of fun, great food, open bar with our featured drink, the Adventure-tini, and tons of opportunities to celebrate our students and support the school. Here is what you can do:

#1. Sell Tickets!

Elementary tuition contracts included the requirement of selling/buying a minimum 5 auction tickets. Pre-K parents are strongly encouraged to do the same. You will receive packets next week with tickets and instructions.

#2. Tell us if you know of someone interested in becoming a **Soiree Sponsor or donating goods/services** to the event. There will be a sign-up list and Auction in-box near Teresa's office.

Here are the Hotlines:

★ Interested in **Volunteering** or have general questions - Call *Beth Hyser* @ 314.608.8299

★ Want to suggest an **Event Sponsor** - Call *Heather Lake* @ 314.773.3437

★ Know of someone interested in donating **Goods/Services**, call *Danielle Reamy* @ 314.773.2471

★ Want to know more about selling

Tickets and Family Commitments, call *Teresa Mulvihill* @ 314.865.2799

PARENT ASSOCIATION ELECTIONS

will be held on **Thursday, April 3rd @ 6:30**. An election packet will go home next week laying out which positions are open, what's involved, and how the nominating/selection process works. Please consider getting involved.

CAMP SOULARD | Camp Soulard for students entering grades 1-6 will begin May 26. This year we will offer 4 one-week camps, and for the first time, 2 two-week camps. The two-week camps will culminate in performances on the last Friday of each session. Below is a tentative schedule. All camps will include trips to the park and outdoor time. A brochure will be emailed to you in the next few weeks, but if you are sure which dates you're interested in, please contact Teresa to sign-up. Cost will be \$140 per week, \$275 for a two-week camp. Aftercare is additional. Camp hours are 9-3.

May 26 -30

Get in the Game

(creating a life-size board game and playing our favs)

June 2-13

On Stage

(creating and performing a play)

June 16-20

Run, Jump, Kick!

(a sports camp)

August 4-15

Feel the Beat

(rhythm, percussion and dance with performance)

August 18-22

Cirque du Soulard

(circus practice and performance)

August 25-29

TBA *(it will likely be a water camp or an art camp)*

ELEMENTARY

ASSEMBLY

The student assembly originally scheduled for Feb. 22 will now be held on **Friday March 14 at 2:30**. It will include a dance performance by **Thrive** and some **Mosaic** students entitled, "Hide and Seek." The students and Tim have been working on this piece for several weeks, and it will be exciting to finally see it performed. We will also be sharing February and March Birthday Books, and the **Chrysanthemum** and **Enigma** classes will sing a song about the 8 planets and 1 dwarf planet of our solar system. As always, families are invited!

Spring Break

School will be **CLOSED** on the following days this month:

Monday, 3/17 – Wednesday, 3/19
VACATION CARE AVAILABLE

Thursday, 3/20 - Friday, 3/21
NO VACATION CARE
(Nursery is also closed these days)

CONFERENCES | Have you signed up for your 2nd trimester conference? Contact your classroom teacher or check classrooms for sign-up sheets.

Eleanor egcameron@yahoo.com

Stefanie sbyrd81@yahoo.com

Kerri wageskl@msn.com

Tim timkippel@gmail.com

Katie mizclancypants@gmail.com

Michael rhizomatic@hotmail.com

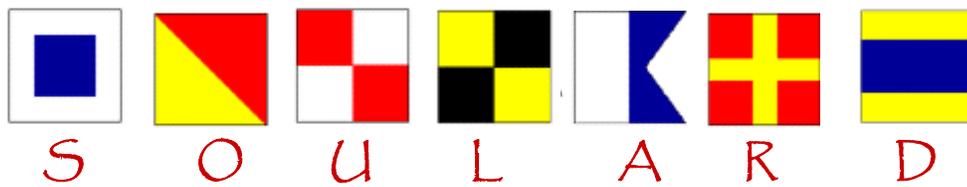
Jamie jjcole@hotmail.com

Erin erincwarner@gmail.com

Early Childhood families, everyone will be receiving their Developmental Forms at the end of the day Friday.

Elementary families, please arrive 15 minutes early to your conference to review your child's report.





ANNUAL GIVING REGATTA



Answers to the Annual Fund Trivia (from page 1)

A: 61%! Thirty eight (38!) of our sixty two (62) families have yet to contribute: An okay start, but still quite a way from 100%.

Let's raise that sail!

A: Way to Go Mighty Mosaics! 70% participation!

A: 25% from the Enigmas

The sailboats above show how the rest of the classrooms stack up. This is the percentage of students in the classrooms whose families have contributed to the Annual Giving Campaign. (Classroom percentages are higher than the total percentage because families with multiple children are counted in each grade they have children. Hence, the Enigmas with the fewest siblings have a bit of a disadvantage.)

The race for the Annual Cup is on! Which classroom will get to 100% first?



The image created by Katie Clancy (with a little help from the friends) for the Annual Giving Campaign thank you cards.

THE SOULARD SCHOOL

2007/08 SCHOOL CALENDAR EARLY CHILDHOOD (EC) & ELEMENTARY EDUCATION (EE)



*Don't
Forget!*

Daylight Savings begins this Sunday. Set your clock ahead one hour.

March			EC	EE
Friday, March 7		End of 2 nd Trimester	●	●
Mon., Mar. 10 – Fri., Mar. 14	Evening	Parent/Teacher Conferences	●	●
* Wednesday, March 12	7:30 PM	Safety Committee Meeting (1412 Hebert – Rasmussen/McDermott house)	●	●
Mon., Mar. 17 – Wed., Mar. 19	All Day	School Closed – Spring Break (Vacation Care available)	●	●
Thu., Mar. 20 – Fri., Mar. 21	All Day	School Closed – Spring Break	●	●
Friday, March 28	2:30 PM	Student Assembly – EE Families Invited		●
Monday, March 31	7:00 – 8:00 PM	Officers' Meeting		
April			EC	EE
Tuesday, April 1	8:30 – 9:30 AM	Monthly Coffee for Parents	●	●
Thursday, April 3	* 6:30 – 7:30 PM	Parent Association Meeting – Elections	●	●
Friday, April 4	All day	School Closed – Professional Development Day (Vacation Care available)	●	●
Saturday, April 5	5:30 – 10:30 PM	Parents' Night Out	●	●
Friday, April 11	2:30 PM	Student Assembly		●
Saturday, April 19	TBA	Souard Soiree - 4 th Annual Spring Auction	●	●
Friday, April 25	2:30 PM	Student Assembly – EE Families Invited		●
Monday, April 28	7:00 – 8:00 PM	Officers' Meeting		
May			EC	EE
Saturday, May 3	5:30 – 10:30 PM	Parents' Night Out	●	●
Tuesday, May 6	8:30 – 9:30 AM	Monthly Coffee for Parents	●	●
Wednesday, May 7	TBA	Student Art Show	●	●
Friday, May 9	2:30 PM	Student Assembly		●
Friday, May 16	All Day closed 12:00 – 6:00 PM	School Closed – Records Day (EE) School Closed – Records Day (EC closes @ 12 PM)	●	●
Friday, May 23	2:30 PM	Last Day of School – Assembly Party – Elem. Families Invited	●	●
Monday, May 26	All Day	School Closed – Memorial Day	●	
Saturday, May 31	TBA	Art & Garden/Picnic & Portfolio	●	●
June			EC	EE
Monday, June 2	TBA	Officers' Meeting (with newly elected officers)		

* **New (or revised) events** are noted with an asterisk.

Revised 3/7/08



TRIVIA NIGHT | How many hearts does an octopus have? If you were there you would know.... Thanks to all those who attended the 3rd Annual Trivia Night. We raised **\$3,000** for the school and had a ton of fun doing it. A special thanks to Diane Keaggy, Rebecca Schmitz, Erin Quick, Bridget & Rick Blaes, Katie Mack, Katie Clancy and Sarah Jones for all their hard work in putting the night together.

(An octopus has 3 hearts!)