

North Hills Express

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Special points of interest:

- Insights on Parenting Skills
- North Hills Happenings
- Students arriving at school late!

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Insights on Parenting Skills

Back when our parents were born, parenting skills were learned from the extended family. If parents, grandparents, aunts, and uncles didn't live in the same house, they usually lived within a few miles. They were always available to impart their considerable wisdom to the younger generation on the subjects of pregnancy, childbirth, and raising children. Now, we have become such a transient society; it is rare that the extended family is even in the same state!

Since the late 20th and early 21st centuries, parents have had to learn creative ways to raise their children. We surf the Internet, read books, take classes, talk to our parents on the telephone, and

make friends with parents who have "been there and done that." We then filter these things through our own morality, sensibilities, and personalities to make them work for our own families. Wouldn't it be easier if each baby arrived with an owner's manual attached?

Discipline thoughts

Probably the most important and controversial parenting skill is discipline. We parents are conflicted over what type of discipline to apply at what time. Appropriate discipline for a two year-old might not be appropriate or effective for a 10 year-old or a teenager. The most important piece of the discipline puzzle is determining who is in charge: the parents or the child. This may sound simple, but in this day and age, the answer isn't

always clear.

The fear of hurting a child's feelings or crushing his spirit coerces many parents into allowing their children to rule the roost. Children need firm boundaries that come from clear and consistent parental discipline. Whether the method is redirection, time-outs, loss of privileges, grounding, extra chores, or spanking, it is crucial that we embrace our role to train our children to become moral, respectable adults.

Information from allaboutparenting.com



North Hills Christian School a Ministry of North Hills Baptist

North Hills Happenings

We will try to post upcoming activities in this area to help keep parents informed of what is happening at NHCS this year.

- Oct. 5—PTF meeting 7 pm
- Oct. 9—Dress for Missions
- Oct. 14—Picture Retakes
- Oct. 23—First Qtr. Ends
- Oct. 28—Minimum Day
- Oct. 29-30—No School

Reminder to Parents to check your student's belongings to make sure they are labeled so that if lost they can be returned to the rightful owner. Also make sure that students come to school in uniform.

From My Heart– Mr. Robinson's musings



Many studies have been conducted about excessive television watching by children. The following information comes from an article written by Mima Spencer, <http://ericece.org>

Set limits. Know how many hours of television your children watch. Limit your children's viewing to 1 to 2 hours a day. Watching television is often more habit than choice. Establish good viewing habits for your children. Suggest and participate with your children in alternative activities such as reading, sports, conversation, games, and hobbies. Because children model their behavior after their parents, consider your own viewing habits: set a good example. Eliminate some television viewing by setting a few basic rules, such as no television during meals, or before completing household tasks or

homework.

Plan. Encourage your children to plan their viewing by using a *TV Guide* or newspaper listing rather than flipping channels. Help the children decide which show to see and encourage them to watch a variety of programs appropriate for their level of understanding. The television should be turned on only for specific programs; it should be turned off when they are over.

Participate. Know what your children watch on television. Watch with them and talk about the programs afterward. Explain situations that are confusing. Ask why any violent scenes occurred and how painful they were. Ask your child for ideas about ways the conflict could have been resolved without violence.

Monitor. Encourage children to watch programs about characters who cooperate and care for each other. Such programs can influence children in positive ways by modeling desirable

behavior and setting good examples.

Analyze commercials. Children need your help to critically evaluate the validity of the many products advertised on television. Teach children to analyze commercials and recognize exaggerated claims. Point out that the makers of the products pay for advertising.

Express your views. Call your local television station when you are offended or pleased by something on television. Stations, networks, and sponsors are all concerned about the effects of television viewing on children and are responsive to parents' concerns.

The bottom line is that as parents we need to be mindful of the amount of time spent watching TV, and how much it detracts from time spent doing homework.

Parent and Student Opportunities

"6th graders are going to the De Young Museum to see the King Tut exhibit..."

We could use some assistance during our **Elementary lunch time** if you are available to come and volunteer one day a week to help teachers this would be greatly appreciated. You may contact the school office to have your name put on a list of volunteers to assist at lunch. Teachers will gladly welcome the help, and you will have opportunity to help us.

On Oct. 1st the Fourth Grade is going to the California History Museum

On Oct. 15th in the afternoon our Juniors and Seniors will be leaving for Redding, Ca. to attend a special activity at Simpson College on the 16th.

On Oct. 22nd the 6th graders will be going to the King Tut exhibit at the De Young

Museum. Contact Mr. Dwyer if you could help drive the 6th graders.

On Oct. 22nd, the Second Grade is going to a play in Vacaville.

Coming up at the end of October will be the North Hills Harvest Festival, on Oct. 31st. More details will be coming home about this event.

PTF Corner

The PTF have two areas that they would like to make parents aware of how they can help. First, they are looking for parents who can help promote the SCRIP program before and after school. Second they are going to be collecting box tops to acquire items for the school. (More details to follow)

Mr. and Mrs. Robinson would like to thank the PTF for the hard work that was put in to organizing and running our Chocolate/Gift Catalog fundraiser for the fall. Many parents assisted and helped out, and a special thanks to Mrs. Smith and Mrs. Clinton for their extra help.



The PTF will hold its **monthly meeting in Room B202 on Monday, Oct. 5th, at 7 pm.** All interested parents are encouraged to attend this very special time as plans are continuing for activities for this school year. Come be a part of this Parent Teacher Fellowship.

Bits and Pieces of Information

Secondary Parents please make sure that your child is at school and in their classroom by **8:15**. If they arrive after the final bell, they are considered tardy, and once they accumulate three tardies they will need to serve an after school detention. Please also remember to drop off your secondary students in the drop off zone and not by the Pre-School area.

Elementary Parents please make sure that your child is at school by 8:25, as school starts at 8:30, and the students are supposed to be in their classrooms by then. If you arrive after the students are

leaving the playground area you will need to take your student to the office for a tardy slip.

Lunch time reminders: If you are dropping off a lunch for your student (Elementary or Secondary) please take it down to Dodson Hall and give it to the ladies doing the lunch duty. **Please do not bring it to the office and ask the secretaries to call the student to the office.**

When your student is ill and staying home, please remember to call the office and notify them of the absences. Also remember to send a note with

your student when they return and have them bring it to the office to get an admit slip to give to their teacher.

Many of the jackets and sweatshirts that the students wear look alike, therefore we ask that you make sure that your student's name is on the item to make it easier to identify when it is picked up outside or in the hallway. This will help teachers and staff avoid students claiming that another student has their jacket or sweatshirt.

Thank you for your attention to these pieces of information!



Get to know our staff

We will try to highlight different members of our North Hills staff from time to time to help you get to know who is working with your student. We will try to share some interesting items from their lives to enlighten you as to how they got into education and specifically how they came to North Hills Christian School.

This weeks staff member is **Koritha DeLeon formerly Miss Ramos**. Mrs. DeLeon writes the following information concerning her years here at North Hills Christian School. "In the years that I have been at North Hills, I have learned numerous lessons and yet I sense that there remains more to learn. I constantly stress to my class that they are "First Grade Learners", little do they know that their teacher is the biggest First Grade Learner in our classroom. For a teacher I often

find myself being able to associate with students because of the amount of learning I have under gone at North Hills. I admit that some things have been easy to learn like: updating grades on Edline. On the contrary, some tasks have been more challenging. I have seen repeated confused looks as I explain when there are two vowels in a word the first vowel says its name while the other is silent. And saying good bye to an amazing class at the end of the school year is tough."

"...their teacher is the biggest First Grade learner in our classroom...."

Elementary and Secondary Teachers Thankful

The Elementary and Secondary teachers are very thankful for the PTF and the concern that is demonstrated to make things available to enhance the teaching experience. The PTF has decided to use some of the funds generated by the fundraiser to pay for the

teachers to attend the ACSI teachers convention the end of October. This convention was described in last week's newsletter, and it is a very worthwhile time for the North Hills teachers. Because the PTF has made this money available, the teachers are going to be able to interact with other

teachers and administrators from Christian schools from around Northern California. Our North Hills Staff say a **BIG THANK YOU** to the PTF for their generosity.

**ACSI Teacher's Convention
October 29-30, 2009 at the
Sacramento Convention**

