



# LITTLE HAWK NEWS

## Springs Valley Elementary School

### Mrs. Woolsey's Wisdom

**Schedule time to spend with your child on a regular basis**

Don't let your hectic schedule keep you from spending quality time with your child.

Children learn from their relationships with others. But their interactions with their parents are the most important.

You are your child's greatest teacher. You can help her feel safe enough-emotionally and physically-to try new things. The more secure she feels, the more she'll explore.

Making "appointments" with your child ensures that other activities don't dominate your calendar.

Here's how to get started:

- **Brainstorm together.** Think of things you enjoy doing with each other. Making something? Going camping? Watching a ball game?
- **Think of things you love doing** that you'd like your child to appreciate. Eating Chinese food. Fishing. Collecting.
- **Make a list of things** your child most wants to do.
- **Mark your calendar** to do at least one thing each month. Pick a date and stick to it.
- **Refer to the list** when any free time or a free night turns up.



### The Reading Zone

"A children's story that can only be enjoyed by children is not a good children's story in the slightest."

-C.S. Lewis



**Springs Valley Elementary**  
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**APRIL, 2016**

**Administrative Staff**  
Julie Woolsey  
Principal

**Penny Harner**  
Secretary/Treasurer

**Delores Allen**  
Secretary

**Nurse**  
Heather Kearby, RN, BSN



### ART NEWS

The winners and selected artworks from the Tri Kappa and Paint the Town Art Contest will be on display in the downtown businesses' windows Wednesday, April 5 - Monday April 11.



### SPRING CARNIVAL



P.T.S.O. will be hosting our annual Spring Carnival on Saturday, April 23rd. More information will be sent home with students.

### All Pro Dad's

The next All Pro Dad's Day has not been scheduled at this time. Watch for more information on upcoming All Pro Dad events.



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## Lunch Bunch Grow a Family Garden!



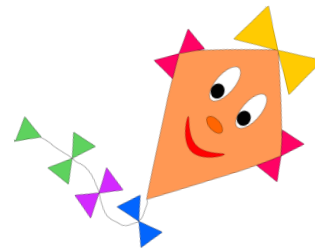
Gardening offers family fun. In a garden, you can be active, relax, and spend time together.

Growing vegetables or herbs teaches children that plants, like people, need food and water to grow and stay healthy. Caring for plants helps develop responsibility. It also builds self-esteem when kids see what they grow!

A garden can teach your child about new foods. Kids usually taste what they grow!

## Music Notes

The elementary choir has been invited to sing at the Orange County Prevent Child Abuse Vigil which will be held at the French Lick Town Green on Friday, April 29th at 5:00 PM. Please come and support our choir and this great cause. It will definitely be time well spent.



## Counselor's Corner

**Sexting** (Common Sense Media, Sexting Handbook)

What is it?

- sharing of intimate images or video with another person
- content can range from sexually driven texts and partial or full nude photos to sexual videos or pornography
- can happen via a range of devices, technologies, and online spaces
- text
- private message on social networks
- apps such as Kik, Oovoo and Instagram
- FaceTime or Skype
- can be wanted or unwanted
- the exposure can be deliberate or accidental

The media tends to normalize sexting and minimize the consequences. Sexting is **not** "no big deal" -- and the aftermath is far from normal or desirable. Talk to your children and monitor their activity on computers, phones and social media. Keep lines of communication open and always let your child know that your desire is to keep them safe.

## Quote of the Month

Only I can change my life. No one can do it for me.

Carol Burnett

## Friends Feeding Friends

MIDDLE SCHOOL-PET SUPPLIES, DOG & CAT FOOD, CAT LITTER, OLD TOWELS & BLEACH  
GRADE K-CANNED MEATS, TUNA & PEANUT BUTTER

GRADE 1-CANNED SOUP, FRUITS

GRADE 2-DRY FOOD, CEREAL, PASTA & BEANS

GRADE 3- PERSONAL HYGIENE ITEMS

GRADE 4- PAPER PRODUCTS

GRADE 5-BABY PRODUCTS-BABY FOOD, SHAMPOO, DIAPERS, ETC.

*Please help us collect for our local Food Pantry!*

