



BOBCAT NEWS

A monthly publication of the Villa Park Elementary Home & School League

Information in this Newsletter...

“Student’s Say”

Lost and Found

Book Fair

Executive Board Nominations

Ceramic Tile Night

...and more

Happy Reading

Principal’s Message

Good Morning!

It’s Time for School

By Mrs. Little

As we rerouted our pedestrian traffic over the past few weeks, I have had the pleasure of greeting many families as they arrive at school in the morning. This brings back memories of the days my children were young, and it reminds me what a challenge it was to get everyone to the right place on time in the morning. Thanks to all of you for valiantly tackling this daily challenge to get your kids to school on time. I do see this challenge getting the best of some of us, as children race into the office at 8:05 or even later. We all know that getting to school on time sets children up for success. But how can we accomplish this? Here are ten simple principles that can help.

Enlist kids to help getting lunches ready-Even younger students can get into a routine of helping to pack their lunch, and by the upper grades children can take on this responsibility (with your guidance) themselves.

Make this a shared part of your routine each evening, or plan ahead several days and store foods in the refrigerator for quick packing.

Put everything in place the night before.- Staging is the key to success in the morning! Make a night time preparation check part of your daily routine. Have kids put homework in backpacks and place all materials needed for school by the door. Kids should select and lay out their clothing for the next day and make sure lunches are ready. A check list can help students to take an active role and foster independence.

Monitor bed time and waking time - Elementary students need 9.5 to 11 hours of sleep a night. That means most students will need to go to bed between 8 and 9PM in order to wake up in time to get ready and travel to school. Help your student by establishing a bedtime routine that limits access to devices for approximately an hour before bed and concentrates on quiet activities. If your child is having a hard time completing homework in time, talk to his or her teacher, and/or consider evaluating how your schedule and activities might be changed to allow an earlier completion. If your child has a hard time in the morning, he or she may need to wake up earlier, so they can get ready at a more relaxed pace.

Have a morning routine-Help your students to develop a routine of what they do first, next, and last to get ready for school. Stick to the same routine each day. If this is challenging for your child, help him or her to create a check list with pictures of the steps to get ready.

Ban or limit the media in the morning- TV, video, and computer games are all highly adept at seizing children’s attention, and can distract them from needed tasks. Moreover they often create a power struggle when they need to be turned off. Solve this problem by making your mornings peaceful and media free, or at the very least limited to after your student is ready and waiting.

Early is on time.-School starts at 8:00, but aim to get to school at 7:50. This will give your child ample time to walk to line and be ready when the bell rings. It also allows a margin for error in case of an unexpected delay; a great habit to foster.

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Upcoming Events:

- 3/23: Literacy Onstage presents Beauty & the Beast 7:00pm
- 3/24: STEM Challenge #5
- 3/24: Literacy Onstage presents Beauty & the Beast 7:00pm
- 3/27: Science on the Go - primary
- 3/29: Kinder Spring Parade 11:00am
- 3/30: 5th Grade Field Trip
- 3/31: Awards Assembly
- 4/3-4/7: Spring Break
- 4/14: Student of the Month
- 4/14: Art Masters Lecture
- 4/14: Birthday Club
- 4/17-21: Art Masters Lessons
- 4/18: Open House 6:30-8pm
- 4/19: College Spirit Day
- 4/21-22: Foundation Games

...Principals Message (continued from Page 1)

Consider carpooling- If you are juggling taking students to multiple schools or trying to get from school to your workplace on a tight time table, reach out to other parents and neighbors about the possibility of organizing a carpool. This can make mornings easier, more fun, and help with traffic at school too.

Consider walking all or part of the way- Walking from home, or parking a short distance away and walking on campus keeps you out of the drive up lane congestion and may actually save you time. Plus, you get the added ben-

efit of exercise and fresh air to start your day.

Give the kids an incentive- Make a deal with your children that they can earn a special reward if they are ready to go at the appointed time each morning for a set number of days. The reward could be a special dinner choice, ice cream treat, extra TV or game time, or a family activity. Use a simple chart to track progress and encourage growth.

Keep a growth mindset- Time management is a growth process for both adults and children. Be persistent and patient in making changes. Praise progress even when it is not perfect.

Eventually these routines will become habits that will serve your children well for years to come!

The Old School Building

On March 9th the Orange Unified School District Board of Education voted to remove the old school buildings from the Villa Park Elementary Campus. The removal will take place during the summer months. The area where the buildings are now, will become an open air area. If you have suggestions for how to make this open air area attractive and useable for students, please share your ideas with Mrs. Little. rlittle@orangeusd.org

Thank You!

“Student’s Say”

A new feature written by VPE students

Helping with Homework

By Emma Dierking, Grade 3



Have you ever been stressed out about homework? I have, but make sure your parents only help not do.


Homework is always stressing to do. When your parents offer to help make sure they don’t cross the line. If your homework is too stressful send a note to your teacher. Let your parents help out. With the help of your parent they could reteach the problem to you. If you have an assignment that needs some art your mom or dad can buy supplies. Have your family member help you with confusing problems. They could restate the problem if you don’t understand. If you ask to take a break let your parents read the problem over again.

Don’t give answers, as it only hurts the kid. HELPING is okay.

Parents are AWESOME at helping!

Lost and Found

Are you missing a jacket, hat , lunch pail, water bottle, sweater, backpack? Please check the VPE lost and found before Spring Break to claim you lost items. Anything left during the break will be donated. And remember.... please write student’s names on any personal items that are brought to school. It helps us return lost items to their rightful owners!

President's Message

Dear Bobcat Families,

It's hard to believe that we just started our final third of this school year. The days and weeks just seem to go faster and faster. Summer vacation will be here before we know it!

I would like to send a special thank you out to Kari Christie for all of the planning and hard work that went into our "It's a Jungle Out There" carnival! I feel like it may have been our best carnival yet! She and her team did a phenomenal job. It was attended by many families and remains a terrific

community building, fun event. Thanks Kari and team! Along those same lines, Dads Club also is huge with set-up, tear down and everything in between. Thanks to Mark Kuli and his team. Jeffrey Simons, thank you for being our MC/DJ. You are great on the mic and in making timely announcements to ensure things keep running smoothly. Donna Czekalski, our event would not be the same without your generosity and work in providing the props, including set up and tear down. It's one long day for you and your team. Thank you! I also want to thank Francine Sawyer for running our auction. Though the last

couple of years have been smaller, we manage to raise a similar amount of money. Several thousands of dollars that benefit all of our children! Kristina Peterson, your donation items are critical to our success! Thanks to you both! And lastly, my thanks to each of you for your donations to your grade level baskets. Those baskets represent a large portion of our auction income!

I want to wish everyone a safe and relaxing Spring Break, April 3-8. We will come back refreshed and ready to push through the last couple months of this school year.

Julie Krodel

Executive Board Nominations 2017/18 School Year

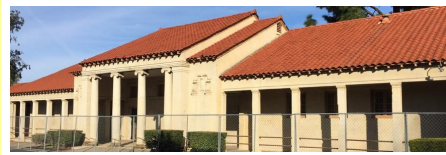
Presented by Parliamentarian Megan Friederich

The Nominating Committee for the 2017-2018 school year met and presented the following slate of officers at the Home and School League meeting Thursday, February 17, 2017

President:	Michelle Gonzalez
1st VP Ways & Means:	Kim Barks Erin Flynn
2nd VP Programs:	Holly von Ting Bridget Harness
3rd VP Room Moms:	Kristina Simons Mickey Mc Guire
Treasurer:	Jennifer Cisneros
Secretary:	Kari Christie
Dads Club:	Mark Kuli
Parliamentarian:	Julie Krodel

We will be voting on this slate of officers at the VPE Open House on Tuesday, April 18th. Nominations will also be taken from the floor. Thank you to these great volunteers! We would also like to thank our Nominating Committee: Mrs. Little, Julie Krodel, Sarah Jarrell, Michelle Gonzalez and Heather Cassara.

VPE Historic Buildings



In December of 2016, the VPE Home & School League met with the OUSD administration

regarding the status of the old school buildings sitting in the middle of our campus. The Home & School League Exec Board believes the buildings are a negative impact on both the safety and aesthetics of our campus. We urged the District to follow through with demolition plans that were written up in a 2008 Environmental Impact Report.

On March 9th, 2017 the OUSD Board of Trustees voted to approve the demolition plans and remove the old buildings over the Summer months. I would like to thank many people who made this process happen in quick time. Thank you to Principal Little, the OUSD Administration and the Board of Education for diligently working with the VPE parents through the logistics to solve this campus problem. Thank you to Home & School League Exec Board members as well as The VPE Dads' Club members for writing letters, speaking at the Board meetings and showing the overwhelming support needed. Thanks to the Foothills Sentry, Greater Orange News Service, OC Register for writing articles and publishing the news on this matter. Last, a gigantic thank you to Kirsten Zeydel-O'Neill who worked very hard with me to get this passed. Her professional, yet also from the heart presentations to the OUSD Board really made a big difference.

We are all looking forward to the new look of the VPE campus come Fall 2017!

- Mark Kuli

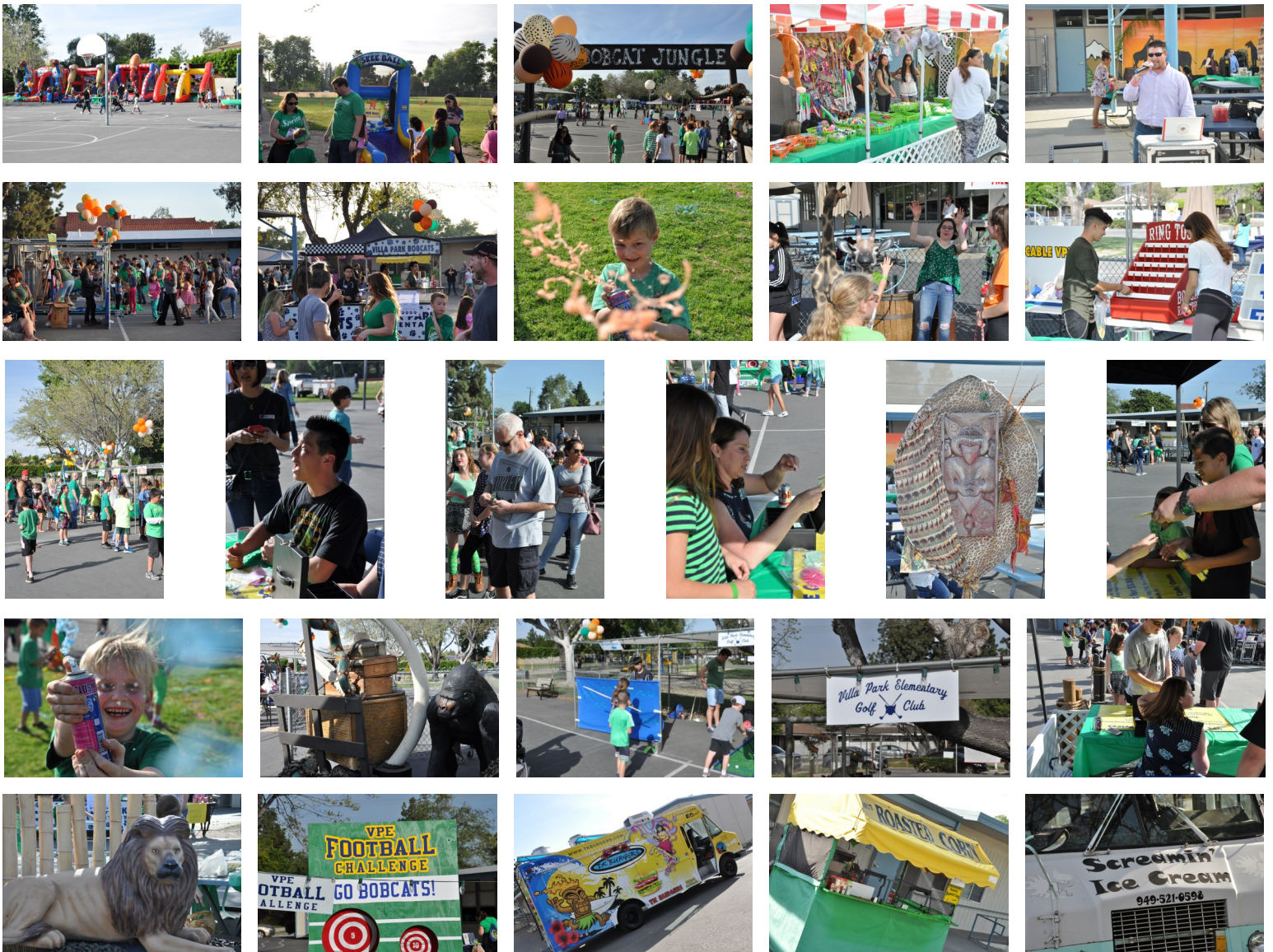
VPE Carnival

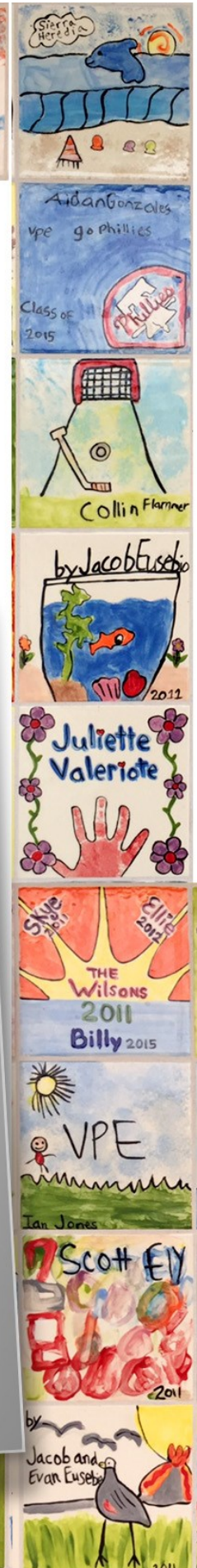
It's a Jungle Out There

A huge thank you to all of the awesome parents that helped with this year's annual VPE carnival! It simply wouldn't have gotten done without all of your help! Thank You! Thank You! Thank You!

Dad's Club Dads- Ahmen Badr, Greg Baker, Manuel Cisneros, Mike Christie, Robert Diaz, Ryan Dierking, Jeff Erickson, Allan Finamore, Victor Flynn, Bill Hamelin, Eric Handorf, Jack Jessen, Chris Kim, Mark Kuli, Terry Larson, John Leigh, Eric Malek, Robert Meloche, Norman McGrane, Richard O'Neill, Jeff Peterson, Jeff Simons, Colin Smith, Perry Tarnofsky, Mike Urbanski, and Jordan Wu. Amazing moms- Kristen Conley, Donna Czekalski, Melissa Dickey, Gail Douglas, Kathleen Enge, Michelle Gonzalez, Julie Krodel, Wendy McDaniel, Stacey Santillo, Francine Sawyer, Kristina Simons, Holly Von Ting, and Kirsten Zeydel-O'Neill.

We appreciate so much the help of over 60 volunteers from VPHS Honor Society! This allows the VPE parents a night off to enjoy the carnival with their kids. Also, thank you to Beyond the Grind for donating the coffee and R.W.B. Party Props for the amazing decorations!

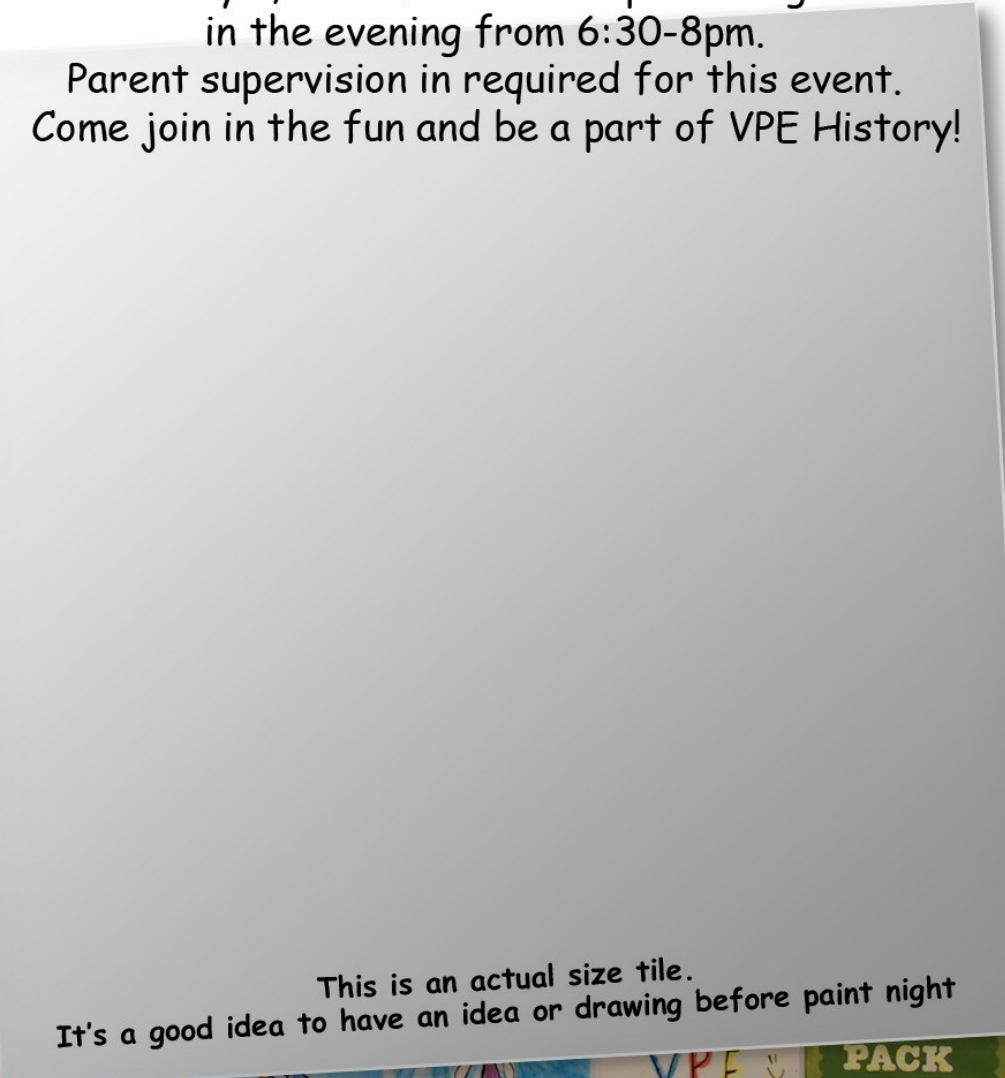




VPE Home and School League Ceramic Tile Night

You and your student can paint a ceramic tile on campus to be part of the Legacy Wall in the Multi Purpose room. The tiles are 6X6 and can be purchased at the VPE Carnival, Open House and the Family Picnic. 1 tile for \$25, or 2 tiles for \$40. We will be painting after school in the MPR on May 1, 2017 from 2:30-4pm and again in the evening from 6:30-8pm.

Parent supervision is required for this event. Come join in the fun and be a part of VPE History!





Contact Us

The Bobcat News is the monthly publication for families and students of Villa Park Elementary from the VPE H&SL, the non-profit parent group for our school.

To report absences, please call operation concern at 714-528-9710

- Kindergarten to 3rd Grade: 8:00 am - 2:05 pm (12:15-1:00 pm lunch)
- 4th Grade to 6th Grade: 8:00 am - 2:20 pm (11:45 - 12:30 pm lunch)
- Every Wednesday: K - 6th Grade: 8:00 am - 12:15 pm

Principal: Raeanne Little rlittle@orangeusd.org

President: Julie Krodel president@vpe-hsl.org

Newsletter Editor: Jacqueline Sobral webmaster@vpe-hsl.org

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Villa Park Elementary H&SL



www.vpe-hsl.org



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Busted! Does punishment teach kids to lie?

Research suggests a surprising relationship between kids' lying and punishment:
a punitive disciplinary style may teach kids to be less honest.

The next time you hear yourself sputtering to come up with a whopper of a consequence for your child's misbehavior, consider this: psychologists say harsh punishments don't deter bad behavior, but they do make it more likely that your kids will lie to you. In fact, research suggests that the fear of punishment turns kids into better liars.

"One of the most common reasons children lie is to escape punishment. And we do know that children who are subject to harsh punishments are more likely to lie to avoid that punishment. It certainly does not deter the behavior or make children want to fess up to a misdeed," says Dr. Esther Goldberg, a registered clinical psychologist in London, Ontario.

And when lying works — that is, when it successfully allows a child to evade an unpleasant reaction or consequence — it can reinforce the lesson that lying is a good strategy. "They learn that positive things come from not telling the truth," says Dr. Peter Stavinocha, a clinical neuropsychologist for the Center for Pediatric Psychiatry at Children's Medical Center of Dallas.

If you want to encourage your child to tell you the truth and establish a pattern of honest communication, research suggests that a firm but warm parenting style that encourages honesty without threatening punishment is your best bet.

To read the full article visit: <http://www.greatschools.org/gk/articles/busted-lying-and-punishment/>