



Miami Springs Middle School

November Newsletter

Understanding the Value of Things Teaches Appreciation

Appreciation is a quality that must be nurtured in children. It's more than saying "thank you". To be really appreciative, a child must understand more than just the dollar value of something. He must also appreciate the intangible value of one's home, education, or parent's trust.

Children who understand the value of what others do for them don't say "thank you" just because they've been told to a thousand times. They say it because they feel thankful.

To foster appreciation:

- **Model it yourself:** Express how a thoughtful act or gift makes you feel.
- **Talk with your child** about what your family

values and what it doesn't.

- Don't fulfill your child's every request. Having to wait will build your child's appreciation.

It is a good time for children to see good deeds and how others are not as fortunate. Do a good deed for someone and communicate to your child that you would like them to do the same. Volunteer activities will help in teaching your child this very important life-lesson.

Source: Denise C. And Mark S. Weston, Playwise: 365 Fun-Filled Activities for Building Character, Conscience, and Emotional Intelligence in Children, 1996.

Mr. Javier Perez,
Principal

2011-2012

November Events

Picture Day	11/3-11/4
Title I Parent Meeting Media Center 6:00 p.m.	11/22
Veteran's Day	11/11
Report Cards	11/16
ESSAC meeting	11/17
Thanksgiving Break	11/24-11/25
Interim Progress Report	11/30

Volunteer Activities Reinforce Good Reading Skills

Hospitals need helpers to read to children. Share these tips when your child volunteers:

- **Read slowly:** Let the child take in the story and pictures.
- **Read with expression:** Use different voices for characters and use intonation.
- **Talk about the story:** Predict what will happen. Ask the child what they liked.
- **Be willing to read** a favorite story many times.
- **Let the child read**

A Good Therapist Can Help with your Child's Problems

Do you ever feel "at wit's end" over your child's problems? If so, it may be time to consult a therapist. Therapists are mental health workers. They can be psychologists, social workers, or psychiatrists. All are trained to diagnose, and treat problems.

Therapists can treat:

- Anxiety, depression, stress,

attention disorders, learning disabilities, eating disorders, or intense/ unusual anger.

To find a good therapist:

- Ask your child's Pediatrician.
- Speak to parents you trust or speak to a professional at your child's

school.

To select a therapist:

- The therapist background and areas of specialty, billing information, and how he/ she can be reached in case of an emergency.

A good therapist can help



- Make and keep friends.
- Find ways to cope when things get tough.
- Turn negative thoughts into more positive ones.
- Deal with feelings about a major change, such as divorce.
- Use strategies to become a better student.
- Use strategies to deal with fears.

Source: "Finding the right therapist", Brown University, August 2002.