

Welcome again to our Parent Newsletter! Each month we're sending you tips and ideas to help you add more tools to your parenting toolkits! To make it a little easier to find information that's important to you, we've color-coded the text. Anything in BLACK is for ALL Families. Anything in ORANGE is for elementary school parents. Blue is for intermediate and middle school families. Green is for parents of teens.

Making Family Time

Finding family time is a challenge for everyone. We're busy with work, kid's activities and just managing our lives! And in today's economy, fast food and restaurant meals can be a real drain on the budget. Why not try to eat a family meal a couple of times a week? Remember:

- Supper doesn't have to be very fancy or hard to make - in fact, the easier the better! A box of spaghetti, some off-the-shelf tomato sauce and some ground beef make a fast, inexpensive meal. Add a bag of salad greens and some cookies and you've got a great supper.
- Make a "date" with your family so that everyone's home at 6:30 - or later if you need to accommodate practices. Making a special day and time will help you remember not to work late that day, too!
- Eating a family meal together is one of the best ways to improve communication, strengthen family bonds and build assets. Want to learn more about assets? Visit the Search Institute's page: <http://www.search-institute.org/>
- Need more ideas for fast, easy suppers? Try these links:

<http://www.kraftfoods.com/kf/Dinner/BudgetRecipes/BudgetRecipes.htm>

<http://www.bhg.com/recipes/quick-easy/dinners-30-minutes-less/20-minute-winter-dinners/>

<http://life.familyeducation.com/dinner/foods/39392.html?detoured=1>

Here's another idea! People's United Methodist Church has family suppers every Wednesday from 5:30 to 6:30. Everyone is welcome! A free will offering is suggested but not required. Inclusion of this information in this communication should not be understood to constitute the endorsement or approval of the Oregon School District

More Family Fun

OMS Orchestras in Concert November 25 7 pm at the OHS Performing Arts Center -Free!

OHS Musical - Grease - November 14 and 15 at 7:30 pm, Nov 16 at 2 pm, Performing Arts Center Tickets available at the door for a modest fee.

Staying Healthy

Still need a flu shot? Flu shots are recommended for children aged 6 months to 18 years old as well as adults over the age of 50. Public Health Dane County and Madison offers flu shot clinics around the county. For more information on the flu, check this:

<http://www.publichealthmdc.com/features/index.cfm#Flu> and for a list of clinic dates and locations, follow this link:

<http://www.publichealthmdc.com/documents/ImmClinicSchedules.pdf>

The Wheels on the Bus....

Does your child have good bus manners? It seems as our kids get more independent and move into their tweens and teens, some of the bus manners they learned in early elementary school get lost. Especially at this time of year when excitement about coming holidays and vacations runs high, some kids may have a lapse in memory! Reminding your child that there are rules on the bus, just as there are in the classroom is a great way to help your child remember their good manners on the bus. Here are some more great ideas for chatting with your child about riding the bus:

<http://mvpapers.com/displayMailArchive.php?emailid=133>

Oregon Youth Center Open House

Want to learn more about the Oregon Youth Center? OYC is a gathering place for youth in 5th through 8th grades after school and is run by the YMCA. Open House is November 1 from 11-3 with food, games and tours. For more information, email oregonyc@yahoo.com, or just stop by!

The Youth Center is also trying to raise funds so they can continue and expand their programs. If you're interested in helping out, please follow this link:

http://www.oregonsd.org/site_uploads/news/newsfile2481_1.pdf

(Oregon Youth Center is not a part of the Oregon School District. Inclusion of this information in this communication should not be understood to constitute the endorsement or approval of the Oregon School District.)

Taking the bully by the horns...

One of the most common concerns among parents is bullying. Sometimes it's because their child is being bullied, and sometimes it's because their child is the bully. Whether your child is the target of a bully or not, she can learn to be bully-proof. Here are some ideas:

- Teach your child how to respond to a bully in a bold, assertive way, even if they're not the bully's target.
- Practice with him at home by role playing. Participation in other activities builds confidence and develops social skills, making it easier to find ways of saying "Leave me alone."
- Make sure your child knows it is okay to ask for help from a teacher or other adult. Practice what he'll say so he doesn't sound like he's whining or tattling.
- Encourage her to invite friends over to your home and participate in school activities.

- Remember, bullying is not a normal part of growing up. Help your child develop the necessary tools to stick up for himself and others.
- For more ideas and conversation starters, try these links:

<http://parentingteens.about.com/cs/bullying/a/bullyproof.htm>

<http://mvparents.com/displayMailArchive.php?emailid=20>

<http://www.stopbullyingnow.com/index.htm>

Helping Students

Mentors needed! We have a number of kids in grades K through 8 who really need an adult mentor in their lives. Some just need someone to have lunch with once a week, others might need someone to read to. Can you help? Your time and attention is a precious gift to a student!! Please call Cynthia DiCamelli at 835-4052 or email cad@oregonsd.org if you can help

Community Connections

Friday Night Open Skate for Teens at the Oregon Community Sports Arena from 9 to 11 pm starts October 24. Cost \$4 plus \$2 optional skate rental. School ID REQUIRED

Saturday Night Open Gym for Teens at the OHS Fieldhouse begins November 8. Hours are from 8 to 10 pm. No fee, but school ID REQUIRED.

When Your Teen Needs More Than A Hug

Did you know that one in five children experiences a mental health issue and that more than two-thirds of all young people with mental health issues aren't getting the treatment they need? Mental health issues can take lots of different forms and can be hard for parents to identify. Remember

- Encourage your teen to talk to you about their mental health. Stay calm. Teens say that a calm parent helps them be calm, especially when dealing with emotions they can't control.
 - Learn how teen brain development can influence mental health problems. Visit <http://www.nimh.nih.gov/health/publications/teena-ge-brain-a-work-in-progress.shtml> to learn about the latest research.
 - Support your teen. Seeking help is a positive step. Don't let stigma keep them from seeing a mental health professional.
 - Help your teen become a self-advocate. That means looking out for yourself, telling others what you need and knowing how to take responsibility.
 - Need more help or information on teen mental health? Visit: <http://www.nlm.nih.gov/medlineplus/teenmentalhealth.html>
- <http://mentalhealth.samhsa.gov/publications/allpubs/Ca-0023/default.asp>
- <http://www.teenmentalhealth.org/>

Do you have a skill you can teach? Are you a veteran with a story to tell? OASIS, Oregon Alternative School and Integrated Studies is looking for community members who can teach their students skills that aren't part of the regular curriculum. If you can knit, crochet, play cribbage or do almost anything and are willing to teach 30 eager teens, please help! Email res@oregonsd.org or call 835-4305 (Dawn) and leave a message. Thanks for helping!

Tis the Season (almost!)

As we prepare for the holiday season, there are some great ways families can help others in the community.

- Host a Family is a great way to connect with another family in the area. Your family will be paired with a family in need in the Oregon area. As a host family, you'll get a list of suggested gifts (to a maximum of \$35 per family member), do the shopping and drop them off at a church in Stoughton where they're sent on to the "guest" family. Last year over 400 families had a happier holiday through this program! For more information or to sign up, call Kathy Pike at 608-333-8383 or email hostafamily@charter.net
- Cops Shop for Kids is a Christmas program at Target that the Oregon Police Department will be participating in. You can help by donating to help fund the shopping trip at the Oregon Police Station. Families that want to participate contact Officer Hatfield at OPD
- If you or a family you know needs resources or support, please call me! Cynthia DiCamelli, Family Resource Coordinator 835-4052

Quirky Link of the Month

The National Security Agency (NSA) has web pages for kids and parents. If your child is interested in math or codes, take a look at this one:

<http://www.nsa.gov/kids/home.cfm>

Watch for more information for parents every month! If you've got a topic you'd like me to include, please let me know!

Need more resources, parenting help or just don't know who to ask? Call or email

Cynthia DiCamelli, Family Resource Coordinator

835-4052

cad@oregonsd.org