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Family Focus: Parenting - Keys for Success!

Did you know that the best predictors of children's academic achievement and social adjustment are parent expectations of the child's academic attainment and satisfaction with their child's education at school?

Decades of research show that when parents are involved students have:

Higher grades, test scores, and graduation rates

Better school attendance

Increased motivation, better self-esteem

Lower rates of suspension

Decreased use of drugs and alcohol

The State of the.....

This is the time of year when our elected officials make their annual reports to us. We have the State of the State address from the governor and a State of the Union address from the president. This is also a great time to have a State of the Family discussion at home! Just like the more well-known versions, your State of the Family can include the hopes and dreams everyone has, and perhaps some goals for your family to reach for. You can use this time to set high expectations about your child's academic achievement and clear behavior boundaries with consequences.

For All Families:

Make sure everyone has a chance to speak and be heard. You may be surprised at what you hear! To kick things off, be ready with two or three things you enjoy about your family.

If you think the discussions may become difficult, be prepared to be a calming influence. You might have everyone agree to deal with one difficult topic each week or each month until all the issues are cleared.

For Families with Elementary Aged Students:

Younger children will enjoy a patriotic theme. Ask them to help you decorate the table in red, white and blue and spend some time talking about the president, the governor and what they would do if they were a state or national leader.

Get everyone to help with chores, not just on State of the Family day but every day. You might make this one of your family goals. Even young children can help with cleaning and de-cluttering

For Middle School families:

Encourage your middle schoolers to broaden their horizons. Is there a restaurant they'd like to try? How about some new sport or other recreational activity? Encourage them to think beyond vacation destinations and to explore closer to home.

Look on Wikipedia or another on-line reference site to learn more about the State of the Union address.

For High Schoolers

Talk about the state of your family together. Sometimes its hard to get everyone at home at the same time, so you may need to take advantage of the moment!

Ask your teen how they would assess the State of the Union, or the State of the State. You might be surprised at how much they know! Encourage them to become active citizens.

For more ideas, visit

<http://www.mvparents.com/displayMailArchive.php?emailid=148>

Looking for more ways to hone your parenting skills?

Check out these Community Education offerings:

Love and Logic Classes (Birth to grade 6)

Love and Logic is a nationally recognized program that helps you improve parenting skills and your relationship with your child while you learn strategies for raising responsible children! Classes are taught by Jo Gilmour, 3rd grade teacher at Brooklyn and Love and Logic Trainer.

Birth to Kindergarten - 6 sessions

Mondays starting April 13, 6:30 pm

Elementary (K-6th grade) 8 sessions

Thursdays starting March 19th 6:30 pm

Classes are only \$36! For more information, or to register, go to:

http://www.oregonsd.org/site_uploads/news/newsfile2630_2.pdf (This pdf may take a minute or two to load) or call the Community Education Office at 835-4097

Winning at Parenting (Grades 7-12)- Great Tools for Parenting Teens

Learn more effective ways of relating to your teenager and how to implement them. This program also discusses normal developmental changes during the teen years and provides parents with an opportunity to network with and support other parents of teens. Invite parents of your teen's friends to join you! Meetings begin with a light supper and are relaxed, low-key and fun. Sessions will be facilitated by Leslie Bergstrom, Oregon High School Associate Principal.

Thursdays starting February 12 - 3 sessions 6:00 pm

This class is FREE but pre registration is required so we have materials and food for everyone. For more information, or to register, go to:

http://www.oregonsd.org/site_uploads/news/newsfile2630_2.pdf (This pdf may take a minute or two to load) or call the Community Education Office at 835-4097

Networking...Socially

What do you really know about social networking and social networking sites? National PTA has published "Safety for Adolescents' Online Social Networking". This article contains great information for parents and some ideas to discuss with your teens and tweens about cyber bullying, responsible and safe use of networking, texting and other electronic communication methods. For more information visit: http://www.pta.org/topic_safety_for_adolescents_online_social_networking.asp

Further Focus: The second best predictor of academic achievement and social adjustment for children is having 4 or more caring adults in their lives (not including parents!). Looking for ways for your kids to connect with other adults? Read on!

Thinkin' Spring - Register now for Spring activities!

Oregon Youth Baseball - grades 1-8 Registration Feb 1- March 1

Visit www.oregonyouthbaseball.org for forms and more information

Oregon Youth Fast Pitch Softball - grades 3-8 Registration Jan - March

Visit www.eteamz.com/OregonLadyPanthersFastpitch/ for forms and more information

Oregon Community Swim Club - ages 6 and up Registration Feb 1-28

Visit www.ocsc.usswim.net for forms and more information.

Oregon Soccer Rookie League (Kindergarten) Registration Feb 1- Mar 31

Visit www.oregon-soccer.com for forms and more information

Oregon Boy's Soccer (High School Boys) Registration ends Feb 15

Visit www.oregon-soccer.com for forms and more information

Whiffle Ball League - grades 3-6. Registration through Feb 6.
For more information contact: Kevin Connor at 835-4846 OR kpc@oregon.k12.wi.us

Thinkin' Summer - Summer School and other activities

The Summer School Handbook, complete with summer course offerings will be available on line about February 11th. Go to www.oregonsd.org/parents/summer_school.cfm Watch for an email blast near registration time.

Would your teen like to be a summer intern at and help at summer school? A limited number of positions are available. Have your teen contact Bill Urban at Oregon High School for application information, or call 835-4427.

In our March Issue we'll have a more complete list of Oregon and Dane County summer activities for kids of all ages!

Classy Classes

Here's the list of Community Education classes that will be starting in February!

Adults and Teens

Basic Floral Design - Adults & High School Students

2/04/09 - 2/25/09 \$24 + materials

Photography - Adults and High School Students

2/04/09 - 3/11/09 \$34

Intro to Yoga - Adults

2/10/09 \$8

Preparing for Retirement in a Down Economy - Adults

2/11/09 - 2/18/09 \$4

Preparing for Income Tax Season - Adults

2/11/09 - 2/11/09 \$2

Felting - Adults & High School Students

2/11/09 - 2/25/09 \$32

Winning at Parenting - Adults

2/12/09-2/26/09 Free

Shake Hands w/ Shakespeare - Adults

2/16/09 \$9

West Coast Swing - Adults

2/25/09 - 3/25/09 \$39

Children

ChemKids - Grades 4-6 Chemistry/Science class

2/07/09 - 2/28/09 \$29

On Broadway - Grades 2-4 Music/Dance class

2/07/09 - 2/28/09

There are Flowers in My Trash! - Flower Arranging w/ Recycled Materials - Grades 5-6

2/11/09 - 3/04/09 \$33

Confectioners Tale - Candy Making - Grades K-4

2/13/09 - 2/20/09 \$9

Royal Shakespearean After School Drama Club - Grade 5-8

2/16/09 - 3/30/09 \$29

Babysitter Training by American Red Cross - Ages 11 & Up

2/21/09 \$54

All class fees include materials (except Basic Floral Design). Scholarships may be available for some classes.

Helping Others...

The Oregon Youth Center (OYC) has provided a safe place for kids in grades 5 thru 8 to meet and hang out after school for eight years. Affiliated with the YMCA, the OYC is non-profit and depends on donations and gifts to provide programming. Your donation to the OYC will help the staff provide our youth with enrichment and recreation activities. If you can support the OYC as a donor or a volunteer, please let them know by filling out this form:

http://www.oregonsd.org/site_uploads/news/newsfile2674_1.pdf

The NINA fund is a unique Oregon community outreach that provides emergency assistance to families in the Oregon School District. NINA funds might help keep utilities on during the cold weather, provide an extra tank of gas or buy a winter coat. All contributions and distributions are confidential and administered by Joining Forces for Families through Joe Sullivan, community social worker. If you'd like to help make sure this fund continues to help our neighbors, please consider a donation. Make checks payable to NINA Fund, place them in an envelope addressed to Joe Sullivan and give it to any building secretary. Thanks for any help you can give!

Let's Take a Trip!

Community Education is Offering some GREAT trips this year!

February 27th (no school day) - Road trip to Chula Vista Waterpark! Trip fee includes bus ride, admission to the water park and pizza buffet lunch - all for only \$34! Bus departs at 8 am from the Oregon Pool parking lot and returns at about 5:00 pm.

April 23rd (no school day) - Chicago Museum Campus! Keeping that water theme going, how about a trip to the world-famous Shedd Aquarium in Chicago! Fee of \$24 covers your bus ride (only) to the Chicago museum campus where you can choose to visit the Shedd Aquarium, the Adler Planetarium or the Field Museum.

You should plan to purchase admission tickets in advance through the museum web sites. Bus departs from the Oregon Pool parking lot at 7 am and returns at about 8 pm.

Final Focus: Family Engagement

Family participation in education was twice as predictive of students' academic success as family socioeconomic status. Home-school communication is one of the keys to family participation! Plan to attend Parent-Teacher conferences!

Netherwood Elementary	Feb 10 and 12	4:30 to 8:30 pm
Brooklyn Elementary	Feb 12 and 19	4:30 to 8:30 pm
Prairie View Elementary	Feb 19 and 24	4:30 to 8:30 pm
Oregon High School	March 3 and 5	4:30 to 8:00 pm
Rome Corners Intermed	March 17 and 19	4:30 to 8:30 pm
Oregon Middle School	March 31 & Apr 2	4:30 to 8:00

Quirky link of the month: Everything you didn't know about Valentine's Day! The History Channel's web site is featuring information on the history of the day, the cards and the chocolate! Read presidents' love letters and see if you can match up famous lovers from history at <http://www.history.com/minisites/valentine/>