

Oregon School District Family Resource Newsletter

For Elementary Parents

Love and Logic Classes

Discover strategies that are most likely to lead to more responsible children!

Love and Logic for K-6 Parents: Mondays October 5 to Nov.23 Brooklyn Elementary 6:30 to 8:00 pm

Love and Logic for Birth - K Parents Tuesdays Oct 20 to Nov 24 Brooklyn Elementary 6:30—8:00 pm

Child care available for both sessions. To register go to the Community Ed link on www.oregonsd.org or call Scott at 835-4097

Taking Time for Family Time

Want your kids to get **better grades**, be **less at risk** for using drugs or alcohol and **communicate with you better**? Kids who **eat meals together with their families** at least **5 times a week** do all this and much more!

Routine

Back to school time is a great time to establish a routine that includes as many family meals as you can! Once you schedule one or two nights a week you'll find it easier to add more.

Keep food preparation easy so you can focus on your family. Bring out your old crock pot recipes or have something simple and kid friendly

like pizza or spaghetti. Here's a link to a turkey tetrazzini that takes only 15 minutes of prep time and 20 minutes to cook: <http://tinyurl.com/familymeals>

Conversation Starters

If you're not sure where to start a conversation, visit makemealtimefamilytime.com for mealtime conversation cards, tips on how to talk to kids about alcohol, tobacco and drugs and to download a free kit with ideas and templates for family meals. Meal time is a great time to talk about family expectations and rules, too. Family meal time is a great time to practice active listen-

ing skills, too. Ask open ended questions (that can't be answered yes or no) and then just listen.

Family Meals Are Important

Part of a successful family meal is having everyone participate in the conversations. Ban cell phones from the table, turn off the TV and turn down the music. Revive the lively art of conversation!

For more information contact Cynthia DiCamelli, Family Resource Coordinator at 835-4052 or cad@oregonsd.org

Homecoming is September 25th

Fall, Fun and Family

Fall Community Youth Sports Registration

Oregon Acers Volleyball for grades 5-6 at acersvbc.com Play begins September 21

Oregon Youth Basketball through October 4 at oregonbasketball.com

Early Fall days are a great time to get out and enjoy nature with your family. The last warm days are great for biking (don't forget your helmets!), taking a walk or playing a quick family game of touch football. As the leaves begin to turn, many families like to take time to visit some of the nearby state and county parks for a last picnic or hike.

The Greater Madison Visitor's Bureau maintains an up-to-date calendar of events for most of southern Wisconsin at <http://tinyurl.com/madisonvisitors> Here you'll find upcoming concerts, exhibits, seasonal events and celebrations.

Fall is also a fun time to visit the local farmer's markets, apple orchards and pumpkin

farms. Don't forget to try a corn maze, too! For a list of regional farmer's markets and other great places, check out the Southern Wisconsin Fresh Farm Atlas on line at <http://tinyurl.com/wifarmersmarket>

Don't forget to watch for our Community Education fall catalog for fun classes, special family events and trips!