

# 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](http://www.oregonsd.org) or call Scott at 835-4097

## Love + Limits = Strong Families

For the first time, the Oregon School District will be offering the nationally recognized Strengthening Families Program for Parents and Youth 10-14 (SFP 10-14). If you are the parent of a 5th or 6th grader, you can be a part of SFP 10-14! This innovative program emphasizes

- improving family communication,
- giving parents tools for setting limits for their pre-teen and early teenaged children and
- giving youth tools for dealing with stress and peer pressure.

Each of the six sessions will include time for family discussions and games and a family meal. Parents and youth meet in separate sessions for part of the evening, then come together to share fun activities.

In their session, parents or other caregivers will discuss making rules (the Limits part of the equation) while letting their kids know they are loved. The youth sessions will include coaching on handling frustration, resisting peer pressure, getting along with

others and having a greater appreciation for their parents.

Families spend the last part of each evening together, doing activities, sharing information and having fun.

**Sessions begin Tuesday October 13 at 5:30 pm. SFP 10-14 is free, but you must register!** To register, contact Cynthia DiCamelli, Family Resource Coordinator at 835-4052 or [cad@oregonsd.org](mailto:cad@oregonsd.org)

## Red Ribbon Week

**October 17-25**

**Oregon Youth Basketball Deadline is October 4 at Midnight!** The program is open to all 1st through 6th graders. Cost is \$45 + a small processing fee. Registration is ONLINE ONLY at [oregonyouthbasketball.org](http://oregonyouthbasketball.org)

## Safe and Healthy Halloween Ideas

Celebrating a healthy, happy Halloween isn't about giving up treats, but it IS about bringing them into balance! There's more to Halloween than treats! Dressing up, having fun with friends, playing games and doing crafts are part of the fun, too.

If you're hosting a Halloween party this year, make it a "get up and go" party. You can

start with a costume parade and move on to ghost sack races, acting out a short play or bobbing for apples.

Shift kids' focus away from candy treats by reading Halloween stories or writing their own. Can your kids transform part of your house or yard into a haunted house for other neighborhood kids?

Halloween treats don't have to be candy, either! Kids like small toys with a scary theme like plastic spiders or ghosts. One dental hygienist I know gave away toothbrushes every year!

For more fun ideas and tips on Halloween safety, visit <http://tinyurl.com/halloweentips>