

# Riverside Reports October 2011

[www.riversideschool.ca](http://www.riversideschool.ca)

From The Office.....

What a wonderful September. All the students are settling back into the routine just as I am sure all the parents are as well. Thank You to all the parents for helping us with our Pet Parade. The turnout was fantastic and something the students talked about for a long time. It was a great start to our MI morning. Students explored pets, that morning students were exposed to every authentic learning and hands on learning.

If you have not already done so please stop by the office to pick up a form to help with the Casino. This is our major fund raiser. Without parent help at this event we would need to charge students for field trips and the "extras" that Riverside School offers at no charge.

During our last PD day the staff was involved in a workshop with our Learning Coach about how to help students who give up on tasks easily. This is called Learned Helplessness. Students need to have time to struggle with an assignment or a task before we jump in and rescue or help. I know this is hard to do but this is something that the entire community can work to get our students ready for learning. Here is an article that might help all of us understand what this is all about.

Happy  
Halloween

## The Language of Learned Helplessness Quiz by Chick Moorman

Not many parents set out to raise a thirty-year-old Nintendo player who sprawls on the couch all day sucking up pizza and diet Pepsi. Yet many parents actually subvert their positive intention of raising responsible, confident, fully functioning children. They do it by unconsciously using Parent Talk that allows and encourages helplessness.

What about your Parent Talk? Is it filled with language that builds autonomy and independence? Or is it filled with words and phrases that teach your children dependence? To find out, take the following Parent Talk Language of Learned Helplessness Quiz. Read the statements below to determine whether or not they occur regularly in your language patterns. (Answers appear at the end of the quiz.)

1. "Let me get that for you."
2. "I'll do it."
3. "Act as if you can."
4. "Let me handle that."
5. "Let me demonstrate for you."
6. "I'll get you started. You do the rest."
7. "Take a risk and see if you can do it."
8. "I'll talk to your mother and see if I can get her to change her mind."
9. "It was raining, so I put your bike in the garage."
10. "What possibilities do you see?"
11. "Sounds like you have a problem. What have you thought of so far?"
12. "I'll fix it for you."
13. "I'll send your teacher a note and get her to give you more time."
14. "That's too difficult for you."
15. "It's late so I'll let it go this time."
16. "Would you like me to teach you how to do that?"
17. "You are old enough to begin doing your own laundry. Come on, I'll show you how."
18. "Ask me if you need any help."
19. "I'll call the store for you and see if they have any left in stock."
20. "The cleaning lady will be here on Monday, so put away anything you don't want moved in your room."

The answers to the Parent Talk Language of Learned Helplessness Quiz follow. If you note that you are regularly using the language of learned helplessness, you may be an over-functioning parent. You just may be performing tasks, rescuing, and taking over to the degree that your child is being deprived of learning his or her own lessons. Inadvertently, you may be encouraging your child to stop doing things for himself or herself. Check it out.

1. "Let me get that for you." (Learned Helplessness) Allow children to get things for themselves, or teach them to ask for help.
2. "I'll do it." (Learned Helplessness) If you do for, do for, do for, children don't learn to do for themselves. This creates dependence.
3. "Act as if you can." This phrase encourages autonomy.
4. "Let me handle that." (Learned Helplessness) Let children handle things. Experience is messy. Let them learn from experience.
5. "Let me demonstrate for you." Demonstrating is teaching. This helps them become independent.
6. "I'll get you started. You do the rest." This is another example of teaching. If you want a behavior, you have to teach a behavior. Teach your children the system, then let them use the system.
7. "Take a risk and see if you can do it." This way of speaking makes you dispensable rather than indispensable.
8. "I'll talk to your mother and see if I can get her to change her mind." (Learned Helplessness) Whose relationship with the mother is this? Yours or the child's?
8. "I'll talk to your mother and see if I can get her to change her mind." (Learned Helplessness) Whose relationship with the mother is this? Yours or the child's?
9. "It was raining, so I put your bike in the garage." (Learned Helplessness) If you do this once, okay. If you do it twice, you have set up an expectation. If you do it three times, congratulations - you now have a new job.
10. "What possibilities do you see?" This style of Parent Talk promotes possibility thinking and helps children see a variety of alternatives.
11. "Sounds like you have a problem. What have you thought of so far?" This promotes a search for solutions and lets children know you see them as problem solvers.
12. "I'll fix it for you." (Learned Helplessness) If we keep fixing things for youngsters, they have no reason to learn to fix things for themselves.
13. "I'll send your teacher a note and get her to give you more time." (Learned Helplessness) This is a classic rescue. Your children will learn a more valuable lesson if you allow them to experience consequences.
14. "That's too difficult for you." (Learned Helplessness) Allow children to decide the degree of difficulty unless this is a safety or health issue.
15. "It's late so I'll let it go this time." (Learned Helplessness) Every time you let it go, you teach children that someone will bail them out and they won't have to live with the consequences of their actions.
16. "Would you like me to teach you how to do that?" This Parent Talk allows children to determine whether or not they want help. If they do, teaching is more helpful than doing.
17. "You are old enough to be doing your own laundry. Come on, I'll show you how." Your job is to teach them how. Their job is to do it.
18. "Ask me if you need any help." If you help before they ask, they won't learn how to ask.
19. "I'll call the store for you and see if they have any left in stock." (Learned Helplessness) If they won't call the store themselves, they don't want the item badly enough to have it. If they don't know how to call the store, teach them to use a phone book.
20. "The cleaning lady will be here on Monday, so put away anything you don't want moved in your room." (Learned Helplessness) Whatever happened to children cleaning their own rooms? If you want to raise kids who feel entitled, pay someone to clean their rooms.

### Hot Lunch Update

We are Kristine and Jim Dalzell and we would like to introduce ourselves as the coordinators of the Riverside School hot lunch program. Our goal this year is to provide a hot lunch for the students once a month beginning in October. One objective of ours this school year is to provide lunches that are healthy, delicious, and include ingredients from all four food groups. Another aim of ours is to use local produce and ingredients whenever possible. Some ideas we are considering are such things as a burrito bar, hot soups, baked pastas (Mac and cheese), and of course hot dogs. We welcome any other ideas from parents. The first hot lunch day will be on October 14 and notices will be sent home prior to this date with information about what is being served and the cost. We are looking forward to this very much and hope that it will be a lot of fun.

# K-Kids Korner

K-Kids will be up and running in October. If you are interested, see Ms. Ewert for more information. We will be meeting on Fridays at lunch. Also we will be having a pumpkin carving night. More information including a date will be sent home soon. We had a blast last year, with some great prizes! Hope to see you there!



This month's newsletter is coming to you from **MR. FILLUP (Phillip)** .....

**CONGRATULATIONS TO JOSHUA THUNBERG, A GRADE 4 STUDENT AT VINCENT MASSEY SCHOOL!!**

He was the lucky one chosen that came up with our logo name for our Sept contest. Joshua will enjoy a gift certificate for free lunches. Thank you to all of the children who emailed us your ideas, we enjoyed reading all entries, they were creative and playful.

#### **Octobers Contest: "Name that Lunch"**

We're always looking for new healthy fun lunch ideas. Email us your entrée idea(s) and the winner will have that entrée named after him/her for the month of December, as well as a great KP prize! Good Luck! Email: [info@kidsplate.ca](mailto:info@kidsplate.ca)  
We invite ALL children to enter this contest. We ask you email us your children's entry along with their name, grade and school. In the next month's newsletter we will announce the winner, what school they go to and what they have won!



Be a great Citizen by helping families in your community.

# PULL TOGETHER

for Ronald McDonald House® Southern Alberta

Did you know... **5lbs** of pull tabs can make two dozen cookies.



It's easy. Just POP a TOP!

September 19, 2011 to May 18, 2012

Ronald McDonald House® Southern Alberta will host our 3<sup>rd</sup> Annual Pull Together Campaign!

**REGISTER TODAY**

and start collecting pull tabs to help give sick children what they need most... their families.



For more information or to register your school for this year's competition, please contact Kristen Staldeker at 403-240-3000 ext. 130 or [kristen@rmhsouthernalberta.org](mailto:kristen@rmhsouthernalberta.org)  
[www.rmhsouthernalberta.org](http://www.rmhsouthernalberta.org)

Register anytime before April 20, 2012! Special thanks to all the returning schools who continue to support sick children and their families!

### Kristen Staldeker

Senior Community Relations Coordinator, Ronald McDonald House® Southern Alberta

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Fax: 403-338-1277  
Cell: 403-862-5443

[www.rmhsouthernalberta.org](http://www.rmhsouthernalberta.org)



The bucket at Riverside school is in the front foyer.

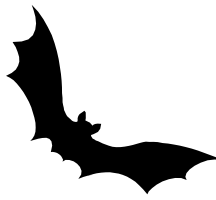
### **STAFF MEETING AND COMMON PLANNING TIME FRIDAYS**

This year all the schools in the Medicine Hat School District will have one full Friday a month in which students do not attend so that teachers can attend their staff meetings and partake in collaborative planning and public learning committee meetings. This means no early dismissal Wednesdays for our school. Please watch the calendar as these days do not always fall on the third Friday of the month.

Please note the following seven benefits to students and teachers of collaborative planning time:

- ✓ Having teachers participate in collaborative planning is a powerful example to students about the importance of learning together.
- ✓ Collaborative planning gives teachers an opportunity to experience a way of learning that they can use with their students.
- ✓ Working with colleagues on issues focused on student learning builds a sense of trust in a school.
- ✓ Collaborative time together in the school is more efficient than pulling teachers from their classrooms and sending them to workshops to learn.
- ✓ Collaborative time together allows teachers the opportunity to share with each other their knowledge and skills.
- ✓ Some of the best learning that teachers can do involves working on researched-based instructional projects together.
- ✓ Even excellent teachers can benefit from working with other teachers and continue to learn about improving their practice.


As a school, we are looking to use this regular monthly collaborative planning time to allow teachers the time they need to address important issues and projects to help improve student learning.



# October 2011



Riverside School

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 3/4 field trip 8:40-9:45	4 Fire Prevention Assembly 9:30	5 Picture Day pm	6	7 PD Day— No School	8
9	10 No School 	11 Gr. 5 Hep. B. shots	12	13	14	15
16	17 School Council Meeting 6:30	18	19	20	21	22
23 30	24 31	25	26	27	28 Halloween Parties pm	29