



Colt News

Continental Elementary School Newsletter

January 2020

Happy New Year Colt Families!

I hope you all had a wonderful winter break with your families and friends. It was so nice to see so many of you visiting and supporting your children's classrooms for winter celebrations as well as showing your support for the winter music performances. Making memories in our students' school experience is priceless.

It is hard to believe we are at the start of 2nd semester. It is going to be a great semester full of academic learning and many school events. This month we will be celebrating the 100th day of school! Please be on the lookout for information regarding 100th day festivities. This month we will also have a Spelling Bee and a Colt of the Month / 2nd Quarter Awards Assembly.

As we enter into a new month fresh off of winter break there are times when the transition from break back into school can be challenging. Teachers will be going over academic/ behavioral procedures and expectations to endure a smooth transition back into the classroom.

Parents we would like to inform you that school wide grade weights effective 2nd semester are the following:

- Homework 10%
- Assignments/participation 30%
- Quizzes 20%
- Tests 40%

With a new quarter brings some new students into Continental. We welcome all our new Colts as well as their families.

Please remember if you have any questions or concerns please do not hesitate to contact me.

Have a wonderful month!

Your Proud Principal,

Mrs. Cuevas



Time is flying by! Our first semester report cards have gone home with students today. Please take a minute to review it with your student.

New Year's Love & Logic Reminder from our Superintendent:

A Bad Report Card: What To Do When Our Kids Bring One Home?

A bad report card often arrives with more than just Cs, Ds, or Fs. It also carries emotions that leave many parents experiencing frustration, anger, fear, guilt, and even shame. Fortunately, bad grades don't mean bad parents, a bad kid, or a bad future for that kid. Instead, they represent an opportunity for us to express our unconditional love and provide wise guidance. When these opportunities arise, remember the following:

Hand it back.

"Handing it back" means expressing empathy while reminding yourself that your child's report card is not your report card.

This might sound like, "Oh, I can't imagine how disappointing this must be for you. I love you."

Listen and remember that just a bit of loving silence is golden.

When we talk too much, we end up owning the problem. When we empathize, listen, and provide a pat on the back or a hug, we are less likely to make the problem worse. Allow your child to think about the issue for a day or two before beginning another discussion.

Ask, "What do you think you are going to do?"

This question is not just a question. It's also a clear statement of your belief in your child's ability to cope and to find solutions. It also communicates the message that, "Your grades are your grades. I'm here to help but I can't do this for you."

Offer some options for solving the problem.

"Some kids decide to _____." This is far more likely to enjoy eventual success than, "You should_____."

Focus on character over grades.

Remember that we can't make our kids into great students, but we can make our home great places to learn important values like honesty, love for others, grit, and delayed gratification.

When we resist the temptation to allow our own fears and frustrations to take over—and instead place most of our emphasis on character—we dramatically increase the odds that our child will enjoy life-long success.

Thanks for reading! Our goal is to help as many families as possible. If this is a benefit, [forward it to a friend.](#)

Dr. Charles Fay

 Love and Logic



Happy New Year Colt Families!! I can't believe it is 2020 and this school year is already halfway complete! I hope you all had a very relaxing and enjoyable Winter Break with family and friends. I want to say THANK YOU to all the families who helped collect food during the Food Drive. All of your canned food and non perishable food items were very much appreciated.

With new beginnings, it is common for us to want to put old habits away and ring in the New Year with a new and improved self. This month I will be teaching students in K-5 about New Year's Resolutions and what a short/long term goal is. At the beginning of each lesson this semester, we will be taking 5 minutes to do chime meditation and some deep breathing to settle into our class lessons. It is a nice practice to help all students learn mindfulness and relaxation.

In second grade, students will be starting the series, "The 7 Habits of Happy Kids" by Sean Covey. They will learn how to take charge of their own lives to discover how balance is best, the Seven Oaks friends have tons of adventures and students will find out how each and every kid can be a happy kid!

At the end of the month, students will be learning about Internet Safety. We will be discussing safety tips so our students are well informed when using their school Chromebooks or other devices at home. We live in a fast-paced, media-driven society and even though our computers, cell phones, and other electronic devices are fast and efficient ways for us to communicate, we don't want it to become the only way of communication. Having healthy social interactions with peers face to face is really important, and when we do this, we can understand others better, make more connections, and show empathy. Technology is a great thing, but we also want to talk about ways to avoid dangers on the Internet and how we should balance between being online, socializing and interacting with others face to face, enjoying being out in nature, and just being a kid!

Small groups are starting up again this semester and we have added a new group to the mix: Study skills for grades 3-5. The other small groups continue to be: Peace group (stress management/emotional regulation), Respect group (self esteem/behavior), Changing Families (divorce, deployment, loss), and Lunch Bunch (friendship). Please let myself or your child's teacher know that you are interested to get a permission form.

I wish you all good health, happiness, and bright futures in 2020!

Kris Godfrut, M.S.
School Counselor





Continental School District has the following job openings:

- Bus Drivers
- Substitute Certified Teacher
- Substitute Paraprofessionals
- Substitute Bus Drivers
- Substitute Playground Monitors

For more information please contact our Human Resource Department or visit our website at:

<https://www.continentalesd.org/>



Builders Club Pennies for Patients Drive will be January 13-February 3.



Angel Heart Pajama Drive will be from February 3—February 17. They will be collecting new pajamas (newborn to children's size 12) for homeless, foster care, physically or emotionally abused or neglected children.

CONTINENTAL SCHOOL DISTRICT EDUCATIONAL FOUNDATION (CSDEF) CELEBRATES 20 YEARS ENRICHING THE LIVES OF STUDENTS AT CONTINENTAL SCHOOL WITH A

SWEETART Gala

02.08.20 | 5:30 PM | Community Performing Arts Center

Dinner Hors d'oeuvres. Music from the Continental Music Program. Silent and live auctions. Live art demonstrations from Continental students.

