



WOLF TRACKS NEWSLETTER

Guided by Faith, Driven by Excellence

NOVEMBER 5, 2018

PASSAGE OF THE WEEK

Ephesians 4:24 – Be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

HOT LUNCH

Friday – Hot dogs and sides for \$2/plate.

CLEANING

10 – Froelich

17 – Stevens (Neil and Amy)

UPCOMING EVENTS

Wednesday:

- Mornings with Mommy
- Upper grade field trip

Friday: Lego League Practice

Saturday: Lego League Competition

POLLING PLACE

Shepherd of the Hills Church functions as a polling place for elections. Prepare to see more cars on the campus this Tuesday for drop off and pick up.

UPPER-GRADE FIELD TRIP

On Wednesday, November 7th, the upper-grade class will be taking a field trip to a nursing home in La Mesa. If you have not returned the permission slip, please do so as soon as possible. We will be leaving at 10:00 and should return by 11:30.

The upper grade students are encouraged to think of a game or a craft that they can do with the residents. Upper-grade parents, feel free to share any ideas with your children.

LEGO LEAGUE

The last Lego League practice is this Friday. We are asking parents to come around 5:00 to watch the Lego League presentation for their real-world problem solution, and then help pack up everything for the competition on Saturday.

The competition is being held at High Tech High in San Diego. Coach Braun sent out an e-mail with a schedule of the events. If you need a hard copy, please let me know. Students should be there by 8:00 a.m.

END OF THE FIRST QUARTER

The end of the quarter was last week Wednesday. Report cards will be sent home this week. They will come in an envelope that we ask you to sign and return to ensure that you received it. The report card is yours to keep.

PARENT/TEACHER CONFERENCES

Parent/Teacher conferences are scheduled for the week of November 13-15. There is an online sign-up for parents to schedule their conference. The link is attached to the e-mail. If you are unable to meet that week or would like to talk to your child's teacher sooner, please speak with your teacher to set up another time that would work for you.

C-HAWK FOR A DAY

Next week Friday, November 16, the 6th-8th grade class will be participating in the C-Hawk for a Day event. Our students will be able to experience a day in the life of a CLHS student as they check out different high school classes. The 4th grade will join Mrs. Ross's room for the day. A permission slip is attached to this note with the needed information.

The Vogel household hosts a small group Bible Study that involves parenting every Tuesday at 6:30. Each week I will try to share a quick snip-it of what was discussed. If anyone has an interest in joining us, please let me know, or just show up on a Tuesday.

STRATEGY #2– Parents Call the Shots

Here is a quick test for you that speaks to parenting:

You've poured cereal and milk into your child's bowl for breakfast. She demands toast instead. What do you do?

- A. Serve her the cereal.
- B. Make toast. (She can really scream and who has the time.)
- C. Eat the cereal yourself, make toast for her.

If you answered B or C, your child has too much power in your relationship. There has been a shift of power in the modern-day household. Parents have given over control to the child. Instead of standing their ground and creating boundaries by following through with rules and discipline, too often parents give in to the child's wants. There are a number of reasons: "I don't have the time to deal with this", "I feel bad as both of us are working", and "I want to be my child's friend, so they will open up to me." In the end, we only ensure that the unwanted behavior will continue.

Instead take a different approach to parenting. The author provides a simple, yet effective way, to look at parenting. Communicate these three simple truths to your children:

1. We are your parents. (We are not your friends but an authority figure instituted by God.)
2. We love you. (A child needs to know that they are loved to feel secure. Our many actions and words reinforce our love for them, and this does include discipline.)
3. We are in charge. (Deep down children want boundaries. It provides comfort and security. By setting rules, boundaries, and consequences, our children know who is in charge.)