

CITY ACADEMY

WEEKLY NEWSLETTER JUNE 4, 2008



*Dear Parents,
Thanks for all the ways
you have supported your
students and the school
throughout the year. It
has been a great one and
we look forward to even
more exciting progress
next year!*

Promotion Ceremony



Students and their families are invited for an evening of celebration and recognition for the Class of 2008 and the Promotion of Eighth and Tenth Grades. The ceremony will take place on Monday, June 9, from 7:00-8:30 p.m.

Join us at the Auditorium in the Utah Museum of Fine Arts (UMFA) Marcia and John Price Museum Building at the University of Utah. 410 Campus Center Drive. Carpooling is encouraged as the free lot just east of the UMFA is small.

Graduating and Promoting students should arrive at 6:30 p.m. and report to the Museum Cafe. Light reception will be served afterward in the Museum Cafe.

End-of-Year-BBQ

City Academy will be holding its annual end-of-year BBQ for students on the last day of school, **Tuesday, June 10**. Each advisory has signed up to bring sides, desserts, etc. and the school will be providing the meat. If you would like to donate any frozen hamburger patties, hot dogs, etc. the school would greatly appreciate any contributions (please email scott@cityacademyslc.org). Thanks again for all of the ways you help our community!

Awards Ceremony

*Join us Thursday, June 5
for an early Town Meeting*

**(12:15 p.m.) when several
students, volunteers, parents,
and staff will receive
awards for Excellence and
Commitment to the City**

**Academy Community.
We'll be recognizing out-
standing members of the
City Academy family!**

IMPORTANT DATES

JUNE 5
Awards Ceremony
12:15 at C.A.

JUNE 9
Heart-Healthy
Field Day

JUNE 9
C.A. Promotion
Ceremony



End of Year Heart-Healthy Field Day

This year we are going to be spending Monday, June 9, participating in several heart healthy activities at Liberty Park. Students are required to attend as any other school day, but after we meet at school in the morning the students and staff will be walking to the park and participating in activities planned by the City Academy Wellness Committee.

There will be several stations that students will rotate around in their advisories:

- Jump Rope for Heart • Ultimate Frisbee • Kickball
- Volleyball • Frocks • Relay Races/Tug O' War • Soccer

City Academy Carnival a Smash Hit!

Thank you to all that helped make this year's City Academy Carnival a success! Whether you helped by donating time or items, or simply attended the event, we helped raise \$450 dollars to contribute to school functions and activities. City Academy wouldn't be the same without great supporters like you!

Save the Date:

City Academy Family Welcome Picnic on Monday, August 25

City Academy Summer School

Our summer session at City Academy will include opportunities to earn make-up credit in both Math and English. Summer School will begin on June 12 and conclude on July 1. Registration for Summer School begins on May 27th, but we are accepting pre-registration forms now to ensure adequate staffing. If you know that your student is going to take advantage of our great summer program, please submit a pre-registration form or contact cindy@cityacademyslc.org. Thank you.

A NOTE FROM THE COUNSELOR

Who's in control at your house?

I'll bet you've seen them on TV – those out-of-control kids who can only be tamed by the skillful and cunning intervention of the “Super Nanny.” How did these kids get that way? In most cases, their parents failed to follow through with fair, firm, consistent discipline.

Child and adolescent psychologist Jane Nelsen says that “children who don't experience consistent consequences for misbehavior typically grow up to become selfish, narcissistic adults with a trail of broken relationships.”¹

So, when your child, pre-teen, or teen misbehaves, think of their future, and follow through with consequences for unacceptable behavior. Follow the 4 B's; Be fair, Be firm, Be consistent, and Be loving. You'll soon see positive results.

I once heard somewhere that my primary job as a parent, and now a grandparent, is to teach my kids how to deal with life, not to protect them from life.² Kids from any age have to know there are standards for performance (rules if you will), rewards for meeting or exceeding the standards, and consequences for falling short.

What's the hardest thing about disciplining your kids?

If you're like most parents, the toughest thing is consistency. You can read all the books in the

world and have dozens of great ideas -- but if you're not consistent -- they won't work. I'll admit it, being consistent is tough. Sometimes it's easier to just let the kids get away with something rather than sticking to your plan.

Sometimes it is just faster and easier to do a task myself rather than insist on a standard of performance and then following through with a consistent consequence. But consistency pays off in the long run. It helps our kids to know what to expect from us, understand boundaries, and respect rules instead of testing them every time. So stick with it, and... remember your family first; disciplining our children can be one of the hardest part of parenting.

Disciplining our kids with balance is flat out “hard work” and it's an ongoing process that requires consistency and commitment. The number one goal of disciplining our children is to train them to learn self discipline. We are teaching them the boundaries of right and wrong so that, at some point, they can make the right choices without our input.

Here are some general rules you can start to apply today.

The Big "L"

"L"– love. When you discipline your child, pre-teen, and/or teen, you need to make sure you're approaching the process with an attitude of love. Ok!-Ok! I know that is a huge term-so what does that mean? Well, for starters, don't discipline when you're angry. When you're ready to explode, take a deep breath, because you can pretty much bank on the fact you are about to say

something hurtful that you may regret. In other words, think before you act, and have compassion. Recall the times someone you loved pierced you with a dagger of hurtful words.

Disciplining should never involve personal attacks. Never call your children names or label them "stupid," "lazy," or "mean." Don't say things like, "you're just so stupid!" It may be O.K. to point out that the action(s) were a little questionable or better yet; unacceptable. But, always differentiate between doing something stupid and being stupid. We all do and say stupid things from time to time, but make sure to draw the distinction between the stupid act and the person doing the act.

Never compare them to their siblings or to other children. Negative motivation might seem to work in the short run, but in the long run it can have devastating effects. Children can eventually feel worse and worse about themselves and will either throw in the towel, "I can't do anything right, so why even try?" – or if they do try, they'll feel like they are never good enough. This kind of “guilt tripping” doesn't have a positive long-term effect.

So, once you've looked into your own heart and have determined to discipline with a loving attitude, it's time to talk about what to do next. Here are three simple rules you can consider and start today.

First – REMOVE

When trouble arises, the first thing you want to do is remove your child from the situation. Regardless of their age, send them to a pre-agreed upon reflection area (could be the kitchen table

or a special chair set off to the side). Remember in a previous article we talked about setting up house rules and posting them somewhere in the home. One of your rules should be the location of the reflection area. The goal in "removing" is to let your child (and you) calm down, and give him/her time to think about what they have done – in preparation for talking about it with you. "Remove time" should last at least 3-4 min. for ages 2-6, 4-5 min. for ages 7+. When you sense that your child is ready (and both of you have calmed down), that's the time to talk.

Second – REFLECT

First, ask your child what he/she did wrong. Don't accept "I don't knnnnow", but let them process the thought. This means give them TIME to think of how to verbalize their thoughts. The adult thought process happens almost immediately after a question is asked. Kids thought pathways are still developing and there is frequently a delay in formulating a response and expressing it. If you are thinking as an adult you are expecting an immediate response back but, it doesn't work like that with kids. By pushing them for a response, without giving them adequate time to process, you have set up a surefire way to get the "I don't knnnnow" answer. In most cases, they are telling you the absolute truth, they don't know yet! Give them time to process and respond.

Next, Don't let him/her make excuses or blame others. Ask them why it was wrong. Then, ask them how they intend to act differently the next time.

The primary goal of reflection is for your child to understand their

own/personal motives behind their actions. You want to shape their heart and will, so they'll be self-motivated to change behavior. Finally, tell your child the consequences for his/her actions. Be consistent, and follow through. The time it will cost you now will save you tenfold later in life.

Third – RECONNECT

Now comes a very important step – reconnecting – making sure the bond between you and your child, pre-teen, or teen is not broken. Tell your child you love them – unconditionally. It's O.K. to say something like "I really dislike or disagree with, or will not accept what you are doing (have done...), but that doesn't affect how much I love you. Give him/her a hug (if that's not your style—"then work on it"). At least give them a gentle touch on the arm or shoulder. Let him/her know you believe in their ability to make the right decision the next time.

One final note – if you did lose your temper during the disciplining, you now owe your child an apology. Your humble attitude and ability to admit you were wrong will give your son or daughter a living example of how to accept responsibility for their actions and set things right. In education we call that modeling. In parenting, it's just the "right thing to do."

I hope these tips have been helpful, and I also hope they have not sounded "preachy". Parenting is the hardest job I have ever had and goodness knows, I have made more than my fair share of mistakes.

¹ Jane Nelsen, et al; Positive Discipline A-Z, 1001 Solutions to

Everyday Parenting Problems. Prima Publishing, 2001.

² Unknown author from the mid-eighties.