



Springfield Public School District 186

Iles School News

1700 South Fifteenth Street, Springfield, IL 62703
217-525-3226

Mrs. Susan Rhodes, Principal



Calendar of Events

January 7

Starter Strings 3:00 p.m.

January 12

PTO Meeting 5:30 p.m.

Intramural Basketball Practice 6:00 p.m. - 8:55 p.m.

January 13

IMSA 3:00 p.m. - 5:00 p.m.

Intramural Basketball Practice 6:00 p.m. - 8:55 p.m.

January 18

**No School -
Martin Luther King Day**

January 19

IMSA 3:00 p.m. - 5:00 p.m.

Intramural Basketball Practice 6:00 p.m. - 8:55 p.m.

January 20

Intramural Basketball Practice 6:00 p.m. - 8:55 p.m.

January 21

PTO Pizza Hut Fundraiser

January 26

Intramural Basketball Practice 6:00 p.m. - 8:55 p.m.

January 27

IMSA 3:00 p.m. - 5:00 p.m.

Intramural Basketball Practice 6:00 p.m. - 8:55 p.m.

January 28

Starter Strings 3:00 p.m.

PTO Roller Skating Party 6:00 p.m. - 8:00 p.m.

February 2

**No School -
Teacher In Service**

February 4

Starter Strings 3:00 p.m.

A Gift for Parents

By Mrs. Susan Rhodes,
Principal

In the last school newsletter I suggested a gift that you could give to your child in letting them know that you have faith in them to accomplish tasks on their own. In this newsletter I want to give a gift to the parents of gifted children. This is an article written by Lea Stublarec "No Fear Parenting" that is from the June 2009 issue of *Parenting for High Potential*. Relax and enjoy the parenting journey!

I am the mother of two adult gifted daughters as well as a social worker and parent coach. Currently I'm conducting a study of mothers of gifted daughters. So far, I've interviewed 26 mothers and 12 daughters and hope to finish the interviewing process in the next year or so. As part of this study, I'm trying to stay current with the latest "raising your gifted child" books, so I've read a number of books by various parenting experts. Despite the fact that I have two successful (depending on one's criteria) adult daughters, I often feel like a failure as a mom when I read about what I should've done or said differently--as if somehow I screwed up and did something wrong, or at least could have done a much better job. For example, I just finished reading *Unconditional Parenting* by Alfie Kohn, which is a great book with an obviously very important message, but I certainly didn't follow his advice about the best ways to both praise and punish kids.

Unfortunately, it seems to me that, as parents of gifted children, in some ways we're like sitting ducks for parenting experts because the chances are pretty good that we also are gifted and, like many of our children, perfectionists. Most likely,

we often find ourselves searching for knowledge and advice that will help us become the perfect parent. Therefore, I've been giving this some thought and wanted to share what I believe is a different and possibly more powerful approach to consider as parents of gifted children. First, it's crucial that we, as mothers, internalize the truth that we can't do it wrong. To this point, Stephanie Tolan has written an article entitled (appropriately enough!) "You Can't Do It Wrong" that was targeted to parents of the profoundly gifted, but its message may be relevant to parents of all gifted children.

In her article, Tolan states that, in general, our culture believes that it takes lots of rules along with large doses of guilt to keep people (in this case, parents) from doing harm to everyone around them—and that this belief has created a fear-based approach to parenting for many of us. But Tolan proposes a different world view and suggests that we have plenty of time to get it right and if some harm does come because of what we do, some good will come of it nevertheless. We'll have an opportunity to learn from our mistakes, because Tolan feels that even when we try our level best to do things exactly right out of the very best of intentions, we sometimes do harm anyway.

As a result, you can drive yourself crazy trying to be the perfect parent, because there's no way to absolutely avoid doing harm (especially when raising gifted kids with special needs in an often un-supportive environment). I've certainly found this to be true with my own children because, on those rare occasions when we discuss their childhood, the things I look back on as my



biggest errors are things they don't even remember . . . while the incidents they bring up as pretty traumatic, I swear never happened.

In addition, Tolan goes on to state that maybe doing harm is not as horrible as we might think. Although it's not easy to watch your child get hurt or experience pain or stress, we can't save our children from all pain, and it wouldn't help them if we could. We are living in a society, as Tolan points out, where the message is that pain is something no one should have to endure—like we have an inalienable right to be pain-free. However, as we all know only too well, no life is without pain, and in many cases, pain often provides a powerful growth experience. In fact, in studies of eminent people, one common thread from their childhood is that most of them experienced significant trauma growing up. For parents, then, it seems that the key is not to try to shelter our kids from pain but rather to help them figure out ways to cope with it and move on. Tolan concludes that, rather than fretting about parenting “right,” maybe the critical issue is simply that you care about your children and wish to do the very best job raising them. The key is simply in the trying; that's how our kids know we love them, because we're trying—not because we get it right or wrong.

So, if you wake up tomorrow and believe that you can't do it Wrong, it won't mean that you've suddenly quit caring for your children. As Tolan suggests, if you were to act as if every single choice you make for your child is the right one, a heavy burden would be taken off your shoulders. You could then use this energy that you would previously have wasted in worry and angst, rehashing your decisions over and over again, in more positive, productive, and enjoyable ways.

Although I applaud Tolan's outside-the-box message, I wonder perhaps if this dichotomy of right and wrong should even be applied to parenthood at all, because parenting isn't really about producing a product. Instead, it's about joining with other human beings in a dynamic process of growing and cocreating together, sharing love, life, and joy along the journey. As a parent, we are not in-

involved in a mechanical system but rather we coexist as a family in an organic, living system that defies measurement.

So, here are some of my thoughts on how to get beyond the fear of failure as a parent and to create a family culture that encourages trying.

- I think, as parents, we need to embrace mistakes as simply more information; and when you make a mistake, start talking yourself through the process of dealing with it out loud so your children can see and hear you struggle and learn your problem-solving methods.

- We need to brainstorm different strategies with our kids and talk with them about challenges we're facing in our daily lives including issues related to friends, family members, your job, and your interests and encourage them to discuss different ways to tackle challenges they may be experiencing in their lives.

- We should try to seek out challenges both personally and professionally and show pleasure in the struggle, saying things like, “Boy, this is hard. But what fun!” and develop a growth mindset where you embrace the belief that people at any age can learn, change, and develop skills (despite setbacks) through hard work and perseverance (this is described in Carol Dweck's book *Mindset*). A parent with a growth mindset stresses praising effort and perseverance rather than focusing on results.

- We should model for our kids that it's great to be imperfect and we're proud of it because that's how you learn and grow and develop new skills and build brain cells—that making mistakes means that you're out there in the fray trying, engaged in life and learning.

- And, finally, let's celebrate mistakes and failures—go to a movie with your child, have a tea party, take a family hike. Create a family tradition to applaud a family member for taking a risk and trying and for reminding everyone that that's what being a suc-

cess is really all about.

By doing this, we will be modeling for our children how to live life as happy, positive, productive, and flawed gifted human beings. This is especially important with our gifted children who tend to be hyper-aware of our every move and keenly tuned into everything we do, think, or feel. As a result, our actions often speak much more loudly than our words. By freeing ourselves from the fear of screwing up or the fear of being less than perfect parents, or even beyond this—by refusing to apply these judgments to parenting at all—we also will free our children from the immobilizing fear of failure and enable them to be authentically-wonderful, imperfect individuals.

And, in conclusion, all the energy that we spend worrying about doing it right (or wrong) can then be spent on enjoying our parenting journey more and nurturing both ourselves and our children in a more positive and fun way. This will enable us to keep our focus on all the joys a gifted child can bring. As all the mothers I've talked with have said, it Goes by so quickly, and before you know it your beautiful gifted child will be all grown-up and off in the world following his or her passion—hopefully unafraid of and not immobilized by whether or not he or she doing it right.

Iles Student Support News

by Mrs. Sherry Frachey,
Student Support

Service Learning

Thank you to everyone who donated canned goods for Contact Ministries and/or sacks, containers and tea for the St. John's Breadline. The Kids Care Club also decorated cookies for the patrons of the Breadline. And special thanks to Ms.

Kanoza and Ms. Scott for sponsoring the club. Check out my class web site for videos of kids caring in action!

Fifth and sixth graders made cards for the troops thanks to Ms. Sara Thompson. We sent them to

Governor Quinn who will hand deliver them.

Our O Ambassador Club continues to help our sister school in Mengquan, China. If you go onto my site, there is a link with all of the info. This is a great activity for your child on a "rainy day". There are photos and lots of info about our sister village. Here is the web address: ><http://www.springfield.k12.il.us/teachers/frachey/info/?type=8&b=12> Click on "O Ambassador Sister School".

Classroom Learning

We are on Unit Four in our Lion's Quest curriculum. It reviews information on Making Positive and Healthy Decisions (Unit Three) and Growing Up Drug Free.

Small Educational Support Groups / "Lunch Bunches"

Mondays and Fridays

We are in full swing with our African Drumming Groups. We meet on Mondays and Fridays in Room 1. Thanks to Mr. Niehaus for his help. We call these our "Empowerment Lunch Bunches". While students eat, we review and learn new stress and anger reduction techniques. After eating, students return their trash to the cafeteria, wash their hands, and start creating a symphony of stress and anger relief! Check out my class web site for video and more detail.



Tuesdays

Sixth Grade Girls Group meets to problem solve and do O Ambassador work. Divorce Group meets on Tuesdays from 1:30-2:00.

Wednesdays

Second and Third Grade Girls Group meets for problem solving / O Ambassadors.

Thursdays

Iles News Crew begin weekly meetings to produce the school news.

I am not currently offering Grief Group, since we did it first

quarter, but please let me know if there is a need for support for any student.

Parent Brown Bags

Several parents have expressed an interest in supporting the emotional and social growth of their child(ren). We are exploring interest in a parent support group based on the SENG Model. (Supporting the Social/ Emotional Needs of Gifted) If you are interested, please drop me an email. State your name, child's name, grade and teacher, possible meeting times and any requests or suggestions. Our goal will be to create a forum promoting positive parenting, ways parents can support their child's school experience, and possibilities of how the school can support parents. We are asking that only parents willing to commit to attending 6 to 8 meetings reply. Write to me at <<mailto:frachey@springfield.k12.il.us>>



Physical Education News

By Mrs. Sue Landgrebe
Physical Education Instructor

The New Year gives us the opportunity to start fresh and focus on safety in the gym. Students will be able to participate fully and safely if they are wearing their gym shoes. Boots do not have the traction for wood floors nor do they fit the feet the way gym shoes do. Boots do work well outside for rain and snow. Students who choose to wear boots do to the weather should carry their gym shoes in their backpacks and change for PE. Please help your son or daughter plan ahead.



Gym shoes need to be tied. Many times students trip themselves by stepping on a loose shoestring. Please help with this reminder as well. First grade parents, thank you for helping your children learn this life-long skill. I have seen quite a bit of improvement in this area. It will

be helpful to continue to practice tying and don't forget the double knot.

People have been asking and YES we are doing Jump Rope For Heart this year! Our event will be February 23 and 24 during the PE classes. More information going home in the folders. Our goal is to have more people participate then ever before!

Parents are welcome to get involved. Please contact Mrs. Landgrebe if you are interested or have questions. lgrebe@springfield.k12.il.us



Chinese News at Iles

by Mr. Damon McParand,
Chinese Instructor

Ni hao ma!

I hope you enjoyed your holidays. The students did a tremendous job first semester in Chinese class. I am very proud of them all. Before break they were given a list of holiday terms so hopefully they practiced them with you over the holidays! For the first week or so of the third quarter, we will begin introducing Chinese characters to the students. Chinese has no alphabet. Its writing system is composed of characters/symbols which stand for words.



Sometimes the character "looks" like the word it describes. For example, the character for "mountain" 山 (*shan*) looks like a mountain. There are over 80,000 Chinese characters. The best way to learn and memorize characters is to practice writing them. Please encourage your child to practice them at home. There will be no word/character list this week since the first week will be introduction.

Chinese Cultural Performance in Springfield, Feb. 9



Springfield is very fortunate that *Shen Yun*, one of the world's premier Chinese dance and music companies, will be performing at Sangamon Auditorium on February 9 at 7:30. The students will be bringing home information about the performance and purchasing tickets through the school later this week. Tickets purchased through the school will receive a fifteen percent discount. This will be a great way to celebrate the Chinese New Year's which will occur this year on February 14!

Health Update

by Mrs. Valerie Rogers RN
School Nurse

Frostbite

Winter is almost on us. With it comes cold weather that can lead to frostbite, a serious health issue. Frostbite is caused by extremely cold temperatures that can actually freeze body tissue. Kids are at greater risk for frostbite than adults. The body parts most frequently affected by frostbite include the cheeks, nose, ears, fingers, and toes. The first symptom of frostbite may be a "pins and needles" sensation that progresses to white, waxy skin that is hard and numb. Frostbite is a medical emergency and requires immediate medical care.



Frostbite care:

- Bring child indoors and remove all wet clothing.
- Call the doctor immediately or take your child to a hospital emergency room. If feet are affected, carry your child. Do not let them walk on feet that have frostbite.

- If you cannot get to a hospital right away or must wait for an ambulance, give your child a warm drink and begin first-aid treatment:
 1. Place frozen areas in warm water (around 100° Fahrenheit) or for ears, cheeks or nose apply warm cloths. If warm water is not available, wrap the child gently in warm blankets.
 2. **Do not** use direct/dry heat such as an oven, fire or heating pad.
 3. **Do not** thaw the area if it is at risk for refreezing. Refreezing can cause severe tissue damage.
 4. **Do not** rub frostbitten skin or rub snow on it.
 5. Apply a sterile dressing to the area, placing sterile gauze between fingers and toes if they are affected. Do not break any blisters that have formed.
 6. Wrap rewarmed areas to prevent refreezing.(around 100° Fahrenheit) or for ears, cheeks or nose apply warm cloths. If warm water is not available, wrap the child gently in warm blankets.
- 1. **Do not** use direct/dry heat such as an oven, fire or heating pad.
- 2. **Do not** thaw the area if it is at risk for refreezing. Refreezing can cause severe tissue damage.
- 3. **Do not** rub frostbitten skin or rub snow on it.
- 4. Apply a sterile dressing to the area, placing sterile gauze between fingers and toes if they are affected. Do not break any blisters that have formed.
- 5. Wrap rewarmed areas to prevent refreezing.

Prevention:

On those cold winter mornings when your child will be waiting outside for the bus or walking to school remember these important frostbite prevention tips.

- Be aware of factors that can contribute to frostbite, such as extreme cold, wet clothes, and high winds. Wind chill is important when assessing risk for frostbite.
- Dress children in layers and avoid tight, constricting clothing and shoes.
- Wear clothing suitable for cold temperatures and protect all exposed skin. Wear mittens instead of gloves; layered clothing should

be wind-proof and water-resistant. Have children wear two pair of socks placing cotton socks next to the skin to absorb moisture and heavier, wool socks on the outside. Wearing a hat, ski mask or scarf that covers the ears will help protect them and will decrease heat loss from the scalp.

Reyes Syndrome is a very serious disease. It attacks all body systems and has been associated with taking aspirin or other salicylate containing products for flu, chicken pox or other viral illness. Aspirin, baby aspirin, Pepto-Bismol, Alka Seltzer and many other over the counter products contain salicylates and should be avoided by children and teens experiencing an illness. Read the labels before giving medication to your child. Tylenol and Ibuprofen do not contain salicylates and can be used as a fever reducer. For more information visit www.reyessyndrome.org.

Help keep your child safe this winter.

Attention Parents:

Please check the lost and found for your child's lost belongings. Our lost and found is overflowing!

Regular dismissal is at 3:00 p.m. if you cannot pick your child up at this time please make other arrangements. SCOPE office 217-525-3309