

*From the Head of School*

## RSVP for Parent Social by Feb. 19th; Birthday Book Chapel on Wednesday, Feb. 24th

I cannot help but think if the weather would stabilize we would have fewer sick children leaving school each day! I hope your three day weekend was relaxing and healthy. The pace of the school year is beginning to pick up again as we head toward the last third of the year, so keep an eye on the school calendar.

The students, faculty, staff and many parents participated in the Ash Wednesday service this week. For many of us it was the end of some of our favorite sweet treats for the next six weeks. I selfishly hope there are not many student birthdays to be celebrated during that time! Our February Birthday Book Chapel takes place next Wednesday, so come and help our students celebrate.

Next Tuesday morning, the PSO Meeting features a speaker from the *Good Touch, Bad Touch* program that our kindergarten, first, third and fifth grade students participated in last month. Many parents have asked to have more information about what the students are being told so they can reinforce this approach at home. I hope you can join us at 8:00 a.m., as I am certain you will find your time is well spent.

If you have not yet arranged to attend the Parent Social on March 5<sup>th</sup>, the deadline is quickly approaching. I can guarantee this will be an exceptionally fun evening, and the childcare arrangements will provide your children with a great evening of their own. I hope to see you there!

*Head of School letter continued on page 2*

## Open Enrollment Has Now Begun for the 2010-2011 School Year!



Positions were held for siblings and parish members until February 1<sup>st</sup>. Now we are accepting students outside of the school and the church. **If you have not returned your re-enrollment contract or sibling application for next school year, please send it in now to guarantee your position!** You may download an application on our website or you can pick up one directly from our Admissions Director, Heather Galloway.

## March Hot Lunch Orders Due Tomorrow

Friday, Feb. 19th will be the last day to order hot lunch for March. A link to the ordering website is on the homepage of the school website, [www.BeachesEpiscopalSchool.org](http://www.BeachesEpiscopalSchool.org), so order today!



## Social News

### SOCIAL RSVP's due this Friday!

Come and solve the mystery with us! Over 100 people have already made plans to join us for an evening of dinner, bidding and mystery! Please return your response card no later than this Friday, February 19<sup>th</sup>!



### Classroom Art and more to Bid On!

With the help of Mrs. Whitmire, each class has created a beautiful piece of painted furniture with their own unique imprint. Look for emails from your child's homebase teacher in the next few weeks to see what they created! The display case in Stormes Hall is updated regularly with items available at our auction. Stop by and take a look at what we have to offer!

Head of School letter continued from page 1

Please remember that Monday, March 1<sup>st</sup> is a planning day for the teachers so they can prepare the second trimester report cards. It is difficult to believe that the school year is already two-thirds over, and there are so many fun things left to do.

Enjoy the warm weekend,  
Jackie

## ChurchChat

News from St. Paul's by-the-Sea Episcopal Church

### You're Invited to Attend Lenten Program at St. Paul's by-the-Sea

This is your special invitation to our Lenten Program each Wednesday evening during Lent, February 24<sup>th</sup> through March 24<sup>th</sup>.

We will begin at 6 p.m. with a Taizé service in the church, then move to the Parish Hall for a light dinner and study. Our theme this year is "In His Footsteps." We hope you will join us.



### BES GIRL SCOUT TROOP TO SELL COOKIES BEGINNING NEXT WEEK

The BES Girl Scout Troop will be selling cookies next week during car pool (Feb. 24, 25 and March 3<sup>rd</sup>), and at the PSO meeting on Feb. 23<sup>rd</sup> at 8:05 a.m. During car pool, there will be a table set up in front of the church where boxes can be purchased at \$4 per box.



### Pick Up Your Christmas DVDs from Coach Dawson

If you haven't yet received your Christmas DVD from Coach Dawson, please contact her at [ddawson@beacheseiscopalchool.org](mailto:ddawson@beacheseiscopalchool.org).

# PSO CORNER

**TEACHER APPRECIATION LUNCHEON:** The initial planning meeting is set for **Fri., Feb. 26th at 2 p.m.** in the Common Room. This special luncheon, scheduled for May 6th, is just one way to give back for all our teachers efforts. We need volunteers for all areas to make this lunch a success- cooks, servers, flowers, decorating, gifts etc. Please come and sign up to volunteer.

**PSO MEETING:** Our next PSO Meeting will be held on **FEB. 23rd at 8:05 a.m. in the Common Room.** Diana E. Law, the Program Facilitator for the Good Touch/Bad Touch Program will be our guest speaker. She will talk about the program, what our children learn and answer any questions that anybody may have. Also at the meeting, everybody will also be able to preview the artwork which will be auctioned at the Parent Social on March 5th. We hope to see you all there!

**PASTA FOR PENNIES:** It is almost time for Pasta for Pennies. The drive runs from **Feb. 22-26.** All proceeds go the *Leukemia Lymphoma Society*. Start saving those pennies for a good cause!

**HONEY BAKED HAM GIFT CERTIFICATES:** The PSO will be selling Honey Baked Ham gift certificates for the Easter holiday season. Check your child's backpack in the coming weeks for more information. A percentage of the sales will be donated back to the school.

**FISH TANK:** The fish tank in Stormes Hall is a wonderful part of our school that every student, parent and visitor enjoys daily. To keep them swimming and new fish added, we are seeking monthly fish tank sponsors. The cost is \$90 and it covers all food and tank cleaning for the month. All monthly sponsors are featured with a photo near the tank. If you are interested in sponsoring our "fish friends" please contact Laurie Warner at 247-9194 or [warner01@comcast.net](mailto:warner01@comcast.net). We still need sponsors for the months of **APRIL & MAY.**

**SCHOOL STORE OPEN EVERY THURS. MORNING:** Our sixth grade students will have the School Store open every Thursday morning with cases full of fun and favorite things to purchase. Come and visit the School Store from 7:45-8:00 a.m. every Thursday in either Stormes or McCormick Hall.

**BES FUNDRAISING OPPORTUNITIES YEAR-ROUND:** Target offers a Take Charge of Education program which allows you to use your Target Visa or Target Guest Card to raise money for BES. Target donates an amount equal to 1% of your card purchases made at Target and Target.com, and 1/2 % of Target Visa purchases made elsewhere.

**Box Tops for Education** runs year round and allows you to support BES by clipping Box Tops and turning them into the school school. Keep clipping and save your Box Tops for the next Box Top drive!

**VOLUNTEERING OPPORTUNITIES:** There are plenty of opportunities for volunteer in at our school. We are also looking for people to volunteer for Board Positions on the PSO for the 2010-2011 school year. If you have any questions or would like to volunteer, please contact Julie Komaroksi at 249-4360 or [komarosj@bellsouth.com](mailto:komarosj@bellsouth.com).

# KIDS NIGHT OUT!

...WHILE MOM AND DAD SOLVE THE SOCIAL MYSTERY!

While your parents enjoy the Social, come and have fun with your friends at the Sawgrass Marriott in Ponte Vedra Beach! There will be pizza, movies, Wii, games and more! Tell your parents it's your turn for a night out!

Activities include: 2 craft tables, Football Game, Wii Games, Ping Pong Table, Corn Hole, Horseshoes, Ring Toss, Bean Bag Toss, Twister, and a Putting Green!

**When:** Friday, March 5<sup>th</sup>

**Time:** 6:00 – 11:00 p.m.

**Cost:** \$25 per child

**Where:** Sawgrass Marriott Resort

**Deadline for Sign-Up:** February 26<sup>th</sup>

**Additional Details:** Please make checks payable to BES. Return checks with this sign-up sheet to the front office no later than Friday, February 26th.



Family Name: \_\_\_\_\_

Child #1: \_\_\_\_\_

Child #2: \_\_\_\_\_

Child #3: \_\_\_\_\_

Amount enclosed: \$ \_\_\_\_\_

## THE POWER OF A WORD

**T**HE POWER OF A WORD  
If someone told you that you could shape your young child's orientation towards becoming a successful adult by doing one thing during his or her early years, my guess is that you would do it. Who doesn't want their children to become successful, well-rounded adults? Well, here is that one thing: Respond firmly when necessary with the word, "No." Even more specifically, be clear about the "no" when your youngster is having a temper tantrum to try to get his/her own way about something. There is specific teaching power in that one word.

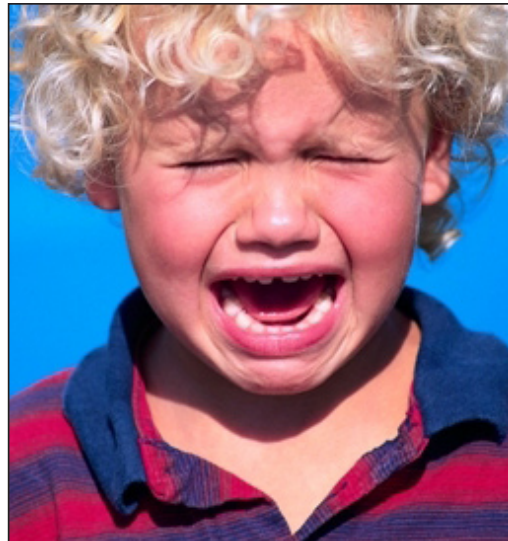
Now this is not as simple as it first sounds. In life's stressful moments, many parents may be tempted to give in to the demands and tantrums employed by youngsters to get what they want--think of the classic grocery store exhibition, of the red-faced child screaming to get the candy she/he wants.

After all, who wants to be subjected to the embarrassment of the stares and comments of others when the little ones create a scene? It is often difficult to maintain a long-term perspective when the short-term event is so challenging.

Think for a moment about the character traits that are developed when parents use, and stick to, that one little word: "no." Peace at any price may be a very high cost indeed to pay for not saying, "no."

Self-control, the ability to swallow one's impulse and restrain one's actions when they are not

appropriate, is a vital component for successful adult lives. As children learn to rein in their words and actions, they develop the ability to master their urges, rather than give in to them immediately. This is a first step to being able to take over aspects of one's life, rather than have those aspects rule the individual.



Learning that "no" means something helps children slowly develop respect for others. The original request or temper tantrum centers only on the child herself, what it is that she wants. By not allowing children to win through temper tantrums, parents help children learn to show consideration for others.

Temper tantrums disregard anyone except the child himself. Children may not agree with the parent's viewpoint, but they are asked to respect that others have rights.

Understanding that we don't get everything in the world we want, or when we want it, helps children to develop patience. Delayed gratification lies at the base of learning to wait for desirable things, of learning that a goal may not come immediately. "No" judiciously applied helps children learn something about the realities of life, that the world does not in fact revolve around their needs and wants, and that others may not quickly grant their every wish. These are valuable lessons to learn before venturing into college, or the world of work and relationships. So, ignore the stares of fellow shoppers, and stick to your guns. That "no" has long-term, lasting value.