

SOLDOTNA MONTESSORI CHARTER SCHOOL
Kenai Peninsula Borough School District
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Montessori Family News

October 6, 2016

Conscious Discipline Skill of the Week: Composure
Conscious Discipline is for Kids and Adults

When we are composed we have access to the higher centers of our brain - or frontal lobe. This is called the Executive State. When we are in our Executive state we are at our very best. Our executive skills are available to us when we are composed and calm. The executive skills are displayed on our bulletin board at school.

What happens when we lose our composure? When we are sad, afraid, frustrated, angry, stressed out or anxious our executive state goes on vacation. Students become less able to learn and adults become less able to teach, parent, or to be a positive role model.

We teach the skill of composure to all students and staff at SMCS. We also teach strategies students and adults can use to help themselves return to their own executive state. You can learn more about composure and the executive state at <http://consciousdiscipline.com/>

Fifty Cent Friday this Week

Tomorrow is fifty cent Friday. Students may purchase up to 2 small snacks during lunch.

Family Movie Night Coming on Friday, October 14

Bring your pillows and blankets and join us for *Ice Age: Collision Course* at 5:30 in the gym on Friday, October 14. Popcorn and other treats will be available for purchase.

School Picture Retakes on October 14

School picture retakes will take place on October 14. Sibling pictures will be taken at 11 am.

Early Release Day October 26

Students will be dismissed at 1:55 on Wednesday, October 26 so that teachers and staff can work on school achievement goals.

Parent – Teacher Conferences Thursday and Friday, October 27 – 28

There will be no school for students during parent-teacher conferences. Sign up for your conference in our hallway or contact your child's teacher directly.

School Logo Wear and Small Hands Catalogue Orders

Orders for school logo wear and for the Small hands catalogue are due by October 28.