

SOLDOTNA MONTESSORI CHARTER SCHOOL
Kenai Peninsula Borough School District
162 Park Ave. (907) 260-9221
Soldotna, Alaska 99669 (907) 260-9032 Fax

Montessori Family News

March 30, 2017

Conscious Discipline Skill: Choices
Conscious Discipline is for Kids and Adults
A new skill will be introduced every two to three weeks.

Life is filled with choices. One of the most basic choices is whether to actively change ourselves or to spend our energy trying to make others change. Focusing our attention on changing others puts us in a GET mode instead of in a GIVE mode. This is discouraging both to ourselves and to others and sets us up for failure and a loss of composure. Choices involve the Power of Free Will. The Power of Free Will means that 'I am in charge of me' and I'm the only person who can make myself change. It also means that 'you are in charge of you' and you are the only person who can make yourself change. No matter how much pressure we put on someone else to behave the way we want them to, it is ultimately their choice to behave or not. When we make choices based on what we need and value we feel good. The reward center in the brain is activated and the brain releases chemicals that make us feel good. Making choices to please others, meet other's expectations or avoid punishment has the reverse effect and can lead to depression or distress. This can result in burnout and apathy.

You can learn more about Conscious Discipline and choices at:

<http://consciousdiscipline.com/>

Academic Policy Committee Positions Open

The SMCS APC currently has 2 open seats. Both positions are for 3-year terms. Applications are available in the office. Applications are due in the office by April 20.

The academic policy committee members supervise the academic operation of a charter school and to ensure the fulfillment of the mission of a charter school.

PTO Meeting Monday

The PTO will meet Monday, April 3 at 4 PM in Mrs. Carter's room.

Early Release Day Next Wednesday

Wednesday, April 5 is an early release day. Students are dismissed at 1:55. Staff will use the time to work together regarding Montessori practices at SMCS.

More on the other side...

Pick Up time is between 3:30 – 3:45.

Thanks for not arriving at the pick-up lane before 3:30. As always, you may arrive at any time if you plan to park in the lot and come into school or wait.