



September Newsletter 2021

Hello amazing families and welcome to the 2021/2022 school year at OUR School.

Upcoming Events:

OUR School is **closed on Monday September 6th** to observe Labor Day. We hope you enjoy the long weekend.

Optional Parent Teacher Conferences will take place this month. Megan will schedule with families that have reached out.

Open House via ZOOM is Tuesday, September 14th, 6pm-7.00pm. We ask that all families who have been enrolled for less than a year join us for our back-to-school night. We will have teacher introductions, discuss policies, rules and regs, and have a special guest speaker, Haile Martinez, MSN, RN, to discuss illnesses at school. If you have any questions about our program, this is a great opportunity to have them answered and get to know the members of the OUR School family. We look forward to seeing you there.



We are eager to get to know all our students better throughout the year and we love learning more and more about them. We will discuss what they like and don't like, where they want to go, what they want to be when they grow up, what they enjoy learning about, etc. It will be a very interesting and fun unit for the school and will help all of us get to know each other better. You may be asked to share some family photos, so feel free to start looking for a good one!

This month, all our kiddos will be talking about safety! As we head into the new school year, we want to make sure we are all safe and know emergency procedures. We recommend you discuss your safety and evacuation plans at home, too. We encourage families to have smoke detectors and carbon monoxide detectors at home. We take children's safety very seriously. We routinely practice fire drills, lock downs, and emergency drills. We like for all students to be prepared, not frightened, by these drills. If there is an emergency where OUR School would have to leave the building for safety reasons, parents will be notified and Berthod Motors is OUR School's evacuation meet-up location.



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OUR School values parent input and partnerships. We have a Parent Advisory Committee, otherwise known as (PAC). Unfortunately, because of Covid and children aging out of the program, we have no parents involved with PAC. We want you! Ideally, we're looking for parents in OUR School's program who want to bridge the gap between home and school. The PAC holds meetings every month to hear feedback from other parents regarding any concerns, questions, or general information you may have. In the past, the PAC has hosted guest speakers, social events, and fundraisers as a service to our families and our program. We strongly encourage parents to become involved in the PAC to meet other parents, strengthen relationships, and become more involved in the happenings around the school. The PAC is a vehicle for parent-to-parent communication, and we want all involved to feel free to discuss whatever topics might be of importance. It is for this reason OUR School's staff typically do not attend meetings. Please let us know if you would like to be a part of this amazing team.

What makes children angry and aggressive?

Anger is the most difficult emotion for young children to handle; they cannot distinguish feelings from actions, so when they are upset, they bite, hit, kick, throw things or scream. Aggressive behavior is a normal part of your toddler's development. Emerging language skills, a desire to become independent and undeveloped impulse control make toddlers prime candidates for getting physical.

What are the causes of Anger and Aggression?

A child's special needs: If your child has hearing, visual, neurological or intellectual problems that she cannot explain to you, she may become frustrated at your lack of understanding and become angry.

Parents who take sides: When one parent takes a child's side against the other parent, it gives the child more power. Parents must work together as a team, ensuring consistent rules of behavior, otherwise the child may become aggressive.

Playing too roughly: Seemingly innocent rough play and teasing can become an invitation for your child to imitate such behavior when he's not playing. For him, hitting, and toughing could become the automatic way to interact with other people, because he does not understand that he is being aggressive. If you think this is happening, make your rough-housing less aggressive.

Exposure: Children's tv programs and video games sometimes involve just as much aggression as adult ones. Research shows that children model what they see. Children under 2 years should not have any screen time. Children older should be limited to 30 min or less.

Being a victim: Children who have been treated aggressively may imitate that behavior. However, it's wrong to think that every aggressive child has been abused.

Hidden inner anger: A child might have inner anger because she does not understand something that went wrong in her life. A child who was neglected as an infant, who was involved in divorce arguments, or whose parents have serious medical problems, might be acting out an unconscious inner frustration.

Poor attachments: Children who have had poor attachments early in life, such as chronically unresponsive care, tend to show aggression.

It's natural for new parents to want their child to be comfortable with her feelings and to be able to express those feelings appropriately, but violent expression of anger is not acceptable. Understanding the many causes of anger and aggression will help you and your child deal with aggression.

(Wurman, Richard Saul. Understanding Children. Top Civitas.)