

Greenville Gazette

Home of the Tigers!



A Note from Ms. Pierce

Spring Parenting Tips: Water Behavior That You Want to Grow

Do you find yourself spending more energy focusing on what you don't want your child to do rather than focusing positive energy on what you do want your child to do?

This spring choose to water what you want to grow!

We need 4 hugs a day for survival.

We need 8 hugs a day for maintenance.

We need 12 hugs a day for growth.

6 Steps to Growing The Behaviors You Want to See More of This Spring

1. Notice your child. **Be with your child.** Take time to make meaningful connections whenever your child is making hard transitions, such as leaving home and going to school. Look him in the eyes, say good morning, and hug before leaving the house. Do you have a special goodbye ritual?

2. **Focus on the behaviors you want to see more of**, by noticing them. Look for the positive behaviors and then drench your child with encouragement. Example, You did it, you gently kissed your baby sister. You are so kind.

3. **Play** and have fun every day. It's healthy. **Play is essential for healthy brain development.** Play reduces obesity and associated diseases. Play helps children manage stress and even recover from trauma. Play helps families bond. What does your child like to play?

4. **Be present and delight in your child.** Carve out time, be intentional and spend 15 minutes with each child, separately, every day. You will fill their love tank or their emotional cup, which means your child doesn't need to "Act-Out" to get your attention because you have already built a meaningful connection. Connection fosters cooperation, not control. How could you build a meaningful connection with your child?

5. **Slow down. Listen and offer empathy** when your child is expressing his upsetting emotions. Notice when his tone of voice or body language suggests he needs your help organizing those confusing emotions. Often parents think children are misbehaving when actually they are just communicating they are feeling mad, sad, hurt, or scared. Which emotion is hardest to help your child organize?

6. **Also, don't forget about you!** Notice the things you do well as a parent. Maybe write the list down to remind yourself of those lovely qualities. Daily put on your own oxygen mask first so you have something to give away to your kids. Self-care is different from selfishness. Model self-care. What's on your self-care list?

<https://www.gailtheparentingcoach.com/blog/>

As always, we wish you well.

Love,

Ms. Pierce

Greenville
Elementary

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Greenville, IN
47124

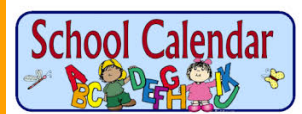
Sarah Pierce, Principal

Cindy Stroud,
Administrative Intern

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812-542-5504

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Attendance Line:
812-542-5301



March 18th Papa John's
Fundraiser for Greenville
PTO

March 26th Backwards Day

Spring Break March
29th-April 2nd

April 5th School
Resumes


April 9th Dress in Pastels

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Thursday, Mar. 18 | AND 20% OF YOUR ORDER WILL BE DONATED BACK TO YOUR SCHOOL.
*Must Use School Promo Code when ordering online, app or phone for school to receive credit.

PARTICIPATING LOCATIONS
713 Highlander Point Drive 812-923-7911

Greenville Elementary YOUR SCHOOL'S PROMO CODE **GREENVILLE**

PAPA JOHN'S
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If anyone in your household gets a COVID test or tests positive for COVID, please contact our school nurse, Sherry Stanfield, at either 812.542.2264 or via email: ssstanfield@nafcs.org. You can also email Ms. Pierce at spierce@nafcs.org

TEXAS ROADHOUSE FUNDRAISING


Support

GREENVILLE ELEMENTARY
MONDAY, MARCH 22
4PM-9PM

10% DONATION NIGHT for Greenville Elementary.

Present this flyer at the Clarksville location and Texas Roadhouse will donate 10% of your total food purchases to Greenville Elementary!

812-280-1103
757 LEWIS AND CLARK PARKWAY CLARKSVILLE, IN



March 22nd	March 23th	March 24th	March 25th	March 26th
Breakfast: #1 Fruit Filled Strudel #2 Cereal Pear Cup, 100% Fruit Juice, 1% White Milk	Breakfast: #1 Apple Cinn Toast, #2 Cereal Orange Wedges, 100% Fruit Juice, 1% White Milk	Breakfast: #1 Breakfast Pizza, #2 Cereal Peach Cup, 100% Fruit Juice, 1% White Milk	Breakfast: #1 Sausage Pancake Sandwich #2 Cereal Peach Cup, 100% Fruit Juice, 1% White Milk	Breakfast: #1 Breakfast Bread, #2 Cereal Strawberry Cup, 100% Fruit Juice, 1% White Milk
Lunch: #1 Pancakes & Sausage, #2 Manager's Choice Sides: Cinnamon Baked Apples, Tater Tots, Seasoned Carrots, Choice of Milk	Lunch: #1 Bosco Sticks #2 Chef Salad Sides: Strawberry Cup, Cheesy Broccoli, Cucumber Slices & Tomatoes, Choice of Milk	Lunch: #1 Chicken Sandwich #2 Mini Corn Dogs Sides: Pear Cup, Manager's Choice Veggie, Celery Sticks with PB, Choice of Milk	Lunch: #1 Roast Turkey & Gravy #2 PBJ Bistro Bag Sides: Applesauce, Mashed Potatoes & Gravy, Seasoned Green Beans, Choice of Milk	Lunch: #1 Walking Taco #2 Yogurt Bistro Bag Sides: Peach Cups, Refried Beans, Garden Side Salad, Choice of Milk

Technology Support

Families should email ingreen@nafcs.org if you do not have connectivity and have not already sent an email.

Student/Parent virtual learner technology support form <https://docs.google.com/forms/d/e/1FAIpQLSek3wG8R726gYtzo96nVsx4Q2EqCzbnFHQHEm nzsPpoWUjZLw/viewform>

Student/Parent technology support call 812-542-4700, Option 1

Information for Parents about Google Meets & Google Classrooms <https://sites.google.com/nafcs.org/nti/parents>