

SPECIAL  
POINTS OF  
INTEREST:

- The importance of thank-you notes.
- What can you do on no-school days?
- The importance of annual eye exams.
- Discovering the world of penguins.
- Finding a hobby you enjoy.
- Making soup.

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# 2010 ~ An Exciting New Year!

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## A Fresh Spin on an Old Tradition

January is a time for renewed focus and setting goals that will bring positive changes in the new year. Common New Year's resolutions are frequently associated with personal improvement; for instance, "I'm going to lose weight" or "I'm going to exercise daily." The turning of a new year offers a starting point for goal setting and planning behaviors that hopefully bring positive results.

Educators commonly begin the new year by asking their students to discuss, write and share personal resolutions: "I will eat vegetables" or "I will be trim by the summer." Negative words are avoided like "don't" or "won't." Resolutions are made with a sincere desire to make changes for the better.

## A Family Promise

Using the letters in the word "family," ask each member of your family to participate in writing 2010 goals.

Use the example below to help you get started:

F - Find ways to help one an-

other with household chores. However, the sincerity and best intentions of students often falls by the wayside as the year progresses. Unfulfilled New Year's resolutions are almost an expect-



Put added sparkle in 2010's New Year's resolutions.

tation.

To increase the effectiveness of resolutions and perhaps create better results, ask students to

make a list of what they know they won't do coupled with what they'll do instead.

- We won't buy cookies at the grocery store; we'll buy fresh fruit instead.
- We will not spend our free time watching television; we will exercise as a family for 20-30 minutes 3 times a week instead.
- We will not wait until the last minute to complete tasks; we will keep a family calendar of important events instead.

By making connections between positive and negative behaviors, changes are more likely to be remembered when the family supports one another.

other with household chores.

A - Ask one another about our day at work or school.

M - Make time to do things together. Exercise, play games or take part in hobbies you enjoy.

I - I will do my part to keep my room clean.

L - Listening when someone is speaking helps us understand their frustrations or concerns.

Y - You make a difference by being yourself. Smile, listen to one another and share your feelings when you feel worried or upset.

## Thank You!



Gratitude is met with delight and maybe another gift in the future!

*“How many times have you heard the phrase, ‘I’m bored?’”*

Children often wear glasses with pride when they find out how much the glasses help them see.



Although technology has greatly diminished the art of writing personal thank you notes, the effort seems to be appreciated when it is practiced.

January is a perfect time to emphasize letter writing skills and the importance of thanking others - especially after so many children receive holiday gifts.

Thank you notes should not be

regarded as a chore. Thank you notes are an opportunity to show gratitude for a thoughtful gift or remembrance. Students can learn an easy, three-step formula for thank-you letters.

- 1) Mention what you are thanking for by name. *“Thank you for the computer game.”*
- 2) Appreciate the “effort and energy the giver put into selecting, purchasing, or making the gift” (Family

Education, 2009). *“I know you put a lot of thought into my gift and your kindness is appreciated.”*

- 3) Mention how the gift will be used in the future. *“I can’t wait to start reading the book” or “I plan to wear the shirt to school this week.”*

When a gift of money has been given, it is not necessary to mention the amount given; referring to “your generous gift” is appropriate.

## I’m Bored!

How many times have you heard the phrase, “I’m bored?” During the winter, and often during no-school days due to weather, children are trapped inside with “nothing to do.” Here are some ideas for those cold, stay-inside days to come:

- Make a bird feeder from an empty milk carton. Cut a 4” x 4” opening on opposite sides of the con-
- Create a wild animal using a paper plate, crayons, markers, stickers and

tainer. Punch a hole below each opening and place a stick through for a perch. Punch another hole through the top and attach a piece of twine. Fill the feeder with bird seed and hang it from a tree branch.

recycled trash.

- Reread a favorite book.
- Dust off a game that hasn’t been played in a while.
- Earn money! Wipe baseboards, vacuum or dust for 25 or 50 cents per room.
- Call a friend or relative.
- Rearrange your room.

## “Eye” See You

If it has been a year since your child has had their eyes checked, this may be a great time to make an eye appointment.

If you do not have insurance or can not afford an eye exami-

nation, the school nurse often helps in conducting eye exams. He or she can tell you whether or not your child needs eye assistance.

If it looks as if your child may need glasses, remember that resources are available if you can not afford them. Remem-

ber that payment plans are often an option as well.

An important aspect of learning is seeing the teacher and reading any information displayed in front of the classroom. When your child’s vision is blurry, it affects his or her learning.

# Penguins, Penguins and More Penguins



Celebrate one day in January in honor of our favorite tuxedoed friend, the penguin.

Check out books from the local library about penguins. Include non-

**Delight your child with penguin factual fun!**

fiction as well as fiction literature.

There have been many popular penguin movies throughout the years. Check out a

movie that is your family's favorite and watch it together.

Focus on discovering penguin facts.

\*What do penguins eat - what does their diet consist of?

\*Would a penguin make a good pet? Why or why not?

\*How does a penguin's body help it in the freezing temperatures?

\*What do penguins need to fear?

\*Do all penguins look alike? If not, how are they different?

\*What is the smallest penguin? What is the tallest?

Discover how fascinating and fun penguins can be.

## National Hobby Month

January is National Hobby Month. A hobby is something you do because you enjoy it; you find it relaxing and interesting. Painting, singing, sports, collecting baseball cards or other objects like shells, rocks or stamps, craft work or building models, playing games or taking care of your pets can all be hobbies.

After a long day that may have been disappointing or frustrating, a

hobby can help you relax and forget your troubles ~ at least for a little while.

Begin the new year with a determination to either find a hobby or to learn more about a hobby you currently enjoy. Visit the library to find books on your hobby and ask others what their hobbies are. You may realize you have something in common with someone which can

make your hobby more enjoyable as you share your knowledge and skills.

A hobby doesn't have to cost money. The things we often do in our "free time" are the things we most enjoy doing - reading specific kinds of books, participating in family game night or cooking together as a family.

*"January is National Hobby Month."*

## Soup Warms the Heart

Warm up a cold day by making a favorite family soup recipe.

Your child can help with the soup by cutting vegetables with your assistance or by mixing vegetables together before placing them in the soup pot.

Your child may also write down the ingredients while you make the soup from memory.

If you are following a recipe, ask your child to help you make a list of what's needed or to gather ingredients. This is also a great opportunity to allow your child to use measuring cups and spoons.

If you have a relative or neighbor who may enjoy the soup, share your family recipe with them by delivering soup to them on a cold, rainy day. Children also enjoy making something for someone when they are not feeling well.



**What's your favorite kind of soup?**

**The Trevor  
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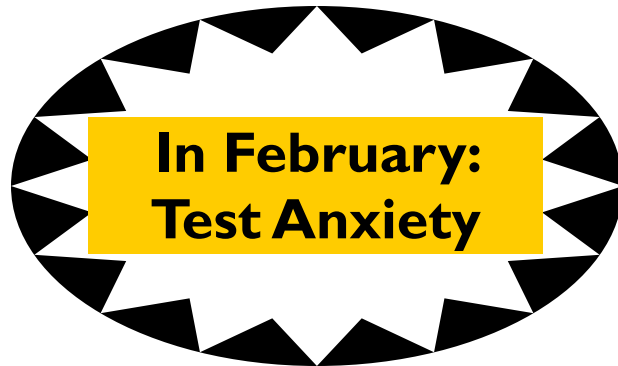
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**Daphne Morris, M.Ed., met Trevor Romain in 1992 when he visited a school as a guest speaker. Impressed by Trevor's profound and meaningful impact on students and educators, Daphne joined The Trevor Romain Company in 2006. A former elementary school principal, Daphne holds two Master's degrees in education.**



## Resources:

Creative Teaching Press. January. California: Creative Teaching Press, Inc., 1990.

Family Education. "Children's Etiquette." <http://life.familyeducation.com/tv/pollresult.php> (accessed July, 2009).

Family Education. "Writing Letters: The Letter Format." <http://life.familyeducation.com/writing/writing-composition/49060.html>



*Happy New Year from  
The Trevor Romain Company.*

*May 2010 be a year enriched with joy in learning in  
your classroom, school, district and community.*