

AK NEWS

AQUARELLE KIDS
academy



JUNE 2010



JUNE THEME
All About Games and Sports!

SPECIAL ACTIVITIES

Saturday, June 12 th	Our Second VPK Graduation Ceremony
Monday, June 14 th	Flag Day Summer Camp & Summer VPK Class begins
Thursday, June 17 th	Dinner with Dad
Sunday, June 20 th	Father's Day
Friday, June 25 th	Parent Night Out 6:30 to 11:00 p.m.
Monday, July 5 th	School Closed Independence Day Holiday

Traveling By Car with Children

Many of us will be travelling by car with our children to our favorite vacation destinations this summer. Listed below are some ideas for how we can make the trip more comfortable and how we can get around the "Are we there yet?"

*Choose whether your children travel better in the early morning or evening hours and match your travel plans. Try to keep car travel to no more than a 6 to 8 hour range of time.

*Equip your car with snacks, crayons, coloring books, travel games, Gameboys and games, personal CD/DVD players and books.

*Make the car comfortable with pillows and blankets.

*Don't fill the interior of the car to the brim, making less space for the children. Instead, consider a car topper for safe keeping of your belongings.

*Make certain to remember the digital camera to create a lifetime of memories.

Dear Families,

Summer is here! At our school, we'll enjoy seasonable activities to keep learning in a fun way. Our theme this month is: All About Games and Sports. Don't miss attending our dinner with dad event on June 17th. You also might even see a collage of red, white and blue for Flag Day! Tell your friends about our summer camp program for children who have completed VPK through eight years old. We will have weekly themes and fun field trips in the new Aquarelle Kids bus! As always, my door is open for you to come to me with comments, concerns and compliments. Ms. Alison, Director

The Sore-Loser Syndrome

Once you have your child engaged in an activity he enjoys, encourage him to do his best. Learning a new sport or skill can be frustrating. Whether he is competing against others or trying to improve or compete against himself, always offer positive and encouraging words. Children have a way of wanting to give up when they don't win. Remind them that the ultimate goal is to have fun. Winning is nice, yes, but it's also nice when everyone gets an opportunity to have fun. Remind him that everyone also has more fun when the loser is a good sport. If he does lose encourage him to congratulate the winner and let the winner know that he enjoyed the fun game. A gracious winner will appreciate the good sportsmanship. You can encourage your child by praising his best efforts. Even if he's not doing well, he's learning and trying. Providing positive feedback will encourage him to keep doing his best and will help him improve. If your child doesn't catch a ball, you could say, "Good try! You were so close. You are getting better every time!" If your child is frustrated, be sure to acknowledge and understand his frustration, "I know it's difficult. I can see you are struggling with this, but remember, the goal is to have fun. Everybody has to practice to improve. You are improving every day." Keep your conversation light, positive, upbeat, and never demanding. The more pressure you put on a child to succeed in an activity meant for enjoyment, the less enjoyment he's going to get out of it.