April 15, 2019

Dragon Tales

Principal, Debra McNally
2461 60th St SE Kentwood, MI 49508 / (616)871-1080

Upcoming Dates

Night Out at Peppino's
April 16 from 4:00-9:00 PM
1515 Eastport Drive

Peppino's will donate 15% of the total non-special items to Discovery's PBIS. Come out and support this great cause!

Popcorn Day
Friday, April 26
Bags are 50¢ each

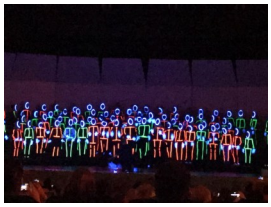
PEAKS Long-Term Project Sharing Night
May 2 from 5:30-7:00 PM in the Library and Cafeteria

5th Grade Field Day
May 7 during the school day at the EKHS Stadium

PTC Fundraiser at Chuck E. Cheese
May 9 from 3:00-9:00 PM
at the 28th Street location

Looking forward to the end of the year...

May 9-10 — Mobile Dentist here
May 10 — School of Choice Application Deadline
May 17 — Mother-Son Game Night, 7PM
May 18 — Girls on the Run at Calder Plaza
May 20 — Picnic and Talent Show Morning
May 23 — Field Day for Y5's through 4th
May 24 — Half Day; dismissal at 12:08
May 27 — No school on Memorial Day
May 29-30 — BOGO Book Fair
May 30 — 5th Grade Class Night, 6:30 PM
May 31 — Last day of school; dismissal at 12:08



Live, Love, Grow!

Thanks to all the parents and grandparents who came out to support our kids last week. Discovery's spring concert, "Live, Love, Grow" was such a fun night! Thanks also to Mr. Conniff for putting together such an awesome show!

The KPS counselors would like to share some tips to help parents understand which apps are safe for kids:

In today's society, access to technology has become the everyday norm. Most children have some form of technology in their home, whether it is a tablet, smart phone, or game system. There are many sites and Apps that your children can browse, but knowing which sites are safe can be confusing. Here are some ideas to help when deciding which Apps are appropriate for your children.

1. Frequently monitor your child's device and the apps downloaded on them. If an App seems inappropriate for their age, delete it.
2. Set up a passcode on their phone to make sure your child can only download what you approve of. (This can be done under the Settings heading)
3. Find time to open and explore your child's current apps or social media sites. Many are age restricted due to adult content or conversations.
4. Be aware that several Apps disguise themselves to look kid friendly, but are not. You can do a search on each site to better understand its purpose as well as its safety features. **
5. Make sure your child's Location is turned OFF on the Apps or Social Media site they frequent

**For more information on creating a password restriction for downloading apps, go to: https://www.sunshineandhurricanes.com/iphone-parental-controls/*

***For more information on which sites are safe for your children go to: http://smartsocial.com Search: Popular Teen Apps List for Parents and Teachers*

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Visit us online at www.kentwoodps.org/ourschools/discoveryelementary

Schools of Choice applications and instructions are now available at the Administration Office (5820 Eastern Ave) and on the homepage of the KPS website. Applications for the 2019-2020 school year will be accepted until 4:00 PM May 10.

Within-District Transfers: To better serve our families in an efficient manner, district procedures have changed for parents who are requesting to change their student's school placement for the upcoming 2019-2020 school year. Please be advised of the following process to ensure your request is given consideration.

1. Parents should pick up and return Within District Transfer (WDT) form at your students' home building.
2. Parents who submit their WDT forms by May 7, 2019 will be notified in June before the office staff leaves for the summer.
3. If WDT is submitted after May 7, 2019, parents will be notified whether their application was approved or denied after registration is held in August.
4. Parents may continue to submit WDT forms during the summer months at the Kentwood Public Schools administration building (5820 Eastern Ave).

Parents with questions or concerns can contact the Student Services Office at 616-455-4400, extension 79927.

Spotlight Project: Hats off to our fifth graders for all the research and creativity they showed off at the **Significant African American Figures Wax Museum**.

Note from the Kitchen: Parents, please make sure you have money in your students' meals account as charging is not allowed. We only have two months left and all accounts need to be in the positive standing. Should you have any questions please feel free to contact Mrs. Reams in the kitchen.

How to help when your child is angry:

Regulating emotions can be difficult for anyone, especially children. Anger is a natural emotion, but can oftentimes be difficult to regulate in children who may not have the tools to calm down on their own. Here are some tips for both parents and children when their child becomes upset.

1. **Be Sympathetic.** What may seem insignificant event to you may have a Huge impact on your child. Always validate their emotions
2. **Give space, but don't isolate.** Allow them a safe space to "cool off" and calm down.
3. **Remind your child that Anger is okay.** Anger is a natural emotion. It is OK to be angry. Remember if giving a consequence, have it be appropriate to the negative behavior, not the emotion.
4. **Don't over react.** It is very easy to get caught up in the strong emotion your child is exhibiting. Try to maintain a calm voice and body. This may help your child calm down sooner than later.
5. **Listen with eye contact.** Children need to feel "heard". Giving them eye contact reinforces that you are present and listening to their feelings.

Here are a few tips that your child can do when upset to help them calm down quicker:

1. **Count to 5.** They can count out loud, using their finger tips, or quietly to themselves.
2. **Take deep breaths.** Breathing slowly in and out helps their body relax and calm itself down.
3. **Blow into their hands.** This helps your child practice deep breathing, and also distracts from the strong emotion they are feeling.
4. **Put hands in their pockets.** This gives their hands a safe place to be while calming down.
5. **Make a fist, then relax.** This will help release any physical energy your child has while being upset or frustrated.
6. **Do a body scan.** This is useful with older children. Have them focus on the body part still agitated to help them relax. Example: heart- slow breathing, muscle tension- physical activity
7. Ask for a hug. Physical contact by a loved one or pet can make the difference on how quickly a child can reboot themselves. Positive touch can be very powerful when trying to calm down.

Information found at viewsfromastepstool.com