

# Open Classroom Community News

Volume 8, Issue 14

April 18, 2008

## Parenting the Positive Discipline Way

Spring is finally here and time to make a fresh start in communicating with our kids. Do you find yourself in any of the following situations?

It is time for bed and it is still light outside. Your kids have Spring fever and are having difficulty letting go of that wonderful fresh air. You need strategies for getting them to bed on time so they are fresh for school in the morning.

Morning time is constantly a struggle in getting the kids off to school and yourself off to work. The strategies for getting the kids up, out of bed, and ready for school never seem to make this transition time any less stressful. It is even more of a challenge when your kids are too young to monitor their own time against a clock/schedule. You want strategies for making this transition less stressful.

Your at a restaurant for a rare dinner out with the family. Your kids are begging for a soda and you would prefer they have something more healthy to drink like water.

If you find that you would like to have some help in better communicating with your children and would love discipline strategies that are positive and not punitive, then this is the workshop for you.

Attached is an outline of the proposed two day Positive Parenting Workshop offered through the OC



Parent Education Committee. This workshop will be presented following an evening Introduction to Positive Discipline taking place Tuesday evening, April 29th. Please review the outline and hold your spot for this fantastic opportunity. Registration for this workshop is due by April 25th.

We need to have your confirmed and paid registration by April 25th to ensure our speaker. If you know that you want to attend or have friends who want to attend please contact me immediately. The registration form is also attached. You can turn it in to Carolyn Turkonis in the Open Classroom Office.

In the Spirit of Cooperative Learning,  
Terri Marshall, Co-Chair  
Philosophy Circle

## AN ALL PROGRAM PARENT WORKSHOP

**DATE:** Tuesday, April 29, 2008

**PLACE:** Auditorium of the Open Classroom

**TIME:** 6:30pm -Social Time  
7:00pm - Workshop promptly commences

**TOPIC:** Positive Discipline at home and in the classroom

Our speaker is Marti Monroe, Ph.D. Her background is in elementary and early childhood education, educational psychology and counseling psychology. She is a licensed Marriage, Family and Child Therapist, a Compassionate Nonviolent Communication Instructor and is a certified Positive Discipline Associate.

You are invited to participate as part of your commitment to the O.C. in place of this month's classroom meeting.



# The Open Classroom Cultural Fair!

Thursday, May 22nd

(Because this day is a half day, culture fair will take up the whole day-Woo Hoo!)

Join us in learning about our wonderful world  
and the people who live here.



## Teaching Parenting the Positive Discipline Way

For parents and educators

April 30 and May 3

(tentative schedule 6:00 - 9:00 PM two evenings and 12:00 - 6:00 PM Saturday pending interest)

Co-Sponsored by the OC Parent Education Committee and the Positive Discipline Association,

[www.posdis.org](http://www.posdis.org),

**For more information contact: Terri Marshall 944-5763**

*Positive Discipline focuses on Discipline that Teaches.*

1. It helps children feel they belong and are significant.
2. It teaches and models mutual respect and encouragement.
3. It is effective long term and considers what the child is thinking, feeling, deciding, and learning.
4. It teaches important social and life skills: respect, concern for others, problem solving, and cooperation, as well as the skills to contribute to the home, school, or larger community.

Participants will:

- Learn research-based, effective tools and techniques for discipline that is kind and firm at the same time, neither punitive nor permissive.
- Learn how to foster your child's independence and sense of cooperation.
- Learn how to love your children but have few tools and resources to parent effectively for today's world.
- Gain practice with experiential exercises that go beyond intellectual understanding and respond in empowering ways with your children.
- Have a set of resource materials for future reference.
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Facilitator: Marti Monroe, Ph. D., Certified Positive Discipline Associates

Questions:

Call or e-mail Marti, 208-938-1339 or [martimonroe@gmail.com](mailto:martimonroe@gmail.com)

TO REGISTER: Call Terri Marshall, OC Parent Education Committee, 944-5763 or e-mail the registration form to [MTGil@comcast.net](mailto:MTGil@comcast.net)

*"The activities were priceless. Much better than being lectured at. So much more powerful. It changed the way I understand and relate to people. Thank you." W.E., workshop participant.*

## Positive Discipline Association Workshop Registration Form

Name of Workshop: Parenting, The Positive Discipline Way

Date of Workshop \_\_\_\_\_ Location of Workshop \_\_\_\_\_

Name \_\_\_\_\_ Name for name tag: \_\_\_\_\_

Street address \_\_\_\_\_

City, State,

Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email address \_\_\_\_\_

### Payment Information:

Suggested Donation: \$170 (for two days), Couple Fee Available: \$220

\_\_\_\_\_ Sending check (payable to SLEF) for \$ \_\_\_\_\_

Signature: \_\_\_\_\_ Date \_\_\_\_\_

Cancellation Policy: Full refund is given if cancellation occurs two before workshop. No refunds if cancellation is less than 2 weeks before workshop.

### PLEASE REGISTER EARLY

Occasionally, we have had to cancel classes only to find that they would have filled with the registrations that arrived late. The decision to cancel a workshop because of low enrollment is made two weeks before the date of the workshop, April 16th.

**For more information or questions, please call Terri 944-5763**

## PFOE Budget Report

**No worries, the PFOE budget is in good shape.**

There is enough money in the PFOE account to pay for all of the expenses that were approved by steering at the beginning of the 2007-2008 school year. Funds are now being set aside for the 2008-2009 school year.

**It is time to submit budget requests for the 2008-2009 school year.**

**Budget Requests are due May 1, 2008.**

If your committee or circle is planning to use PFOE money during the 2008-2009 school year, please submit your budget request by May 1, 2008. The Budget request, should include a brief

description of what the money will be used for, and show how the money will be allocated between the committees within the circle. E-mail your budget request to the PFOE Treasurer, Cathy Meldrum, or write it down on paper and put it in one of the SLEF-PFOE mailboxes in the office or workroom).

**Circle and Committee Budgets do not "Roll Over" to the next school year.**

Remember, on June 30, 2008 all PFOE money becomes part of the PFOE general fund. Committee's and Circles can't "save" money that they haven't used this school year to use for the following school year.

*-submitted by Cathy Meldrum*

## New Public Web Pages

The OC Public Web Pages have been given a major makeover. Take a look at what is new at <http://www.ocslc.org> and you will be routed to the new pages.

Click on any item to open it up. Here are a few suggestions:

Click on the SCHOOL LUNCH MENU to see the latest menu. Click on the picture WHATS ON THE MENU CH 4 to see a movie of our lunch room. Click on Best of Utah 2008 too see the City Weekly Rating of our lunch program.

Click on the Calendar to see events and meetings that will take place at OC.

Click on the Sun to see the latest weather.

Click on any of the Newspapers to see the latest news.

Click on the Map to open up an interactive map with the location of our school on it.

The pages are still in the process of being updated. If you have any comments or questions please click on SUGGESTIONS and email them.

Thanks,  
George Fischer  
Web Chair

## Photo Request

The OC PUBLIC WEB PAGES need photos that have anything to do with OC.

The album on the front page will host the "best of the best" pictures and images from OC. So please send me your best OC photos and keep the others for now. Email photos to [ocmac1@mac.com](mailto:ocmac1@mac.com).



### OC Community Web Pages

<http://web.mac.com/ocmac1>  
Login User: saltlakecity  
Login Password: openclassroom

## Our Fabulous Lunch Menu for the week of April 21 - 25

<b>monday</b> chicken, hummus or cheese pita	<b>tuesday</b> walking taco salad	<b>wednesday</b> baked potato bar	<b>thursday</b> pizza day	<b>friday</b> circular french toast
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As of April 14th, school lunches now cost \$4 for students and \$5 for adults.

**the upper house presents:**

# The OC non-musical musical

**may 19, 16, 17 2008**

**This is an original production written by Upper House OC students and featuring musical numbers from 6 Broadway Musicals. Please mark your calendars and plan to join us – it will be a great time for the whole family. Look for more details soon.**

## Parent to Parent

Last year I attended the inaugural meeting of Utah Moms for Clean Air and learned why it's so important as a parent to work on this issue. They handed us an "Air Pollution Fact Sheet" created by Physicians for a Healthy Environment at that meeting that would scare any parent. Here are a few of the points that really stuck out for me:

- Salt Lake, Provo and Logan consistently rank in the top ten U.S. cities for worst acute spikes in air pollution.
- 4-8% of all deaths are attributable to air pollution (about 1,000 premature deaths along the Wasatch Front annually).
- Air pollution limits the growth of lung capacity in children, thus permanently reducing lung function as an adult.
- Air pollution increases the incidents of SIDS, low birth weight syndrome, premature birth and infant mortality.
- Air pollution increases the incidence of most common forms of childhood cancers, especially leukemia.
- Air pollution is not evenly distributed throughout the community. Hot spots persist along traffic corridors and near industrial sites. The interior of school buses may have four times as much diesel exhaust as the atmosphere outside.

If any of this moves you - please check out the Utah Moms for Clean Air website at:

[www.utahmomsforcleanair.org](http://www.utahmomsforcleanair.org)

*-Jennifer Killpack-Knutsen*

## IMPORTANT O.C. DATES

April 18	Art Stroll 5 - 8 p.m.
April 21	Special Budget Discussion Steering Meeting (6:30 p.m.)
April 29	All Program Parent Workshop 6:30 (pg.1)
April 30	OCCN Submissions Deadline
May 1	PFOE Budget Request Deadline (pg. 3)
May 1	Community Circle Meet- ing
May 14	OCCN Submissions Deadline
May 15 - 17	OC Non-Musical Musical (pg. 5)
May 22	Cultural Fair (all day) (pg. 2)

Check out Lena's Class on KSL!  
<http://www.phillipsvideopost.com/Lena>

## OCCN Submission Deadlines for the remainder of the school year

### OCCN No. 15

Submission Deadline: 4/30/08  
Published: May 2, 2008

### OCCN No. 16

Submission Deadline: 5/14/08  
Published: May 16, 2008

### OCCN No. 17

Submission Deadline: 5/28/08  
Published: May 30, 2008


Next OCCN: May 2, 2008

**Submissions Due: April 30th**  
by 7 p.m.  
(note time change)

Please email submissions to  
[oc.communitynews@gmail.com](mailto:oc.communitynews@gmail.com)  
Thank You!

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Salt Lake City  
  
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This issue of the OCCN was edited by Jennifer Killpack-Knutsen.  
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