

# JAMES H. BEAN SCHOOL NEWSLETTER

## JANUARY 2017



2896 Middle Rd, Sidney, ME 04330 \* [www.rsu18.org](http://www.rsu18.org) \* 547-3395



Dear Parents and Students,

When I was about eight years old, my dad and mom started building a house right behind the little pink building I called home. My dad was a mason by trade and began laying blocks for the foundation immediately after the large hole had been dug. It was the only brick home on the street. Not because we had money by any means. It was because dad had a skill set that made it extremely economical to use blocks and bricks rather than pouring a foundation and using clapboard or vinyl siding.

I would watch in awe as dad would scoop a trowel of mortar, place it on a brick, edge the mortar in a perfect angle on four sides and squish the creation onto the next row of bricks. It truly was an artful skill! And I so adored my dad at these times. One day he handed me a trowel and a brick and said, "Give it a try." I was beside myself with glee. I scooped the mortar, which dripped off the trowel. Dad helped me to get the "just right" amount after several tries. I then placed the mortar onto the brick and it dribbled off in clumps of discouragement. After the third try I threw the trowel down and cried. Dad knelt down and growled, "Nancy, stuff is always hard when you first start out. If you give up this easily you'll never do anything with your life. People don't get things just because they want them. You have to work at it. Sometimes it takes years to get good at something."

I sniffled and asked him how long it took him to learn how to lay bricks so well. "I've been doing this since I was about your age," he said. "Your grampa taught me and my first try looked a little worse than yours does right now. But, grampa gave me a few bricks and some mortar and I would practice every day while he was working on building chimneys, fireplaces, and homes. That's how you get good at something. You just practice. And practice some more."

Dad lived that philosophy and I watched it. Every day. Building a skill and building perseverance, grit, and resiliency is a life long practice. Something you do every day.

Angela Duckworth and Chris Peterson have done extensive research around the idea of grit. When they studied challenging situations (National Spelling Bee, West Point cadets, etc.) they found that one characteristic was a significant predictor of success. Not social intelligence, good looks, physical health or IQ either. Grit was the determining factor in successful people. But, how do you teach grit?

Well, Papa had it right. You live grittily! You share stories about times in your life when grit, perseverance, and resiliency were necessary for you to get to the next level, be successful, or learn something new. Read stories about grit and give your child perspective about problems to prevent them from giving up, quitting or losing hope. Papa knew that after three tries I needed some coaching, some assistance, and lots of encouragement to get that blob of mortar to stick to that brick! Most of all help your children understand it takes time. You don't develop a skill over night and you don't become gritty overnight either.

Let them know they need to keep reading even when it becomes difficult. Keep working those math problems even when they want to give up. Keep playing that piano even when you are tired. Becoming gritty is tough... but... it is so necessary to become successful, productive, and happy in our lives. I didn't become a mason but I'm pretty sure that wasn't what dad was trying to teach me.

Thankful for a gritty dad,  
Dr. Nancy A. Reynolds

### JANUARY

- 1/4 School Board Meeting, 7:00 PM, MMS
- 1/18 School Board Meeting, 7:00 PM, Central Office
- 1/13 NO SCHOOL-IN SERVICE WORKSHOP**
- 1/16 NO SCHOOL – HOLIDAY**
- 1/17 PTO Meeting, Portable, 6PM
- 1/20 GR 3, 4, 5 Fun Night
- 1/26 Gr. 4 Concert, Café, 6:30PM

### FEBRUARY

- 2/1 School Board Meeting, 7:00 PM, Central Office
- 2/4 PTO Father Daughter Dance
- 2/10 Gr 3, 4, 5 Fun Night
- 2/20-2/24 NO SCHOOL- WINTER BREAK**

### MARCH

- 3/1 School Board Meeting, 7:00 PM, MMS
- 3/2 Gr. 3 Concert, Café, 6:30PM
- 3/3 Gr. 3,4,5 Fun Night
- 3/16 EARLY RELEASE – NOON**
- 3/17 NO SCHOOL – IN SERVICE**
- 3/18 Sidney Town Meeting 8:00AM-5:00PM
- 3/22 School Board Meeting, 7:00 PM, MMS
- 3/25 PTO Mother/Son Night
- 3/31 Gr. 3,4,5 Fun Night

### **A Request from the Nurse.....**

Winter is here and it is very cold. I have a lot of students asking to borrow winter gear for recess. Students are expected to go outside unless it is raining or they have a doctor note stating why they may not go outside.

Please make sure you send your child to school with a winter coat, snow pants, boots, hat and mittens each day. Every item is important and necessary for our Maine winter weather.

We would also like to suggest that you send in an extra change of clothes, just in case they get wet outside. We want to avoid disrupting your workday with phone calls requesting dry clothes.

Thank you,  
Jodi

# The Bulletin Board

## DONATIONS WELCOME!



If you have any winter outerwear that your child has outgrown and you would like to donate it to the school, please send it in. We are always in need of mittens, ski pants, and coats.

## BLACK BEAR BOOK CHALLENGE IS ON

Students in grades 3,4,5 are encouraged to read over the holiday break and work towards completing the challenge. They must share a response to each book they have read. Some examples of how to share a book are:

- write a summary
- make a poster
- do a book talk (or book commercial )
- create a work of art
- make an i-movie
- design a comic book version

Students who are successful in completing the challenge will be invited to a special celebration in June.

## A BIG SUCCESS WITH BREAKFAST WITH SANTA

The PTO team would like to thank the following for volunteering at Breakfast with Santa:

Bill McFadden, Mrs. Bartley, Lexie Dostie, Alex (Dostie family member), Chrissy Cummings, Megan and Jessica Charrier, Emily Levesque, Karen Henning, Lorena and Gary Tondreau, Thomas College education students, and Key Club members from RSU 18

We would also like to thank local businesses, parents and family members, teachers and school staff for supplying brownie mixes and supplies.

Without the above support the event would not and could not be a success. It truly was a community event.

The PTO raised approximately \$3,500 from Breakfast with Santa.

## WREATH FUNDRAISER SUCCESS

Thank you to Wreaths of Maine located in Waterboro, Maine for supplying the PTO with such beautiful wreath to sell. We had another successful wreath fundraiser this year. The wreath fundraiser raised \$1,241 after expenses.

Ms. Tonge's Pre-K class will receive a pizza party for selling the most wreaths for the fundraiser.

## Keep Bedtime Routines Manageable

Unless carefully managed, bedtime routines can be drawn out almost indefinitely, thus defeating the purpose for which they're intended. A child quickly learns that by taking charge of the show, he can significantly delay the time of going to bed. For example, he may have to repeatedly switch his stuffed animals because he can't find quite the right combination to make him sleepy on a particular night. Or he may desperately need the answers to questions that will keep him awake if he has to wait until morning.

Allow your child flexibility within the routine, but keep things under your control by limiting the choices available. For example, let him choose different stuffed animals for bed each night, but keep him to a fixed number. Let him choose a story and a song, but not a whole book or CD. Try to keep the bedtime routine to no longer than 30 minutes.

As your child gets older, you should gradually begin to step back and let him become more in charge of his bedtime routine. Providing these opportunities during his daily routine is also a way to help him become more self-reliant.

*Source Sleep: What Every Parent Needs to Know (Copyright © 2013 American Academy of Pediatrics)*



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## PTO NEXT MEETING

Our next PTO meeting will be held on January 17<sup>th</sup> at 6:00PM in the portable. We will be discussing/planning out spring events. We look forward to seeing you in January!

## DUNKIN' DONUTS FUNDRAISER

The PTO is currently selling Dunkin' Donut Community mugs (while supplies last) for \$20.00. The cup entitles the purchaser to a free hot or iced tea or coffee on Sundays through the 2017 calendar year.

