



Rock Creek Newsletter

The Rocketeer



9 Ways to Enjoy Holidays with Your Children

1. Get your children involved in the holiday planning.
2. Start a family tradition- whether its decorating your house, singing holiday songs, or baking cookies.
3. Participate in a random act of kindness with your children: serve food to the homeless, sing at a nursing home, bake cookies for neighbors, or select and deliver Angel Tree gifts.
4. Read a story about Christmas traditions around the world.
5. Keep a normal routine for the holidays so your child eats healthy food and goes to bed on time.
6. Remind children of the behaviors expected of them.
7. Letting children participate in shopping for just the right gifts for friends and family can boost their esteem and self-confidence.
8. Limit television and video games and emphasize exercise to cope with holiday stress.
9. Remember what the holidays are all about and communicate that to your children through the experience of helping others and talking with them about the true meaning of the holiday season.

source: urbanchildinstitute.org



FAIRNESS QUOTES

- “We hold these truths to be self-evident, that all men are created equal.”- U.S. Declaration of Independence
- “Equal is everyone getting the same thing. Fair is everyone getting what they need to be successful.”- Unknown
- “It is not fair to ask of someone else what you are not willing to do yourself.”- Eleanor Roosevelt
- “Play fair. Don’t hit people. Say your sorry when you hurt somebody.”- Robert Fulghum
- “I speak to everyone in the same way, whether he is the garbage man or the president of the university.”- Albert Einstein
- “Live so that when your children think of fairness, caring, and integrity, they think of you.”- H. Jackson Brown



IMPORTANT DATES

- 12/20- Students released at 9:30 AM
- 12/21-1/5- Christmas Vacation!
- 1/8- Students return to school

HAPPY HOLIDAYS
FROM
ROCK CREEK
ELEMENTARY SCHOOL