

# Charles F. Bolden, Jr. Elementary/Middle

## Bolden Bugle



January 22, 2013

### Vision Statement

The vision of Bolden Elementary/Middle School is to increase student performance by inspiring curiosity and the love of learning in all students.

Dear Parents,

Keeping the lines of communication open is important as we work together for the success of all our students. This Friday, we have scheduled an 11:30 Early Dismissal in order to provide time for mid-year parent/teacher conferences. These conferences are scheduled based on either teacher or parent requests. If you are interested in scheduling a conference, please contact your child's teacher at 843-846-6112.

Thank you for your continued support of our vision "to increase student performance by inspiring curiosity and a love of learning in all students."

Your partner in education,

Vicky Parr  
Principal

GO EAGLES!

**JOIN US FOR FAMILY HEALTH/  
WELLNESS NIGHT  
THURSDAY, JANUARY 24, 2013  
5:30 PM TO 7 PM**



Quality of life is directly related to optimal physical condition, healthy eating, and emotional well being. Regular physical activity can increase your chances of living longer, decrease incidence of depression, and assist in maintaining a healthy weight. Physical activities are also a great way to meet new people and make new friends.



**Parents with your student(s);** please join us for our Bolden ES/MS Family Health/Wellness Night on Thursday, January 24, 2013 from 5:30 PM to 7:00 PM. Some of the events are as follows: Interactive Programs, YOGA, Relaxation Room, My Plate/Portion Control, Emotional Well Being, Dental Health, Health Information Displays, and more!



**Free Homework Pass for all participating students.**

## Data Corner

Our data shows good gains in our students reading lexile levels from the beginning of the year. We expect to see this trend continue with our daily focus on reading and student participation in Reading Counts.

### Scholastic Reading Inventory (SRI)

Beginning of the year (Advance & Proficient): 63%  
Middle of the Year (Advance & Proficient): 78%

### Baseball/Softball Tryouts

Tryouts for baseball and softball will be held on January 28 for all interested 7th and 8th graders.

Current school year sports physicals must first be completed for any student wishing to try out. Sports physical forms may be picked up from the school office or the nurse.



Students in Gifted Education and Creative Thinking sent snowflakes to help provide a "Warm Winter Welcome Back" to students in Newtown, Connecticut. They created a word wall of inspirational words and each child wrote an encouraging statement to all. Writing focus—word choice and sentence fluency from the Six Traits of Writing.

Children and Deployment Stress

As service members continue to deploy, and families adjust to the changes, some will “take it in stride”, while others struggle. Parents concerned about their children coping may or may not be aware that their children are dealing with stress that they are unwilling or unable to acknowledge or communicate. Signs of stress in children can appear differently than those of adults. For parents who are concerned that their child is experiencing more than the “normal” adjustment to deployment (or other stressful events), there are some common signs and helpful strategies to consider. Though not a complete list, awareness of the following can help parents and other caring adults determine if support or intervention is needed.

- Changes in behavior, mood, sleep, concentration
Changes in academic performance or school behavior
Changes in appetite, bed wetting, thumb sucking
Less interest in activities or time with friends
Development of nervous habits, such as nail biting (esp. younger children)
Self injury , such as hitting self, head banging, cutting
Complaints of head or stomach aches with no known cause

What parents and other concerned adults can do:

- Notice “out loud” mood or other changes, providing support and encouragement to talk.
LISTEN attentively and calmly, let them finish, validate feelings; it is not necessary to solve all their problems, but very important for them to feel safe and connected to share their concerns.
Help them with feelings vocabulary to help them communicate.
Provide comfort-“Snuggle” with a favorite book or kid video, even briefly.
Play with your child, especially physical activities; a game, shooting hoops, riding bikes, etc.
Quality time can be as simple as asking them to tell you about their day (and listening!). Note that “how was your day” may only result in “fine” or “ok”. Asking them to tell you about it encourages their story.
Be aware of adequate nutrition, rest, and physical activity, which are invaluable stress busters.
In difficult situations such as deployment or divorce, encourage your child to ask questions, communicate concerns, then listen and support them.

Resources:

If things don’t improve, or worsen over time, it can help to get others involved to support children AND parents. Some excellent (though by no means all) resources include:

- School staff, including teacher, guidance counselor, psychologist, Principal-Bolden Elem/MS 843-846-6112
Family doctor
Chaplain
Military One Source 800-342-9647
School Liaison Officer-Tricommand Beaufort 843-228-6128
Military Family Life Counselor – Bolden Elem/MS 843-637-9797
New Parent Support 843-228-3451
Behavioral Health (TriCommand or private) 843-228-6126; 843-228-2044
FRO, family, friends, many other military resources

Deployment, and other stressors, can be challenging, difficult issues for parents and children. We encourage you to communicate, ask for assistance, and be aware that you are not alone. And thank you for your service.

UPCOMING EVENTS
22 Jan—Trevor Romain Presentation for Parents @ Elliott Elementary (2:30)
22 Jan—Boys & Girls Basketball @ Whale Branch Middle (5:00)
23 Jan—Boys & Girls Basketball @ Beaufort Middle (5:00)
24 Jan—Report Cards Issued
24 Jan—Health & Wellness Night (5:30-7:00)
25 Jan—Early Dismissal/Parent Teacher Conferences (11:30)
31 Jan—Awards Ceremony, 6th—8th grades, in Cafeteria (1:45)

Feel Free to Contact Us
Phone: (843) 846-6112
Principal: Vicky Parr Email: vicky.parr@am.dodea.edu
Superintendent: Dr. Samantha Ingram Email: samantha.ingram@am.dodea.edu
Superintendent’s Office Hours at Laurel Bay: January 22 & 29 11:00a-2:00p
Visit us on the web at: www.am.dodea.edu/Bolden