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| Wray of Sunshine Mindology Fitness Kids  Newsletter |  | |  |
|  | | Three Essential Ingredients for School Success |
|  | | First Edition| February 2022 | Winter | |
|  | **Attention:**  Our attentional system is sensitive to stress and becomes engaged with positive emotions.  The School Family reduces stress while creating an atmosphere of caring, encouragement and meaningful contributions.  **Willingness to Learn:** Without willingness, each interaction becomes a power struggle instead of a learning opportunity. The School Family brings all children and adults, especially the most difficult, to a place of willingness through a sense of belonging.  **Impulse Control:**  Connection with others is the construct that literally wires the brain for impulse control. Disconnected children are disruptive and prone to aggressive, shutting down or bullying behaviors. The School Family uses connection to encourage impulse control while teaching self-regulation skills in context. | |
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| Dear Families,  We need your help in doing everything possible to curb the rise in coronavirus cases within our community and to keep everyone in our center safe and healthy.  Please be patient with us as we personally ask you each one of these questions.  Has anyone in the home has been quarantined, exposed, or tested for COVID-19?  If the answer is yes, your child will need to stay home through the 14-day quarantine from the date of exposure.  Has your family been fever-free for 48 hours or more?  If the answer is no, your child must stay home until symptom free for 48 hours.  Has anyone in your family or household have or had a cough or respiratory symptoms (or been exposed to someone with symptoms) in the last 48 hours?  If the answer is yes, your child must stay home until everyone symptom free for 48 hours.  Is your child is feeling well, with no other signs or symptoms of illness (including rash, headache, vomiting, diarrhea, sore throat, earache, severe headache, etc.)?  If the answer is no, your child must stay home until symptom free for 48 hours.  Please note that we will also ask you if you have traveled outside of the state.  If the answer is yes, we implore you to follow the Travel Advisory from the WA  Department. <https://www.doh.wa.gov/Emergencies/COVID19> |
|  | **Contact Info:**  **Director:** Felicia Wray  **Email:** feliciadwray@gmail.com  **Phone: 425-905-5389**    ***Kind Regards!!!*** | |

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|  | | | Conscience Discipline | | | | | | |
| **Conscious Discipline:**  The school family is built on a healthy family model – the goal of which is the optimal development of all members. | | | | | | | | | |
| Conscious Discipline’s original application is in the classroom, but these methods apply seamlessly to all human interactions. Conscious Discipline has the power to affect every relationship. It now includes a program designed specifically for parents. <https://consciousdiscipline.com/methodology/seven-skills/> | | | | | | | | | |
| 7 Skills of Discipline  **Composure**: Life Communication Skills: Anger management, delay of gratification. Value: Integrity  **Encouragement**: Life Communication Skills: Pro-social skills: kindness, caring, helpfulness. Value: Interdependence, optimism, gratitude  **Assertiveness:** Life Communication Skills: Bully Prevention, healthy boundaries. Value: Respect for self and others  **Choices:** Life Communication Skills: Impulse control, goal achievement Value: Persistence  **Empathy** Life Communication Skills: Emotional regulation, perspective-taking. Values: Honouring diversity, honesty  **Positive Intent** Life Communication Skills: Cooperation, problem solving Values: Compassion and generosity  **Consequences** Life Communication Skills: Learning from my mistakes. Values: Responsibility  School climate impacts all achievements. The culture of a school can fosters bullying, blame and cliques or it can build cooperation, willingness, and responsibility. | |  | | **Wray of Sunshine**  **1326 5th Street A-2**  **Marysville WA 98270**  [**(mindologyfitnesskids.com)**](https://www.mindologyfitnesskids.com/)  **Schedule**  7:30 am - Opening/ Set Up  8 am - Welcoming Friends  Mindology Fitness  Transition Topic  8:45 am - Book/ Art / Science  9:45 am Pick up  10 am - Welcoming Friends  Mindology Fitness  Transition Topic  10:45 am - Book/ Art/ Science  11:45 am -Pick up  12 pm Break  1 pm Welcoming Friends  Mindology Fitness  Transition Topic  1:45 pm Book/ Art/ Science  2:45 pm Pick up  3pm Welcoming Friends  Mindology Fitness  Transition Topic  3:45 pm Book/ Art/Science  4:45 pm Pick Up  5 pm Closed  Open to Public Monday, Tuesday,  Wednesday, Thursday, Friday,  Saturday (Sundays Optional) | | |  | **Dates to Remember in 2022:**  **February 1st,**  **- Black History Month**  -Pre-Registrations, payments required to reserve your child’s spot.  -Pick up late fee $1 per minute  **February 14th**  Happy Valentine’s Day  **Friendly Reminder:**   * Wash Hands Upon Arrival * Change of clothes, socks in a Ziploc bag to leave at school, label with your child’s name on bags. Label each item * Label cups and personal belongings from home, keep in cubby * **NO SHOW AND TELL** – No toys from home * Take art, schoolwork and extra items home at the end of day * *No Outside Shoes Inside* **shoe covers welcomed**, socks or house shoes okay, **back up pair of shoes that are comfortable encouraged.** * No ointment, lotions, chap sticks in cubbies. Please give to the teacher. * **NO NUT** products in the classroom * Please email or call if your child will be absent | |
| “**It Takes A Big Heart To Shape A Little Mind”** | | | | | | | | | |
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