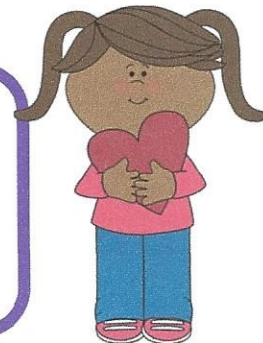


# February



# Dolphin Digest

"Be the reason someone smiles!"  
News From The Parent Center



## Mark your calendars!

- \*Feb. 3<sup>rd</sup>-8 am  
Dolphin Dash
- \*Feb. 6<sup>th</sup> & 13<sup>th</sup>-  
Good News Club
- \*Feb. 9<sup>th</sup>-  
Progress Reports
- \*Feb. 12<sup>th</sup>-  
Field Trip (5<sup>th</sup>)
- \*Feb. 15<sup>th</sup>-  
PTO Meeting  
TBA
- \*Feb. 19<sup>th</sup>-23<sup>rd</sup>-  
**WINTER BREAK**
- \*Feb. 27<sup>th</sup>-  
Field Trip (4<sup>th</sup>)
- \*Feb. 28<sup>th</sup>-  
Field Trip  
(KK & 1<sup>st</sup>)

| February 2018 |     |     |     |     |     |     |
|---------------|-----|-----|-----|-----|-----|-----|
| Sun           | Mon | Tue | Wed | Thu | Fri | Sat |
|               |     |     |     | 1   | 2   | ★   |
| 4             | 5   | 6   | 7   | 8   | ★   | 10  |
| 11            | 12  | 13  | 14  | ★   | 16  | 17  |
| 18            | ★   | 20  | 21  | 22  | ★   | 24  |
| 25            | 26  | 27  | 28  |     |     |     |

TBA-Valentine and/or Black History activities

\*Weekly Events-STEAM Mondays  
-Title Thursdays

\*\*No events during Winter Break  
or when school is not in session.

## Come out on Saturday February 3<sup>rd</sup>, 2018 at 8 am for Dolphin Dash!

Ways to show your support that day-

1. Register that morning and show off your skills.
2. Cheer on the runners.
3. Volunteer to help on the course.
4. Give a donation if you choose not to run.



### Parent Liaison

Greetings family, I am so excited about the month of February! Not only does it fill us with thoughts of love and togetherness, it is also Black History Month. This month we will learn and reflect on the contributions that African Americans have given to make this country great. This is also a time to reevaluate what we offer as individuals to make our families, workplaces, schools, & our communities better. Everyday is your chance to make a difference. Remember to be the change that you want to see in this world! P. S. Be on the lookout for Black History activities this month!

*Mrs. Crane Gray*

## 5 Real Ways to Show Your Kids You Love Them

By Josh & Jenny Solar

1. **Tell them you love them and praise them often.**  
This sounds obvious. But you can never tell someone you love them too often. All people love to hear that they are important, and that they are doing things that make you happy. Think about praising your child for doing something right instead of always scolding him for doing something wrong. Praise reinforces to your child that they are loved.
2. **Really listen to your children.**  
When you're having a conversation, make eye contact and listen to what your child is telling you. You will make her feel important and loved by focusing on her completely while she is telling you a story or asking for advice.
3. **Be physically and mentally there for your kids as much as possible.**  
When you're watching your son play soccer, watch the game and cheer him on. When you're playing with your daughter, put your cell phone away and just focus on the game. When your attention is elsewhere, that makes them feel less important to you. Put the focus on your kids and watch them soak it up!
4. **Create habits and traditions that encourage family togetherness.**  
We're getting busier and busier, which translates into less & less family time. Even with less time to spend together, you can still create a strong family bond that will extend through childhood into your kids' adult years. Establish routines that will make up the culture of your family. Like nightly snuggle chats: a little bit of snuggling and a little bit of chatting or family dance parties in the kitchen. Family traditions are also great for strengthening the bond. Activities like apple-picking every fall, Halloween parties, or summer bucket lists are great ideas. All of these things help create memorable family experiences. When kids are remembering a fun time you had together, it reinforces the idea that you love and adore them.
5. **Encourage their dreams.**  
It's really easy to get caught up in our own ideas of how our kids should live their lives. I know because I'm guilty of it. Instead of pushing your kids to do things *you* want them to do, give them the space and the encouragement to pursue their *own* passions and dreams. Talk to them about things they are interested in, and find ways to help them learn more about whatever makes their hearts sing. You'll instill self-confidence as well as an overwhelming feeling of love.