

CAVE SPRING ELEMENTARY SCHOOL

Newsletter

JAN. 08



It is almost impossible to believe that we are at the beginning of a new year, 2008. How time most certainly flies. I remember, only yesterday it seems, when my oldest started kindergarten and I had the desire to soak up every project, every assignment, every moment to help out that I could. If only I could hold on to those moments a little longer. Now, she is getting ready for her orientation to middle school next week. Where does the time go?

Lucky for most of us, there is a new year and a chance to try again to do all those things we have said we would like to do. Maybe you have wanted to help out at the school but just haven't found the time. Well, it is never too late to start. We can always use new volunteers in the lunchroom, library, duplicating, etc. Maybe you have wanted to spend more time with your children doing the things that they enjoy. Start planning a family game night, movie night, bike ride, etc. Maybe you have wanted to help out in your community more. Well, there are plenty of places that can use you and your child – make it a family activity. Never wait for tomorrow to start what you could do today.

Here is to wishing you the very best in 2008 and to hoping that you will find a way to hang on to every moment you have with your children.

PTA President
Tracy Delaney

GUIDING GOOD CHOICES WORKSHOPS

The Roanoke County Prevention Council is offering workshops for parents of children in grades 3-8. For more information check out our website: csespta.com

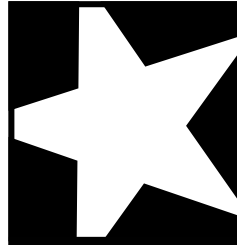
Auction is Coming!!
Save the Date...March 14th



Some great items already being generated:

A trip to Myrtle Beach
A weekend in Charlotte
A coffee table from Hartwell Design
A day bed from Virginia Furniture
Market... and more to come.

Come join the fun!



MARK YOUR CALENDAR:
PTA General Meeting
Tuesday, Feb. 12
7:00 pm

CSES PTA is proud to present:

Young Audiences
Arts for Learning
Virginia

ATUMPAN STORYTELLERS

Performing not only as storytellers but also as musicians, students will feel as if they have been swept away to Africa!

Bring the whole family out for a wonderful evening of FREE entertainment!

**(The evening program will be
different from the school day program)**

Reminder that the directory is for personal use only and not for e-mails, addresses or phone numbers for solicitation purposes.

**The PTA Nominating Committee
is taking nominations for:
1st VP, treasurer and secretary**
Contact Keller Sadler at 725-2033 or by email:
ksadler3@cox.net

VOLUNTEERS NEEDED:

Have fun while helping out at our school!
We have 2 volunteer positions open:

1. First Lunch on Tuesday
2. Library on Monday morning

Contact: Karen Cook 725-8241

THANKS!!!!!!

Dear PTA,

We want to thank you all for purchasing six more ACTIVboards. This will give us three per grade level which supports our long-term plan to have a board in each classroom. The enthusiasm of both teachers and students who use the boards proves their worth each day. We are so grateful for all of your efforts to provide this wonderful teaching tool for our school.

Sincerely, CSES Faculty and Staff



GIFTED ART SCREENING

Screening for Gifted Art will take place during March and April of 2008. Any parent, teacher or administrator wishing to nominate a student for the **Gifted Art screening** should do so before March 9, 2008. **March 9, 2008 is the deadline for acceptance of all nominations.** Nomination forms will be sent out to all second grade students in January. All other interested students may obtain nomination forms from the Roanoke County Website or may call Patsy Porterfield at 562-3729 for more information.



csespta.com

The place to find out information about
Cave Spring Elementary PTA

Our website
is your source for:

PTA Budget, Volunteer Information,
Newsletters, Upcoming PTA Events, PTA
Meeting Dates, Fundraising Information and more!

PICTURES, PHOTOS!!!!!! We need your pictures! CSES has a slide show at the end of the school year. When you are at a school event bring along your camera. Then submit your photos on a disk via backpack to Russ Delaney (Mrs. Wyatt's class) or email them to: csespictures@cox.net

HELPING OUR CHILDREN FACE NEW CHALLENGES by *Ken Nicely, Principal, HVMS*

I had the opportunity recently along with some other Roanoke County principals to take part in a conference call with Dr. Al Siebert, author of such works as *The Survivor Personality* and *The Resiliency Advantage*. As the conversation soon turned to how his research could be applied to working with students more effectively, I was encouraged to hear him confirm that we as parents and as educators play such a vital role in setting up our children for success in life. He talked at length about the potential harm we can do to our children in trying to remove all of the bumps along the road of life in an effort to make normal life experiences as easy as possible for them. He suggested, rather, that we should praise our students' efforts and hard work as they struggle to confront and overcome the natural challenges that life often brings. Another researcher, Dr. Carol Dwek, indicates that children often confront a crisis of confidence when they enter middle school:

Many students look fine when things are easy and all is going well. But many students, even very bright ones, are not equipped to deal with challenges. When they hit more difficult work, as they often do when they get to...middle school, they begin to doubt their intelligence, they withdraw their effort, and their performance suffers. We have seen this happen to students who were top students in grade school—they seem to lose their confidence, their liking of school, and their determination to do well. Why is this? I have found through my research that these students hold a certain belief that undermines them at this crucial point. They believe that intelligence is a fixed trait—that some people have it and others don't—and that their intelligence is reflected in their performance. Basically, these students who thought they were really smart in grade school, when they were doing well, but now they are frightened that they are not. They are scared that the difficulty they are experiencing means that they are in fact dumb. Furthermore, they are worried that if they try hard and still do poorly, they will really prove they're dumb. So instead of digging in and doing what it takes to succeed, they start withdrawing from school and devaluing academics. The students who blossom at this time are the ones who believe that intellectual skills are things they can develop. They see the more difficult schoolwork as a challenge to be mastered through hard work, and they are determined to do what it takes to meet these new challenges (2005).

Clearly, the way we as parents and educators guide our children and encourage them to embrace challenge is critical to their long-term success. The healthy image that is invoked is one of us walking beside our children with guidance and appropriate support rather than walking out in front of them clearing away the obstacles. From this perspective, it is easy to agree with Dr. Dwek's conclusion that the greatest gift we can give our children is a love for learning and the ability to "thrive on new obstacles". It is the same notion of the often-told lesson of the butterfly: it is through the necessary struggle to break out of the cocoon that fluid is forced from the butterfly's body into its wings, giving it the ability to fly. Let's work together to help our students find their wings.