

Lunch Break

You asked.

We listened.

ELA's PTO is organizing catering as an option for school lunch.

Watch for more details in the July issue of Enlightenment.



Building Progress

Finish work is going on at our middle and elementary school facilities. Final exterior work is being completed on the main administration building. You can look forward to seeing landscaping upon completion of the administration building. The roads have also recently been completed directly surrounding the ELA campus. Our first furniture deliveries are scheduled for mid-July, and we look forward to involving ELA parents to ensure our classrooms are set up before school starts in late August.

Summer At-home Foreign Language Program Has Started

We distributed the 75%-off PowerSpeak discount code to ELA parents in late May. To learn more about the foreign language options available for ELA students, visit our website.



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Bag it!

Looking to diverge from the conventional sandwich and chips you throw in your child's lunch bag? Here are some delicious and nutritious ideas to spice things up.

- Homemade granola bars can be much healthier and economical than pre-packaged bars. Or, make your own trail mix by throwing together a variety of nuts, dried fruit, and chocolate chips that your child enjoys. One combo includes shredded coconut, dried cherries/cranberries, shelled pistachios/walnuts/almonds, granola clusters, and chocolate chips.
- Use frozen ice packs to help keep cold foods cold. Freezing drinks like juice boxes can also help keep foods cold. (Keep in mind that the containers are likely to sweat while thawing, so wrap your food well so it does not get soggy, and consider a reusable lunch tote to avoid a wet bag.)
- Pack fresh fruit with yogurt dip.
- A bag of bamboo skewers from the store is useful even without a grill. Line up chopped fruit or berries on a skewer for a fruit kebob, or poke cubes of salami, cheese, cucumber, grape tomatoes, olives, and bell peppers.
- Make fancy sandwiches by cutting shapes out of the bread with a cookie cutter (use the crusts and scraps to make breadcrumbs or croutons).
- For a nutritious lunch, pack some raw, or lightly steamed (then chilled) vegetables such as broccoli, cauliflower, or carrots. Add a small container of dip (or individual package of salad dressing) and you have a great snack or lunch addition.
- Hummus, whether used as a dip or a sandwich spread, is a great addition to any lunchbox.
- Pack yesterday's dinner—some leftovers are delicious served cold. Examples include: pizza, spaghetti, salmon, pasta salad, frittata, BBQ chicken, or meatloaf. Seal well, and then pack with a frozen juice box or a cold pack if the food might spoil.
- Boiled eggs are a simple, healthy addition and you can make them several days in advance. Just make sure you store them in the refrigerator and pack them with an ice pack. For how to boil an egg, go to <http://kidscooking.about.com/od/howtocook/ht/howtoboilaneegg.htm> (Cont'd on p. 2...)

Bag it! (...cont'd from p. 1)

- Steam a big pot of rice on Sunday to use throughout the week. Then steam veggies the day before. Combine rice and veggies with leftover meat from dinner, such as teriyaki chicken.
- Make a big batch of soup such as minestrone or chili on Sunday, and pack it in a sealable bowl with toppings such as chips, grated cheese, or croutons.

For more lunch tips and ideas, try out these articles online—

Brown bag lunch ideas, tips, and recipes

<http://www.amazingmoms.com/htm/baglunches.htm>

15 fresh brown bag lunch ideas

<http://www.webmd.com/food-recipes/features/15-fresh-brown-bag-lunch-ideas>

Quick, healthy strategies for packing lunches

<http://www.cookiemag.com/food/2008/08/lunch>

Here's to promoting healthy bodies and strong minds!



Dustin Tibbitts is the Executive Director of New Haven, in Saratoga Springs and Spanish Fork. New Haven provides educational, treatment, and recovery programs for adolescent girls and young women experiencing emotional or behavioral difficulties.

Dustin is also an ELA parent and has consulted our administration regarding policies and procedures.

10 Reasons Why Your Consequences May Not Be Working

By Dustin Tibbitts, LMFT

Many parents struggle to find ways of motivating their children. Still more parents are confused by the appropriate way to discipline their child when that child's behavior needs correction. Written below are very basic suggestions to help parents gauge the effectiveness of their attempts at behavior modification.

Basic principles for applying consequences to children

Consequences should safeguard dignity and basic human rights and parents should use them to teach rather than to punish. Consequences should reinforce family values, strengthen relationships, and be based upon teaching positive values. As parents, we should practice intervening with the least restrictive or adverse conse-

quences before moving on to stricter, more controlling methods. For example, we should not use humiliating, demeaning or inherently frightening consequences. We should never withhold the necessities of life from our children, such as food, sleep, drink, or bathroom use.

In extreme cases, such as if a child is harming herself/himself, others, or severely damaging property, it may be wise to physically intervene (with a restraining bear hug, for example) if it can be done safely. We should be cautious and use the least amount of force required when intervening in a physical way with a child; doing otherwise can leave deep emotional scars.

After reading this, most parents (**cont'd on p. 3...**)

10 Reasons Why Your Consequences May Not Be Working (...cont'd from p. 2)

agree with all or most of the content, and wonder why their consequences have not worked. If this sounds familiar, consider the following—

Ten ways you may be misusing consequences

1. **Your child does not care about the consequences you are using.** For example, you give your son a consequence that he cannot go with you to visit Grandma and Grandpa if he does not finish his homework. If he thinks going to visit his grandparents is boring, then this is actually a reward for not doing homework!
2. **Your child cares about the consequence, but there is not enough of it, or it is not potent enough to motivate her/him.**
3. **You choose the wrong time or place to apply a consequence.** Berating your child in front of friends for not cleaning her/his room is a good way to foster resentment in your child towards you. Correcting your daughter after a friend leaves is a better way to reinforce cleanliness as a family value.

4. **There is a history of inconsistency on your part.** This is a very common mistake, because parents get tired! Follow-through with previous consequences sets an expectation within your child for the next round of consequences.

5. **Your child is incapable of doing what you ask.** You may ask her to clean the garage as a consequence, but she has no idea where your tools should go, how to soak up an oil spill with sawdust, or what to do with an old recliner you have stored where the car should be. Make sure you match consequences with ability.

6. **Your instructions were not clear.**

7. **The way you issue the consequence feeds your child's misbehavior.** How often have you observed someone (maybe even yourself) yell, "Don't you yell at me, young man! Go to your room if you're going to talk like that!" You may be trying to teach a valuable lesson on respect, but you are inadvertently modeling the very behavior you are trying to extinguish.

8. **Your child has discovered a loophole.** Some parents will try to motivate their children to perform basic behaviors by always promising them something. For example, you tell your daughter, "If you get 90% on your next math test I'll buy you a new outfit." If used too often on a



budding negotiator, she will quickly learn to say, "Will you buy me a video game if I ace my spelling test?" Doing her best should be reward enough.

9. **You have used the consequence too often.** We can only ground our children for so long before they decide that they are going to be grounded for life and that there is no point in trying to follow the rule that got them grounded in the first place! Shorter, more immediate consequences are most effective for children of any age.

10. **Your relationship with your child is damaged.** This is the most overlooked reason, but the most important. If the majority of the time you spend with your child is when you are correcting her/him, eventually your child ends up expecting any interaction to be disciplinary. Some children will continue to misbehave simply to have *some* form of contact with their parents. For many children, negative attention is better than no attention at all!

Reminder: ELA Student Get-Togethers

Early Light Academy's PTO is excited to invite you to an event where your student(s) can get to know their classmates!

Saturday, June 20th

3:00-5:00 PM Kindergarten - 6th grade

6:00 - 8:00 PM 7th - 8th grade

Canyonview Park, 12268 South 4320 West
(Huron Rd.), Riverton, Utah

What we need:

- parent volunteers for middle school
- small plastic wading pools
- water coolers with ice water
- set of field bases

Please contact **Melinda Poulson** if you have any questions or you would like more details.



Hiring Update

We have completed all hiring for elementary school positions and are finalizing a few positions at the middle school level. Currently our open positions are PE/health, CTE/computers, school secretary, part-time media specialist, and instructional assistant positions for all grades. Visit our website to view a complete list of teacher bios.

Highlights from K¹² Math Night

Thanks to all the parents and teachers who attended our second curriculum night. Our June curriculum night focused on K¹² Math. Rhiannon Lind, our K¹² facilitator, guided the evening by reviewing K¹²'s math features using SMART-Board technology. Student volunteers were able to sample a lesson using the SMARTBoard, answering questions and playing games. Manipulatives were also available for parents to see. We are excited about introducing this multi-sensory approach to learning math at Early Light Academy.

Academica West: Your Questions Answered

Who is Academica West?

Early Light has contracted with Academica West, a professional management company that provides comprehensive services and support to charter schools. Academica West ensures that each of its client charter schools is professionally managed, and operates in compliance with local, state, and federal laws and regulations. Academica West offers guidance and resources to guide charter schools from conception onward. Most importantly, Academica West ensures the vision of a charter school board of directors is implemented faithfully and effectively.

Why involve a third party?

A charter school can benefit from professional management that relieves the school from administrative and compliance burdens it would otherwise shoulder internally. Academica West makes professional management a cost effective option for a school's governing board. This allows a school's administration to focus on proper instruction.

How many schools does Academica West manage?

Academica West maintains a reputation of excellence. They currently serve six operational and four planned charter schools throughout Utah.

What do the services of Academica West cover?

Their job begins with facilitating the completion and timely filing of all financial and programmatic reports to proper governmental agencies. Additionally, Academica West provides human resources development, board training, payroll, annual financial audit support, professional accounting services, and internal control development, along with a list of many other services.

Does Academica West direct or influence the vision of Early Light Academy?

Academica West was founded on the principle that each charter school is a unique educational environment that is governed by an independent board with a specific vision for its school. Academica West's primary purpose is to facilitate a board's vision for its school and ensure that vision is implemented. To that end, Academica West provides each school with the services desired by the school's board.





Web Highlights

Be sure not to miss these recent additions to our website—

- New teacher bios, <http://www.earlylightacademy.org/Faculty.html>
- Staff bios, <http://www.earlylightacademy.org/Staff.html>
- Facility pictures, http://www.earlylightacademy.org/Building_Progress.html
- Board meeting minutes, http://www.earlylightacademy.org/Board_Meetings.html

If you haven't already, please take a few minutes to complete the volunteer survey at http://www.surveymonkey.com/s.aspx?sm=68NIWqQ3EaO944j2xyzKOG_3d_3d



Enlightenment Issue 05 June 2009



Approximate coordinates
11700 South and 5100 West
South Jordan, UT 84095
801.302.5988
www.earlylightacademy.org

Thank you to all who contributed to our newsletter

Wade Glathar
Director
wglathar@earlylightacademy.org

Barbie Harper
Enlightenment Editor
bharper@earlylightacademy.org

Mia Prazen
Board President
mprazen@earlylightacademy.org

Julie Thomas
Board Vice President
jthomas@earlylightacademy.org

Jen Jacobsen
Board Secretary
jjacobsen@earlylightacademy.org

Kevin Passey
Board Finances
kpassey@earlylightacademy.org

Melinda Poulson
PTO President
mpoulson@earlylightacademy.org