



THE TUESDAY

10/19/10

TYLER *Times*

PLEASE SHARE WITH YOUR PARENT OR GUARDIAN

UPCOMING EVENTS

Wednesday, October 20

Parker River Indian Groves Citrus
Order Forms Due

Wednesday, October 20

Picture Day Review Session
5-8pm at Tyler

Thursday, October 28

Records Day
EARLY DISMISSAL 12:15pm

Friday, October 29

Professional Development Day
SCHOOL CLOSED

Saturday, October 31

Halloween

Saturday, November 6

Walk Now for Autism
National Mall 10am

Family Resource Center Reading Campaign

Help us kick off our bring & leave a book reading campaign! The Family Resource Center would like to encourage reading not only with our children but in our adult community. Starting this week, we welcome drop off of gently used books whether it be adult or children's. These books are free for anyone to take and read!

PTA is Seeking Room "Parents"

Do you like to know what's going on at school? Do you enjoy talking to anyone and everyone? Please consider joining the Room Parent team at Tyler! We are

looking for one, two or more adults—parents, guardians, grandparents—to represent each classroom (including Specials) to work with teachers and staff to establish class communication methods (phone trees, email, yahoo group, etc.). Room "Parents" will also help teachers plan field trips, coordinate parent chaperones, coordinate snacks, and birthday/holiday/ appreciation presents. The team is the champion for the teacher in the PTA and elsewhere and will help make the classroom experience better for every child! If you are interested in representing your child's class, a specials teacher or another teacher who might not have a Room Parent yet, please contact Lillian Ramsden at lramsdn@mindspring.com or (202) 320-6196.

Tyler's 1st Annual Harvest Festival

Saturday October 23, 2010, 11:00 - 3:00 pm. Don't forget to join us at Tyler for children's handcrafts and fun activities including a magic show, petting zoo, pumpkin painting, moon bounce, music, and more! Bring some old clothes to build a scarecrow and wear your costume to win fantastic prizes! Admission is free. Proceeds from food and drink sales support the Tyler PTA.

Walk Now for Autism

On Saturday, November 6th, Autism Speaks is hosting its annual "Walk Now for Autism Speaks" event to raise money for autism research. Last year our team

was 15 members strong, this year we only have a few members. We need you! Come join us for the walk! It will start at 10 am at the National Mall. Make a difference and walk with us, ask friends and family to donate, and spread the word. To join our team, go to <http://www.walknowforautismspeaks.org/national/tylertigers>

Fall Fundraising

Claire's orders went in last week—thank you for participating! Please turn your forms in for Parker River Indian Groves Citrus to your teacher or to the PTA mailbox in the main office no later than Wednesday, October 20th. Please include the order and the payment (cash or checks made payable to "Tyler Elementary PTA"). Remember to put your child's name and a phone number on the form. The citrus will arrive at Tyler the first week in December.

School Pictures

You should have received a flyer with instructions on accessing your child's school photo. If you do not have access to a computer or need in-person help, please attend the Picture Day Review session at Tyler on Wednesday, October 20th, 5:00 - 8:00 p.m. You will be able to view your child's photo online and purchase prints or other photo products of your child. Questions? Contact Daniel Traster at 202-544-4764 or by email at dtraster@gmail.com.

SEE OVER FOR MORE ➔

RECONGNIZING AND MANAGING STRESS WITH CHILDREN

Recognizing Stress in Children

Small children with under-developed communication skills may display stress very differently than an adult does.

Often kids' stress is internalized and most noticeable in physical symptoms such as frequent flu-like symptoms including headache, stomachache, and even nausea.

Children under stress may regress to behaviors like bedwetting, clinginess, and frequent crying. Behavioral symptoms may be extreme at both ends of a behavior spectrum. A normally active child becomes either listless or hyperactive, a usually docile child has fits of anger or a child that "acts out" becomes docile and introspective.

Some signs of stress in kids are easily confused with children's mental disorders. For instance, if schoolwork slides or your child's circle of friends undergoes a drastic change, it isn't a sure sign that your child is on drugs. Situations like these may simply indicate a child's inability to handle a stressful situation.

Helping Kids Reduce Stress

Children primarily learn by example. You can develop skills and child-oriented stress management techniques to help your kids recognize and manage their stressors.

- ▶ **Eat healthy.** A healthy body is better able to withstand stress-induced illness. Schedule regular meals and snack times. Don't allow your child to skip meals.
- ▶ **Vigorous exercise is a good stress reliever.** Just like adults, kids need time to unwind. If your kids are bound to video games, television, or a computer, get them on their feet by providing and encouraging the use of active toys like balls, punch bags, and bikes. If your child presently appears to be stressed, make a point of playing with them. Time spent with your kids is a great vehicle for

getting them to open up the lines of communication.

- ▶ **Be clear in setting rules and consistent with discipline.** Kids live in a "black and white" world. Blurred guidelines and inconsistencies are even more confusing for them than they are for adults.
- ▶ **Gentle physical touch is a great healer.** Sometimes a hug is worth more than a thousand words. Another physical stress reliever can be a gentle massage of your child's neck and shoulders. Like you, your kids can also get knotted up with stress!
- ▶ **Learn to be a good listener.** When your child wants to talk about his or her problems, don't criticize. In addition, it isn't always necessary to give advice. Sometimes kids just need to talk. Encourage them with open-ended questions like, "So what happened next?" "How do you feel about that?"
- ▶ **Teach your kids that everyone (including you) makes mistakes.** A good start is admitting your mistakes to your children with an "I'm sorry" or "My mistake" when you goof-up. If the situation warrants, use personal examples of stressful situations you encountered during your childhood. Even if you were unsuccessful in dealing with your situation, you'll teach your kids that you can learn from and even laugh at your own mistakes.
- ▶ **Finally, teach your kids stress relieving exercises** and help them find stress reducing games they can play to reduce their stress.

Stress Reliever Games

Computer Games

You may already have a few easy stress reliever games on your PC. FreeCell, Minesweeper, Arcade Games, Action Games, Puzzle Games, Strategy Games, and solitaire are great ways to relieve your stress. There are also tons of online Internet games that are mostly free.

Off-line Stress-busting Games

- ▶ Play a quick game of solitaire the old-fashioned way!
- ▶ Rubik's Cube
- ▶ Slinky
- ▶ Punch balls
- ▶ Crossword Puzzle Books

Stress Reliever Exercises

- ▶ **Blow it off.** Since breathing comes naturally, deep breathing is often overlooked as an exercise, but it's an excellent stress reducer. Breathe in while tucking in your tummy and feel the air as it expands your lungs and your chest. Breathe in to the count of four and hold it for two counts. Then exhale to the count of four. Take 2-4 deep breathes several times a day.
- ▶ **Get up and stretch.** Visualize the stress flooding from your back, legs, your shoulders, and pour out of your fingertips and toes.
- ▶ **Take a short walk.** A brisk ten or fifteen minute walk each day is not only physically beneficial but transfers your focus from your problems to the scenery along your route.
- ▶ **Squeeze a lemon.** Squeezing a lemon or tennis ball is a good way to keep your fingernails from biting into your palms!
- ▶ **Progressive relaxation** is especially beneficial when stress keeps you from getting a good night's sleep. Start at your toes and "tell" them to relax. When you feel them relaxing move to your feet, ankles, calf muscles, knees, thighs and so on up your torso to your shoulders and finally to the top of your head or alternatively down through your arms to your fingertips.
- ▶ **Dance.** Join an aerobics class, a tai chi class or just turn on the tunes and dance. Dancing has a double advantage in that along with exercise, music is a great stress reducer.