



Open Classroom Community News

Volume 11, Number 4

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Co-Oper Challenge of the Month

This month's challenge: Find three kids you find challenging, note something unique about them and tell them you noticed.

- 1) I notice that you always wear boots. You must like them!
- 2) I always see you playing basketball at recess. Is that your favorite sport?
- 3) You have a guitar on your shirt. Do you like music?
- 4) I notice you're wearing skater shoes. Do you skate board?

You'll be surprised at how much they tell you about themselves and even more surprised at how much you appreciate them for doing it.

Also, did you know that all of the worksheets from the co-oping workshops are available online? They can be found here: <http://ocslc.org/ochome/family-involvement/information-for-co-opers/>.

-Co-Op Committee

Capri Sun Fundraiser

We started our Capri Sun fundraiser to earn money for our school. It all began one day when we found several Capri Sun pouches in the trash can in the cafeteria. We were very upset because we realized they could be earning money for the Open Classroom. Brooke asked Katie if she would like to help with this project. Katie said yes!

We started by making a sign and using a tub to collect all the Capri Sun pouches that we found in the cafeteria during lunch. We have several kids that give us their empty pouches every day. We are planning to make a presentation in every classroom soon so more kids will help us.

Please send empty Capri Sun pouches from home to Denise's class.

Thank you for your time,
Sincerely,
Brooke F. and Katie J.
Denise's class

Glee

Monday Mornings
at 8 a.m. in the gym

Hello OC Community,

When I was in graduate school for School Counseling, I took Child Development and was required to attend a parenting class - how lucky for me because I was a new mom of two six month old boys. I learned great things that helped me through the first couple of years of parenting and then realized that I was in need of more support when my boys started pre school. I signed up for another parenting class and learned more tips and strategies to help me with this wonderful and challenging role as a parent.

I am sharing this because that requirement turned out to be a wonderful opportunity. Children don't come with a "how to" manual, so the parenting classes provided me with tools and resources that I would have never had access to had I not taken the classes. In case anyone else it interested in a "how to" manual for their children, I have attached a list that I have collected of parenting classes in the valley. You'll need to call for start dates, but many of them are free or relatively low cost. I have now attended 4 different parenting classes. I have learned new

things from all of them because my children were at different developmental stages and I was looking for relavant tips for that age. I hope you find this list helpful. The classes were very benefical for me and my family. I'm sure I'll still take more as I progress on this parening journey.

From one parent to another,
My best,
Rose Evans
OC Counselor

Parenting Classes Resource List

Utah Family Center

801-266-6166

Family Support Center

Sugarhouse 801-487-7778 Anne

Midvale 801-255-6881

Spanish Speaking 801-255-6881 Bonnie

Family Support & Treatment Center

801-229-1181

-Parenting Skills Class & Group

-Kids Social Skills Groups (8-12)

1255 North 1200 West Orem, UT 84057

Jordan Family Education Center

801-565-7442

-Single parent classes

-Effective parenting classes

-Support groups

* usually free through the district

Davis County School District (PERC)

801-402-7309

Parent Education Resource Center

Granite School District – Community Ed

801-685-4512

Ask for parenting classes/Love and

Logic

Murray District

801-264-7400 Deb Ashton

Salt Lake School District – Community

Ed 801-578-8236 Carol

-No classes during summer months

Family Center of Utah Valley

225-7440

Children's Service Society

801-355-7444 Beth or Bonnie

-Grandfamilies program

Grandparents raising children class

801-581-1330 Robin Hearsh

-w/children's group at the same time

(6-12yrs)

Moms of Preschoolers (MOPS)

801-967-3679 Tammy Carlson

-Support groups with speakers and

activities

Parenting with Love and Logic Courses

801-553-0622 Kathleen Jensen

12257 South 800 East Draper, Utah 84020

Internet Parenting Classes (free)

Online parenting class

[www.onlineparentclass.com/Utah-](http://www.onlineparentclass.com/Utah-Parenting-Classes.aspx)

[Parenting-Classes.aspx](http://www.onlineparentclass.com/Utah-Parenting-Classes.aspx)

Fight 4 Kids

www.fight4kids.com

Utah Youth Village

www.utahparenting.org/class.php

Power of Positive Parenting

[ocw.usu.edu/Family.../oer-power-](http://ocw.usu.edu/Family.../oer-power-of-positive-parenting)

[of-positive-parenting](http://ocw.usu.edu/Family.../oer-power-of-positive-parenting)

Parent-to-Parent: Salt Lake Area

Family Training on ADHD

(Attention-Deficit/Hyperactivity Disorder)

A series of 7 two-hour classes for anyone who wants to learn about ADHD

1 Overview of ADHD

What is ADHD? • What conditions may co-exist with ADHD?

2 Assessment to multimodal treatment

The science of ADHD • Assessment / evaluation process for ADHD • Multimodal treatment plan • Medications used for ADHD • Psychosocial interventions

3 Developing Parenting Strategies & Positive Behavior Interventions – Behavior Management, Part I

4 Strengthening Family Relationships- Behavior Management, Part II

5 Educational Rights for Your Child with AD/HD.

Understanding the processes under the federal education laws (Section 504 and IDEA)

6 Building an Education Team: Bridging the Gap between Home and School

The purpose of homework & the stages of the homework process • School-home communication and Tips for organizing school work and supplies

7 Resiliency, Teen Challenges and Future Success



Pre-registration is required (For Classes taught in Spanish Call Julie Moreno, 272-1051 or 867-2375)

Dates and times: The Fall 2010 Series will run weekly from 6:30 to 8:30 p.m. starting Tuesday October 5th through Tuesday November 16th. (1st Session begins at 6:15 pm)

Location: Valley Mental Health Children's Outpatient Services Building, Suite A170, 1141 East 3900

Cost: \$60/couple (\$50 for CHADD members) for the entire series (covers the cost of materials). **Limited scholarships are available for financial need.**

To register: Call Susan McDonald, 467-8553. Make checks to CHADD of Utah.

Parent Comments: "There were different presenters which kept it interesting....the 2 hours flew by." "Excellent info!" "Every question I had was answered." "Great teachers." "Strongly recommend." "I also loved how the students in class related so well to each other. It was like a support group."

Endorsed by: Children and Adults with Attention-Deficit Disorders (CHADD) of Utah • The Utah Collaboration for ADHD (UCADD) CHADD of Utah, Salt Lake Branch • Intermountain Pediatric Society (AAP Chapter) • Utah State PTA Education Commission • Intermountain Health Care (IHC) • Edward G. Callister Foundation • School Districts: Murray, Davis, Weber, Ogden, Carbon • Valley Mental Health and UEA (Utah Education Association) • South San Pete, San Juan, Wasatch and Washington

Put it in the bin!

Hello from the Recycling Committee!

The OC does a great job of recycling and that is because everyone pitches in....thank you to co-ops for helping students to empty classroom recycling bins during jobs time.

You have probably noticed the big blue bins in the upstairs and downstairs hallways. They are labeled for Paper Only or for Plastic, Steel and Aluminum. We are separating these items because the OC earns about \$30/

month for collecting paper and cardboard and recycling it in the big green dumpsterlet's keep that money coming in!

Some reminders:

- Most candy bar wrappers and chip bags (the kind with foil inside) are usually a mix of sources and can't be recycled. Other than that, almost every piece of plastic or metal can be.
- If you have time during your co-op shift, check in the with

the cafeteria committee to see if they need help rinsing out cans or breaking down boxes. They recycle a lot of material every day!

- If there is food residue on it, please don't put it in the bin.
- The bins go out to the curb every Monday to be emptied. If you can't see them in the hall, that's probably where they are.

Thanks so much for all you do!

-submitted by Rachel White

YES! Blue Bin Curbside Recycling Pickup

Phone books, Cartons, Cereal and paperboard boxes, All plastics, number 1-7, Magazines, Newspaper and inserts, Junk mail & office paper, Paper rolls, Paper bags, Plastic grocery bags, Aluminum beverage containers, Tin (steel) food cans, Shoe boxes, Packaging from frozen & microwavable meals, Plastic coated milk and juice cartons, Corrugated cardboard, Styrofoam

NOPE!

Glass of any kind, Scrap metal, batteries, small appliances, Diapers, Ceramics, Clothing, Napkins, paper towels, toilet paper, food wrapping, Dryer lint, Food and green waste

Options are available for the proper disposal of many of these items. Please visit www.slcgreen.com for more information.

Seen on the Chat List

Hello OC,

Many of you voted for the grant that Urban Village applied for through 350.org. The grant was obtained. So what now? Mark your calendars, plan a healthy brunch and come out on October 9th and/or 10th.

October 9th is a preparation day. Between 1-4 come help prepare the playground for activities on the 10th. We need people to sweep the playground so new lines can be painted. Can you help unload some truckloads of mulch for our new planter boxes? Bring a shovel and come on over! In fact, if you have a pick-up truck would you volunteer to pick-up a load of mulch?

October 10th is the day we build the planters and re-paint the playground. We will also care for our trees. We have learned the trees on our playground have a fascinating history as a species. The day will close with a celebration to mark a community effort to enhance and beautify the OC playground.

There is more information to follow. What's important now is that your calendar is now marked!

See you there!

Keri Sanders



What's Coming Up?

October 5, 2010

Steering meeting
Time: 4:30 pm

Time: 1:05 pm
School ends at 1:05.
Student Parent Teacher conferences follow

October 9, 2010

Playground Work Party
Time: 9:00 am
Meet on the Open Classroom
Playground 9am - 5pm

October 14, 2010

Professional Conference
No School all day

October 12, 2010

Student Parent Teacher
Conferences
Time: 1:05 pm
School ends at 1:05. Student
Parent Teacher conferences
follow

October 15, 2010

Professional Conference
No School all day

October 13, 2010

Student Parent Teacher
Conferences

October 18, 2010

Non Student Day
Teacher professional
development all day

Open Classroom Community News

The OCCN is a newsletter produced, approximately every two weeks, by and for the entire OC community of students, parents and teachers. Please consider submitting any written articles or artwork about OC life and happenings.

Submissions will be accepted at any time, but deadlines for each edition will be the Monday before publication at 7:00 PM

The upcoming deadlines are Mondays, October 11, October 25, November 8, November 29, and December 13.

Please send any submissions to oc.communitynews@gmail.com