



THE JAGUAR JOURNAL

Respectful, Ready, Responsible, Proud

March 9, 2018



Mar 14, 2018
Annual Art Walk
5-7 pm

5th Grade Choral Review
6:30 pm

Mar 15, 2018
Future Chef Competition

Mar 20, 2018
PTO Meeting
9:15 am

April 7, 2018
Barnum Ball
6-11:30 pm
Ethan Allen Hotel

April 16-20, 2018
Spring Break
NO SCHOOL

Dear Parents, Guardians and Caregivers,

When we consider the skills and habits of mind that our children must develop, resilience is an attribute which rises to the top of the list. As we begin to prepare children so that ultimately they will be ready for college and career, resilience has been heralded as an essential life skill. So how then do we as parents and educators help our students?

Research shows that we all can develop resilience, and we can help our children develop it as well. It involves behaviors, thoughts and actions that can be learned over time. In essence, through our actions and reactions, we can build and hone this attribute.

The following are tips to building resilience.

1. Make connections with your child.
 - Teach your child how to make friends, including the skill of empathy, or feeling another's pain. Encourage your child to be a friend in order to get friends. Build a strong family network to support your child through his or her inevitable disappointments and hurts.
2. Help your child by having him or her help others.
 - Children who may feel helpless can be empowered by helping others. Engage your child in age-appropriate volunteer work, or ask for assistance yourself with some task that he or she can master.
3. Maintain a daily routine
 - Sticking to a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage your child to develop his or her own routines.
4. Take a break
 - While it is important to stick to routines, endlessly worrying can be counterproductive. Teach your child how to focus on something besides what's worrying him/her. Be aware of what your child is exposed to that can be troubling, whether it be news, the internet or overheard conversations, and make sure your child takes a break from those things if they trouble him/her.

5. Teach your child self-care

- Make yourself a good example, and teach your child the importance of making time to eat properly, exercise and rest. Make sure your child has time to have fun, and make sure that your child hasn't scheduled every moment of his or her life with no "down time" to relax. Caring for oneself and even having fun will help your child stay balanced and better deal with stressful times.

6. Move toward your goals

- Teach your child to set reasonable goals and then to move toward them one step at a time. Moving toward that goal — even if it's a tiny step — and receiving praise for doing so will focus your child on what he or she has accomplished rather than on what hasn't been accomplished, and can help build the resilience to move forward in the face of challenges

7. Nurture a positive self-view

- Help your child remember ways that he or she has successfully handled hardships in the past and then help him understand that these past challenges help him build the strength to handle future challenges. Help your child learn to trust himself to solve problems and make appropriate decisions. Teach your child to see the humor in life, and the ability to laugh at one's self.

8. Keep things in perspective and maintain a hopeful outlook

- Even when your child is facing very painful events, help him look at the situation in a broader context and keep a long-term perspective. Although your child may be too young to consider a long-term look on his own, help him or her see that there is a future beyond the current situation and that the future can be good. An optimistic and positive outlook enables your child to see the good things in life and keep going even in the hardest times.

9. Look for opportunities for self-discovery

- Tough times are often the times when children learn the most about themselves. Help your child take a look at how whatever he is facing can teach him "what he is made of."

10. Accept that change is part of living

- Change often can be scary for children and teens. Help your child see that change is part of life and new goals can replace goals that have become unattainable.

Very truly yours,
Alison Salerno
Principal

Miren los eventos que vienen pronto a nuestra escuela!

[CLICK HERE](#)

Veem os próximos eventos na nossa escola!

[CLICK HERE](#)



SAVE THE DATE

The fourth grade will be visiting

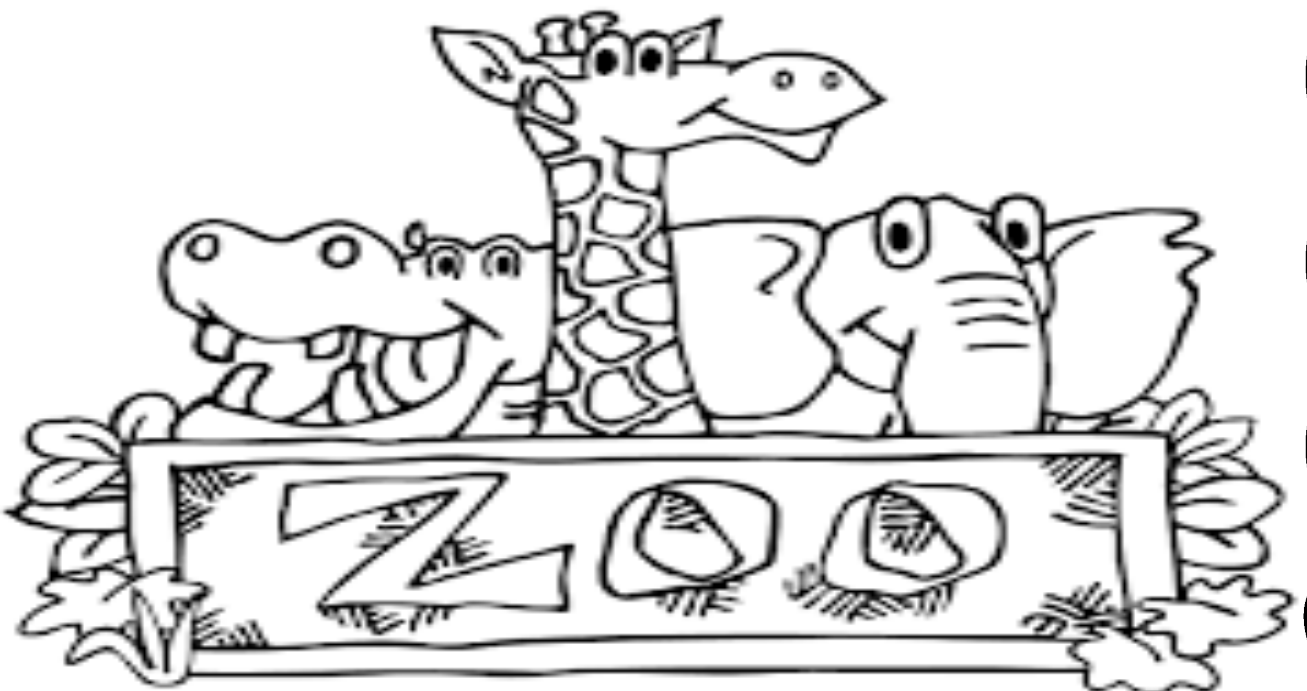
The Bronx Zoo

on Tuesday, June 5th.

The fee for students and
chaperones is \$45.

All parents are welcome.

We will be leaving Johnson at 8:20am
and returning at approximately 3:30pm.
Parents will need to pick up their child from Johnson





This year's Art Walk
invite artwork is
by Lola Huseby

R. M.T. Johnson School invites you to The 18th Annual Art Walk

Wednesday, March 14, 2018

5:00 – 7:00 p.m. at Johnson School

* 5th Grade Choral Review with Recorder & String
Ensemble @ 6:30 p.m. in the Gym

* There will be a wide assortment of artworks
by all the 4th & 5th graders.

Come out and enjoy the festivities!





R.M.T. JOHNSON SCHOOL
RESPECT • READY • RESPONSIBLE • PROUD



PTO CORNER

School Store is open every Thursday morning!

Box Tops have been collected - 4th and 5th grade class winners will be announced in March!

Upcoming Events - Email rmtjohnsonpto@gmail.com to sign up to volunteer!

- Mother's Day Plant Sale
- 5th & 6th Grade Social @ BMS
- BOGO Scholastic Book Fair
- 5th Grade Picnic
- 5th Grade Moving Up Breakfast

Fundraisers:

Don't forget to consider Smile and Box Tops during your shopping and cooking!

- Flowers for Spring! – The paper portion of our Spring fundraiser wrapped up today, but online ordering is available from now until June 1st. Keep selling!
- Spirit Wear is coming! Get ready to show your Johnson and Bethel pride. Orders are due by Friday, March 9th.
- Box Tops – We've earned over \$700 this year so far! Keep clipping and saving!
- Amazon Smile – Set up your Amazon smile to support Ralph M T Johnson PTO. 😊

PTO Meetings:

- 3/20 @ 9:15 am
- 4/24 @ 9:15 am
- 5/15 @ 9:15 am

Have questions, ideas or want to be involved?
The PTO is a very family-friendly organization and all are welcome!
Contact us at rmtjohnsonpto@gmail.com



Bethel Girl Scouts with
Brotherhood in Action

**FOOD
DRIVE**

Girl Scout week
March 12-16th

**Non-perishable itmes: canned
vegetables, canned beans, tuna**



PICK A PROJECT !

LEARN !

HAVE FUN !

STEM ROCKS!



SCIENCE | TECHNOLOGY | ENGINEERING | ARTS | MATHEMATICS

EXPO 2018

APRIL 26TH 6:00- 8:30

K-5 PRESENTERS WANTED!

[Click here to find out more information on the EXPO website](#)

**QUESTIONS!
CONTACT ME**

Kit Nielsen

nielsenk@bethel.k12.ct.us

BETHEL EDUCATION FOUNDATION
INVITES YOU TO THE 12TH ANNUAL BARNUM BALL

AN EVENING IN OLD HOLLYWOOD

A FUNDRAISER TO SUPPORT INNOVATION, CREATIVITY, AND EXCELLENCE IN OUR SCHOOLS

SATURDAY, APRIL 7, 2018

ETHAN ALLEN HOTEL

ALL INCLUSIVE 6:30-8:30PM

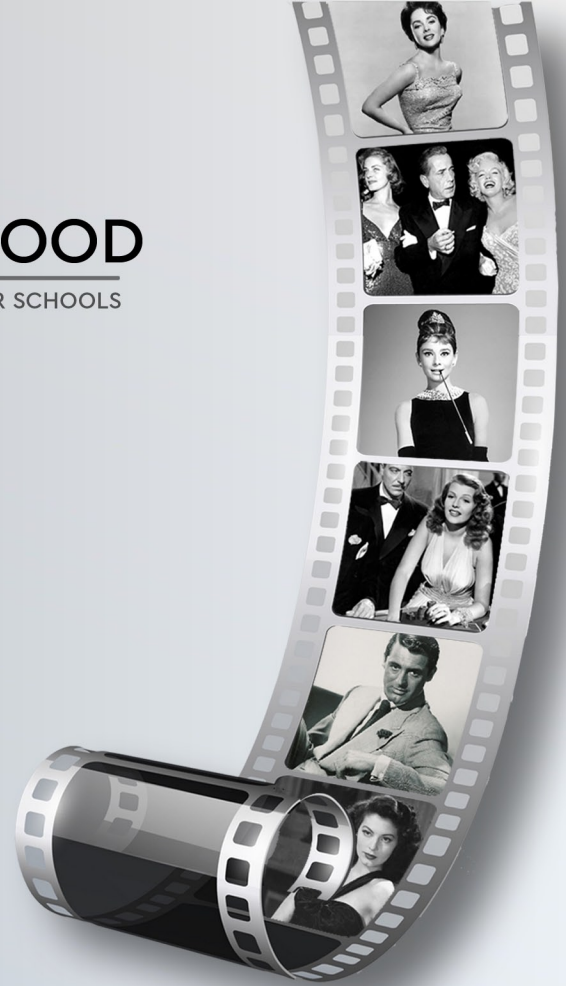
BEVERAGES ADDITIONAL AFTER 8:30PM

DINNER, DANCING, LIVE & SILENT AUCTIONS

\$80 PER PERSON \$750 TABLE OF 10

UPGRADE TO THE VIP PACKAGE!
FOR AN ADDITIONAL \$50 PER PERSON
AND PARTY LIKE A STAR FROM 5:30PM!
DETAILS ONLINE

WWW.BETHELEDFOUNDATION.ORG



**YOU DON'T NEED TO ATTEND THE BALL TO SUPPORT OUR SCHOOLS!
GO TO WWW.BETHELEDFOUNDATION.ORG TO LEARN HOW TO BID ON THE SILENT AUCTION ONLINE**

THANK YOU
TO THIS YEAR'S
SPONSORS



Morgan Stanley



ORDER YOUR TICKETS TO THE BARNUM BALL
ONLINE OR SEND THIS PORTION TO SCHOOL
WITH YOUR CHECK BY TUESDAY, MARCH 27TH.

NAME _____

*Please list each name for this reservation
If purchasing a full table, please include all names on the back of this form*

ADDRESS _____

PHONE _____

EMAIL _____

An email confirmation will be sent once payment is received

PLEASE SEAT ME WITH _____

DINNER SELECTION # _____ HERB CRUSTED TILAPIA
_____ BISTRO STEAK WITH PORT WINE DEMI GLAZE
_____ ROASTED VEGETARIAN NAPOLEON

PAYMENT # _____ TICKETS X \$80 = \$ _____
 TABLE OF 10 = \$750
you can include separate checks / please list names on the back of this form
 UPGRADE TO VIP PACKAGE - \$50 PER TICKET = \$ _____
 ROUND UP TO SUPPORT SCHOOL GRANTS

TOTAL: \$ _____

MAIL TO: PO BOX 92, BETHEL, CT 06801
CHECKS PAYABLE TO BETHEL EDUCATION FOUNDATION
QUESTIONS? EMAIL: BETHELEDFOUNDATION@GMAIL.COM



Youth Art Celebration

The exhibition will take place

March 5 - April 6, 2018

Exhibit Closed March 11 - March 18, 2018 for Spring Break

Monday-Friday, 7:30am - 5:00pm

Special visits beyond the regular hours may be available by appointment.

Central Connecticut State University

Art Gallery and Fine Arts Center

Second Floor, Maloney Hall - S.T. Chen Fine Arts Center

[1615 Stanley Street, New Britain, CT 06050 - \(860\) 832-2633](http://1615StanleyStreet,NewBritain,CT06050-(860)832-2633)

OPENING RECEPTION:

Saturday, March 10, 2018

2:00 - 4:00pm

Free Admission, Free Parking

Visit CCSU online: www.ccsu.edu/Art/Galleries

Parking is available in the parking garage (Welte) on Ella Grasso BLVD, soon after turning off of 71(Stanley). If they go to top floor, there is a walkway into the building. Then take the elevator to the 2nd floor to see the exhibit.

The garage will not be open during the week.

During the week, parents can park in Student center parking garage/lot further down Stanley.