



# Principal Peteani Press

**Mission Statement:**

*Every student will graduate prepared for college, career and citizenship.*

Holiday  
ISSUE

December 1, 2010

Issue 3



## JUST KIDDING



*'Tis the Season to  
Be Busy—F'a, la,  
la, la, la, la, la, la!*

Dear Heatly Parents and Guardians:

It is hard to believe that the holiday season is upon us when it seems like it was only days ago when school started in September. The focus of this issue is on the busy holiday season and the ways you can deal with the stress that sometimes accompanies this festive, but hectic season. Since I became principal at Heatly in 2005, I have found that the days leading up

to the holiday break are filled with tears, tantrums and falling asleep right in the middle of class—but enough about what the teachers are doing—LOL! On a serious note, with holiday concerts, celebrations and an abundance of sugar at their fingertips, students are sometimes overwhelmed and often times overtired. I hope despite the busyness of this season, that you have a happy, healthy and fun-filled holiday!

With Warmest Wishes!  
Erin Peteani, Principal

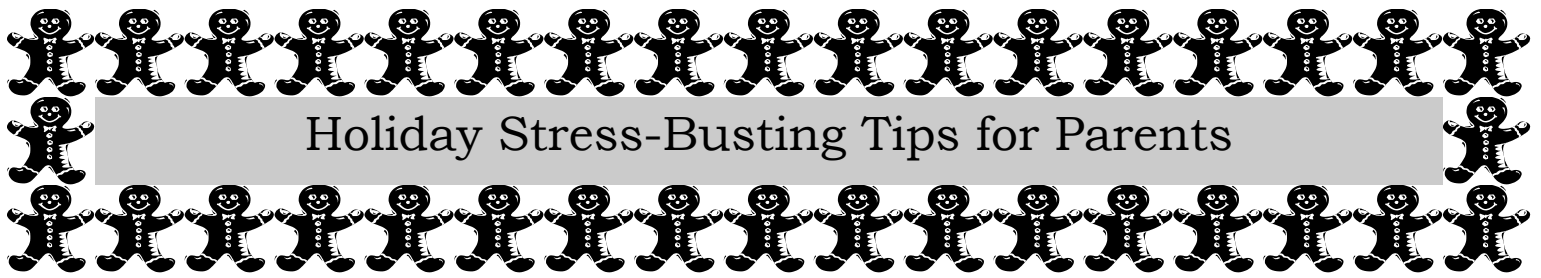
*The following information and Tips for Relieving Stress were adapted from:  
<http://fun.familyeducation.com/stress/december-holidays/29691.html>*

The holidays are right around the corner—are you having fun yet? If you are, Ann Vernon would be surprised. As a counseling professor at the University of Northern Iowa with her own private practice, Vernon hears from a lot of exhausted parents this time of year. She says, "Most are striving for perfection during this season and the picture perfect celebration of their childhood, but in reality they're dreading the holidays."

How can you beat back the dread and have the family holiday of your dreams? "Start by lowering your expectations," advises Vernon. "Be more realistic about what you can do. This usually involves changing the tradition—it can be equally as good, but it has to be unique to your family."

Please see the reverse side for Professor Vernon's stress-busting tips





## Holiday Stress-Busting Tips for Parents

**1. Reassess and Prioritize** Holiday stress sets in when you try to do it all. "Stress is an emotional reaction to circumstances that you feel are out of control," says Vernon. "To cope, take some time out, rethink what's stressing you out, and look for alternatives." Vernon also advises changing your demands to preferences: Tell yourself, "If I have time, I'll do this and that. If not, I'll only do that."

**2. Delegate!** Does the house need cleaning or decorating? Let each family member be responsible for a room. Or Vernon suggests, create a "job jar." Everybody takes a turn choosing what his or her job will be. Jobs can be color-coded according to age. "When you delegate, you have to make your expectations clear to your kids, and you may have to lower your standards a little bit," says Vernon.

**3. Don't Give in to the "Gimmes"** "I want, I want!" This familiar phrase can wear parents down over the holidays, but giving in to your child's every request can cause financial distress. Psychologist Dorothy Cantor says, "It's okay to tell your child that a gift is too expensive. Another way to fight the commercialism of the holidays is to participate in more traditions that don't cost any extra money. Vernon says, "Bake cookies, go caroling, give to needy families, or volunteer. Explain to your kids that there are a lot of families who don't have as much as they do." To get kids into the spirit of giving, ask them to pick a few of their old toys to donate to the less fortunate.

**4. Be Realistic About Relatives** When the in-laws visit this season, have realistic expectations for the short term. "Don't try to solve past issues with family members over the holidays," warns Vernon. "It's not the time to bring up every little irritation. Use discretion." And if going to a certain relative's house every year causes a lot of holiday stress, decide if you really need to do it. Maybe you can go every other year instead.

**5. Flexibility Can Buy You Time** How can you get anything done when the little ones are home on vacation and you only have a few days off? University of Indiana education professor Janette Shaw suggests parents take turns looking after kids with neighbors or colleagues. And Vernon recommends hiring a babysitter to take the kids to the movies or to play with them for a few hours while you're working around the house. Above all else, Vernon says parents should take it easy on themselves over the holidays: "This time of year, people are so concerned by what others might say about them if they don't do everything perfectly." Ask yourself what imperfection *really* means. Surprise! You're human—like everyone else.

### The Month Ahead. . .

December 3: Career Day. Grades 9-12. 8:30-11:30 a.m.

December 4: SAT Exam administered  
Class of 2012 Bus Trip to New York City. Depart from former Ford parking lot at 6:45 a.m.

December 6: School Spirit Week: Mismatched Day.

December 7: School Spirit Week: Green & White/Heatly Apparel Day.  
Pep Rally. 1 p.m./Heatly Gym.

December 8: School Spirit Week: Green & White/Heatly Apparel Day. PTO Meeting.  
6:30 p.m./

December 9: PTO Santa's Workshop School Spirit Week: 1980s Day. Senior Class Blood Drive in conjunction with American Red Cross 2:30—6:30. Grades K-2 Holiday Concert. 7 p.m./Heatly gym. Theme: "Our House is a Holiday House."  
(Snowdate: Dec. 16. 6 p.m.)

December 10: PTO Santa's Workshop. School Spirit Week: Superhero Day.

December 11: ACT exam administered

December 13: HVCC Instant Admission Day.

December 16: Grades 3-6 + Chorus Holiday Concert. 7 p.m. Heatly gym. Theme: "A Winter Celebration." (Snowdate: Dec. 20. 7 p.m.)

December 23:  
SAT Registration Deadline for January 22 exam

December 23-31: Holiday Recess. NO SCHOOL.

**WOW! Be sure to check out the stress busting tips above as you schedule all of these events!**

THANK YOU

**The school administration, Dr. Mugits, Mr. Zebrowski and I want to sincerely thank you for your cooperation during morning drop-off. Your support of our new procedures is appreciated and helps to reduce any type of potential security concerns.**

Please

**Read to your younger children and encourage your older children to read over the holiday break!**

**Because. . .**

*In countries with the highest literacy rate, children have the highest rate of exposure to reading at home.*