Shepherd of the Hills Christian School

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BELIEVE, BELONG, BECOME

PRINCIPAL'S NEWS

Kids don't make enough mistakes!

Sometimes, parents and teachers rob from kids.   Yes, they rob opportunities for their kids and students to learn valuable life lessons by rescuing them from the consequences of mistakes…consequences that teach truths and concepts that aren't learned any other way. As Shepherd embraces the *Love and Logic™* discipline model, parents and teachers will be encouraged to let students seize the opportunity of mistakes. **Mistakes are great teachers** (often, the best!), if the consequences are allowed to happen.

Consider all that we adults have learned from our mistakes. (God really does "work all things for good for those who love him." RM 8:28)

Consider little "Jack"…he "forgets" his lunch all the time. His mom reminds him every day. She regularly brings his "forgotten" lunch to school for him. She can't understand why he just can't be more responsible and remember his lunch. She even believes she is being a great mom by dropping off the lunch little Jack frequently "forgets".   She has never considered that **little Jack has absolutely no reason to be responsible.** Mom is responsible for him.

What if…the next time little Jack forgets his lunch, mom doesn't rob from him the opportunity to learn a valuable life lesson? She doesn't bring him his lunch. What's the worst that can happen?   Little Jack is hungry! Little Jack is hit with a powerful insight: "Mommy didn't bring me my lunch!?!" He goes to his teacher… (Little does he know that she has been trained in *Love and Logic™* skills; she knows exactly how to seize this teachable moment.). When little Jack says: "I don't have my lunch," his teacher responds: "Oh no, that's so sad. What are you going to do?" There is a dramatic pause…his teacher just keeps looking at him.   Little Jack is stunned. He starts thinking; his pre-frontal cortex is kicking in gear; his emotions (confusion, panic, anger) help solidify the experience and the memories. No one is going to rescue him! He is hungry all afternoon, but it doesn't kill him. **In the scheme of life, the consequence is small…but the learning is powerful and memorable.** What are the odds that little Jack keeps forgetting his lunch when he is not rescued?

The *Love and Logic™* discipline model uses the mistakes of life, when the consequences are small, in order to teach kids valuable lessons, so that later in life, when the consequences are **BIG**, kids have learned how to think, plan ahead, understand cause and effect, make wise decisions, and be responsible! (Do kids need rescuing sometimes?

Do kids need adult help sometimes? Of course, but only when there is real danger or a child is not yet developmentally able to understand and fix a mistake.) Learning to be more responsible might just be the most valuable skill little Jack learns this year! When a student recognizes a mistake, learns from it and fixes it, he/she will feel great about himself/herself and learn a valuable life skill.

Watch for more information in future newsletters on Shepherd's move to help parents raise more responsible kids by moving toward a *Love and Logic*™ discipline model!

Dads (Grandpas too!) and Donuts

Mark your calendars for Monday, September 16th from 7:40-8:10. Meet in the lunchroom and start the day off with a donut (or two!).

Our Volunteers Rock!

Shepherd School could not run without our volunteers. Thank you Grandmas and G.E.E.S.I.R.S, library helpers, coaches, tech helpers and so many more. When you are at Shepherd, you are FAMILY! Our family keeps us going!

Volleyball and Soccer Athletes Practice Hard

Check out our team schedules on the Shepherd website, go to "Athletics," then to "School Calendar."   Thanks to Coaches Jeremiah and Tracy Fellows

Mini-cheer Camp

Offered by Arapahoe High School is Saturday, October 5. Info sheets are available in the clear plastic form holders outside the front desk.

Remember to check out the Teachers' Newsletters every week!

Go to our website and scroll down to "newsletters."

We are COOL Again!

Four new HVAC units were crane-lifted onto the roof this morning to the delight of students who got to watch! Check out pictures on Shepherd's Facebook page.

Parenting the Love and Logic Way

Saturday, September 14th, 10:00 to 3:00 in the Colonnades downstairs, Free child-care. The cost of this course is free, a gift from Shepherd. Sign up with Mr. Jack at jlipski@sothfamily.org

Goodnight Moon Musical $2 Tickets

Denver Center for the Performing Arts, Thursday, Oct.10 at noon and/or Friday, Oct. 11 at noon. (This is during Shepherd's Fall Break.) We need 10 students each day for the discount. Chaperones are $10. Suggested ages are pre-K to 2nd grade. If you are interested, RSVP to Amber Daniels by Monday, Sept. 2 by emailing at

Amberdaniels777@gmail.com with number of kids and adults. If you have questions, call Amber at 510-604-3562.

JACK'S CORNER

QUESTION: I have a strong-willed 3rd grader who is unbothered by any punishment we seem to impose. We take away play dates and electronics, yet it makes no difference. I can't think of anything else that might help her learn from her poor choices. Any suggestions?

ANSWER: Without knowing much about your daughter, I have to answer in generalities. Generally, reward works better for eliminating undesirable behaviors than punishment. Punishment is initially effective **when the behavior is new**. When a behavior is entrenched, rewards tend to be more effective.

Sit down with your daughter (and husband too) and say something like this: "We love you so much and don't want to spend so much time punishing you for poor choices. We know you don't like the punishments either. Let's come up with some rewards that you can earn by making good choices." Notice how you become the "good guy" (the reward giver), instead of always being the "bad guy" (the punisher).

By involving your daughter in the set-up and in choosing what rewards (within reason) will motivate her, there is a better chance the program will succeed because she is invested in it. Being a third grader, the rewards will have to be **frequent** (once a day), **small** (you can't afford big rewards that often), **cumulative** (adding up to something big), and **consistent** (to effectively link the new behavior and the reward). You might want to create a calendar or chart so she can follow her progress. Remember to watch for **progress,** not instantaneous change.

Often, rewards can be as simple as time with you and dad reading, playing games, going for walks, baking cookies, etc. Sometimes, earning "stars" or "points" toward a big-ticket item works well too. Don't forget to **celebrate the successes** and even the progress.

Also, remember that God is holding out an opportunity for you as parents to seek him in prayer and Scripture. Kids are opportunities for parents to depend on God in deeper ways. Don't be content to just eliminate certain behaviors; God wants more from you! Fixing the problem without movement toward God misses the spiritual growth opportunity.

PS: If your daughter is truly "strong-willed", remember that for her "winning" is more important than avoiding negative consequences (punishment). Strong-willed children are handled somewhat differently — see *Jack's Corner* on the strong-willed child.

Jack Lipski, M.A.
Christian Counselor

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Check Out More Jack's Corner Articles on his blog

Go to Shepherd website and scroll down to "Jack's Corner."

A Message from Mr. Hansen

Watch for exciting information on travel opportunities coming next week!

Our Rock Rocks!

Check out our new "paintable" rock by the front door donated by Panorama and Silver Crown Landscape Materials. (Former students who "rock!")

THANK YOU FOR CHOOSING SHEPHERD!