

Thrive update

 **Boulder Valley School District**
Excellence and Equity

Enhance Inspire
Inform healthy kids make better learners

Volume 7 | Issue 6

MARCH 2015

insideTHRIVE

2 Have the Conversation about happiness

Check out BVSD Lifelong Learning's Spring Break and Summer camp schedules

3 YMCA: Make this Spring Break special

4 Register for the PEN S.T.O.R.Y. Award

5 Calendar of classes & events

Look for us on the web!
www.bvsd.org

>> Are you having fun yet?

Your priorities in life not only drive your day-to-day activities but also directly influence your life goals, thoughts, feelings, and interactions with others. For better or worse, culture steers people towards achievement, prosperity, and material wealth. Who doesn't want to live in a big house full of cool stuff? But sooner or later most people come to realize that the old adage that money can't buy happiness remains true. How would the quality of your life change if you made experiencing joy and laughter a priority?

The Mayo clinic reports that laughter not only feels good but is good for your health. Laughter enhances your intake of oxygen; stimulates your heart, lungs, and muscles; increases the release of endorphins; and improves your immune system. Laughter stimulates circulation and enhances muscle relaxation, which reduces the symptoms of stress. Also, in addition to reducing depression, laughter can improve your ability to cope with challenges in life and relate better to others.

When people are asked what they would do if they had only six months to live, most opt for doing fun things, not making more money and buying a bigger house. That's a clue that, for most people, priorities are out of whack. And while you likely have more than six months, your time is more precious than you may realize and you would be well-served by making joy, laughter, and fun a bigger priority in your life.

This dynamic impacts family life as well. How much of your family time is joyous? Do you over-prioritize the small stuff like getting to bed on time, brushing teeth, and room cleaning? These things are important, but are they more important than experiencing joy and happiness as a family? Assume you just have six months to live, and make this last Spring Break holiday a special one. Make your family's joy, laughter, and happiness the priority this year. And if you are really lucky, maybe you will get to do it again next spring and throughout the year. Interestingly enough, if you make having fun a priority, you are likely to see achievement and prosperity increase as well. So get out there and have a few laughs and take a moment to appreciate the wonder of life and the joy of family.

by **Dr. Jan Hittelman, Ph.D.**
Licensed Psychologist



How would the quality of your life change if you made experiencing joy and laughter a priority?

Have the Conversation!

Focus on joy, connection this Spring Break

Spring Break provides families with an opportunity to take time out of their busy schedules to step back, reconnect and recharge. One way to do that is as Dr. Hittelman suggests – take time to experience more laughter, joy and connection as a family. So where to start? Below are questions suggested by the Search Institute to nurture that connection by keeping parents and kids talking.

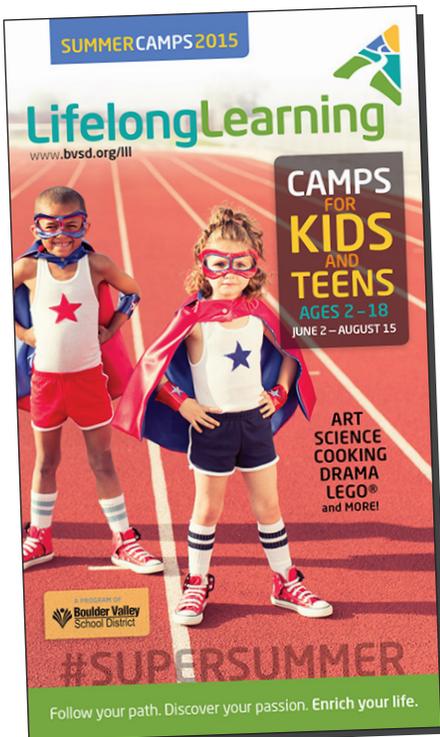
Some are silly, some are serious, but give it a try – you might be surprised at some of the responses.

- Talk about a time when you laughed so hard you thought you couldn't stop.
- How would school be different if kids made and enforced the rules?
- If you could be any superhero, which one would you be? What would you do with their powers?
- Name the talents of each person in your family.
- Do you believe there is too much pressure on kids today?
- If you could make three rules for parents, what would they be and why?
- If someone told you could start a new club or program at school, what you choose?
- What is the silliest thing you have ever done in public?
- When you spend time at home, what is your favorite thing to do?
- Was there ever a time when you had to stand up for something you believed in, even when your friends weren't 100 percent behind you? What was it and what did you learn from the experience?
- What are three creative ways to say no to peer pressure?
- What stresses you out the most? How do you handle it?
- Name three things that made you smile today.

Founded in 1958, the Search Institute “studies and works to strengthen the Developmental Relationships that help young people acquire the Developmental Assets that are reinforced by Developmental Communities where young people’s success is everyone’s top priority.” Learn more at www.search-institute.org.

by Leisha Conners Bauer
Boulder County Healthy Youth Alliance

>> The BVSD Lifelong Learning Summer Camp Catalog is now available



Both kids and parents will love Lifelong Learning's expanded summer camp program:

- Camps for ages 2-18
- 30 percent more offerings than last year
- Even more variety
- Expanded hours care



Early bird registration is open through March 27. Receive a 10 percent discount on all BVSD summer camp registrations by entering promo code WORM at checkout. Register online at www.bvsd.org/lll.

If you do not receive a BVSD Lifelong Learning Summer Camp Catalog through your child's school and would like one mailed to you, please call 720-561-5968.

Additionally, don't miss the great selection of Lifelong Learning camps and classes held over **Spring Break**, including a sports camp for girls, LEGOS®, chess, Horse Play, Mini Horse Play (new, for ages 2-5!), other fun Equine Learning options, and more. Teens can take Driver's Ed, ACT Prep and rock climbing classes over Spring Break.

Visit www.bvsd.org/lll or call 720-561-5968 for more information.

>> YMCA: Make this a special Spring Break

Spring Break is a time for travel, for national monuments, for sandy beaches and for sun-soaked adventures. Or maybe you prefer to keep it local, focusing on bonding with your kids, visiting local museums, heading out for hikes, hosting play dates and spending hours exploring your children's favorite spots.

No? Is that not what your Spring Break is like? No adventure? No family bonding?!

These days, Spring Break for families may be more about video games and binge-watching Netflix than about getting out and about. This year, we challenge you to make Spring Break as active and as family focused as possible. Make it a vacation from television and technology. Make it a vacation from boredom and couch-sitting. You can make your Spring Break obligations more fun and kid-friendly with just a bit of planning.

If you are hitting the road during Spring Break, take time for physical activity. In fact, make it a priority. Research trails or parks along your road-trip route and stop a few times for some much-needed active play. Once you're at your final destination, hit the local trampoline park or children's museum. If grandma lives a few miles past the middle of nowhere, organize scavenger hunts, impromptu dance parties or art projects for the whole family.

If you are staying in the Boulder Valley area for Spring Break, there is still plenty to do. Have your child or children each plan a day, so they feel involved and get an opportunity to be creative. Visit the local indoor pool or ice skating rink, tackle a few local hikes, and surprise your kids with tickets to a Nuggets or Avalanche game.

Tips From the Y

If you are a working parent and you're not planning to take work off the week of Spring Break, there are plenty of options for you. Check out Spring Break camps in your area.

The Y is currently registering for before- and after-school programs, enrichment classes through BVSD Lifelong Learning, summer and Spring Break camps and youth sports. Register now at ymcabv.org.

Andra Coberly is the communications specialist for the YMCA of Boulder Valley. The Y supports the community through programs that focus on healthy living, youth development and social responsibility. Financial assistance is available for those who qualify.



>> Register now for the PEN S.T.O.R.Y. Award

Do You Have Someone Who has Made a REAL Difference In YOUR life? Share your STORY with us!

This year PEN is starting a new tradition, the PEN Youth S.T.O.R.Y. Award! This award was created to give you an opportunity to honor an important adult in your life who has S haped, T ransformed, O r R ecognized Y ou. The award will be given to three students, one at each school level (i.e., elementary, middle, and high school). If you are interested, please submit a piece honoring the important adult in your life.

Submission must include:

- (1) The name the adult you are honoring and their relationship to you,
- (2) A description of how this person has made a profound impact on your life, and
- (3) A demonstration of their importance to you.

In creating this project, you can ask yourself questions like:

- Who has helped me through tough times?
- Who can I always count on?
- Who has taken the time to get to know me for who I really am?
- Who has been patient and engaged me to do the best that I can?
- Who has shown respect for my feelings and decisions?
- Who exposes me to new experiences?
- Who has contributed to me in a unique and special way?

Submissions can be as creative as you would like, taking the form of poetry, collage, audio/video clip (no longer than 10 minutes), written piece (no longer than two pages), etc. Please submit the form below online, or take it to your school office, along with your project, by Monday, March 30. Winners will be contacted by phone or email by Friday, April 17.

Winners will receive their cash prize and be recognized with their mentor at the PEN Luncheon on May 5, 2015:

- Elementary - \$50
- Middle - \$100
- High School - \$150

This opportunity will be posted on PEN's website and in upcoming newsletters. If you have any questions, contact Shelly Mahon by email at shelly@shellymahon.com or by phone 608-770-1342.

PEN Youth S.T.O.R.Y Award Submission Form



Please include this form with your project!

Name: _____ Age: _____ Grade: _____

School: _____

Person You are Honoring: _____

Your Relationship: _____

Address: _____ Zip Code: _____

Phone: _____

Best way to reach you: _____

>> Calendar of classes & events

MARCH 2015

Tuesday, March 3, 7-9 p.m.

High Expectations

University of Colorado UMC Room 235, 1669 Euclid Avenue, Boulder

This informative and entertaining workshop featuring nationally known educator and comedian Ray Lozano will focus on the history, myths, facts, and effects of marijuana on the brain and body. Sponsored by the Parent Engagement Network. Register online at www.penbv.org/highexpectations_march3 (CEU's and interpretation available upon request.) Questions? Email Kathy Valentine at valstone2@hotmail.com.

Wednesday, March 4, 7 p.m.

The Motivation Breakthrough - 6 Secrets to Turning on the Tuned-Out Child

Presenter: Rick Lavoie

Learn strategies that enable teachers and parents to motivate students and maintain that motivation throughout the school year.

- 3 basic truths about motivation
- Why competition, punishment, and reward systems are ineffective
- 6 motivating factors that work
- Practical strategies you can put to use today

THRIVEupdate for BVSD Parents

Published by BVSD
Written by local experts
and parents

THRIVEupdate Editorial Board

Managing Co-Editors

>> **Leisha**
Conners Bauer
Boulder County Healthy
Youth Alliance

>> **Dr. Jan Hittelman**
Boulder Psychological
Services

Copy Editor

>> **Maela Moore**
BVSD Communications

Publication Designer

>> **Jade Cody**
BVSD Communications

Content Contributor

>> **Lisa Cech**
Angevine Middle School

Translator

>> **Eugenia Brady**
Approved BVSD Translator

Look for us on the web!
www.bvsd.org

Sponsored by Hillside School. Open to all. Discounted tickets (\$15) available via Hillside School at <http://hillsidelearning.org/the-motivation-breakthrough>. Day of Event tickets (\$20) available at Boulder Theater, 2032 14th Street, Boulder, CO. Professional development certificate available to teachers for re-licensure.

Monday, March 9, 6:30-8 p.m.

Approaches for Treating Autism: Horses, Art, and Neurofeedback

Mamie Doud Eisenhower Library, 3 Community Park Road, Broomfield

Learn how people with Autism may benefit from nontraditional therapeutic approaches. A Pathways to Success Workshop – Free and open to the public.

www.BoulderPsychologicalServices.com

Tuesday, March 10, 9:30-11 a.m.

Transitions

INcahoos Meeting Place, 4800 Baseline, Suite A-112, Boulder

(Meadows Shopping Center, southeast corner)

Presenter: Anna Stewart, BVSD Parent, School, Community Liaison

Nervous about all the changes that middle/high school will bring— multiple teachers, lockers, harder work, being organized, new friends, peer pressure, more independence, risks, and opportunities? Join the club! Students and parents can both have worries as they face the transition into middle school, high school and after high school. And if you have a child with special needs, the worry can be greater for everyone. Join this discussion of ways to prepare for a successful and balanced transition.

Sponsored by Hillside School. Free and Open to all.

www.hillsidelearning.org/parent-resource-group, info@hillsidelearning.org

>>Calendar of Classes & Events

March 12-13

Sports & Depression Conference

Boulder Valley Christian Church, 7100 South Boulder Road, Boulder, CO

Thursday, March 12, 7-8:30 p.m. - Derek McCoy, former CU and NFL football player, will address sports and depression.

Friday, March 13, 8 a.m.-noon - Experts in Sports Psychology, sports injuries and aging will present in a panel discussion. Breakout workshops to follow.

Free! Registration is required by March 6 – hopecoalitionboulder.org. Questions? Call 303-880-6030 or email info@hopecoalitionboulder.org. Sponsored by the HOPE Coalition of Boulder County.

Tuesday, March 17, 6:30-8 p.m.

Five Ways to Develop Healthy Self-Esteem in Your Child

City of Louisville Library, 951 Spruce Street, Louisville

Learn how to help your child develop his/her most critical attribute: A positive sense of self.

A Pathways to Success Workshop – Free and open to the public. www.BoulderPsychologicalServices.com

Wednesday, March 18, 7 p.m., noon-1 p.m.

12 Ways to Becoming a SuperParent!

Revolutionize your parenting approach by using techniques that will improve your child's behavior, as well as the relationship. A Pathways to Success FREE Webinar. Register by going to

www.BoulderPsychologicalServices.com/free-webinars.

Wednesday, March 18, 7 p.m.

Standardized Testing & Special Needs

Chautauqua Community House, 900 Baseline Road, Boulder.

Learning in + out of school – Chautauqua Education Series With Professor Derek Briggs

Presented in collaboration with CU School of Education and Parent Engagement Network. Teachers can earn 1.5 CEUs for attending. Tickets are \$10 each (\$7 for members) and may be purchased on website at

tickets.chautauqua.com or by calling 303-440-7666.

Thursday, March 19, 12:30-1 p.m.

Helping Your Child Deal with Strong Emotions

BVSD Ed Center Board Room, 6500 Arapahoe, Boulder

How to survive and minimize meltdowns, while helping your child strengthen their coping skills. A Pathways to Parenting Success Presentation - Live! Join us live or watch on Comcast Ch22 or streamed on www.BVSD.org.

www.BoulderPsychologicalServices.com

March 23-27 – Spring Break / No School

Monday, March 30, 6:30-8 p.m.

Strengthening Social Skills in Children and Adolescents

Meadows Branch Library, 4800 Baseline Road, Boulder

Learn why social skills correlate with success in life and how to help your child be more socially competent.

A Pathways to Success Workshop – Free and open to the public. www.BoulderPsychologicalServices.com

APRIL 2015

Common Sense Parenting

Wednesday April 1 to Wednesday, May 6, 6-8 p.m. – Emerald Elementary

Tuesday, March 31 to Tuesday, May 5, 9-11 a.m. – BVSD Education Center

Sign up for one session – meets two hours a week for six weeks

Common Sense Parenting is a practical, skill-based parenting program. The program's logical strategies and easy-to-learn techniques address communications, discipline, decision making, relationships, self-control and school success. ALL BVSD parents/caregivers are welcome! Training is free, \$12 for book and materials. Registration is required. Contact Anna Stewart (anna.stewart@bvsd.org/720-561-5918) or Leslie Gaiser (leslie.gaiser@bvsd.org/720-561-6037) to register.