



August 14, 2008

It Makes Sense!

① A Note from Dr. Lasmanis ~

As we look back on our first four years we see our students' academic and social improvements. When our students are doing well it means that our teachers are doing their jobs well. But just as we know our students can do better, so we also know that WE can do better. This year I am focusing a large part of our staff meeting and professional development time on how we can move from being good and very good educators to being GREAT educators. Instead of having just good and very good students we will have GREAT students! Most of what we are considering applies to not only educators but also to parents, so I will be sharing some of these concepts with you in the newsletter.

Last week we were looking at "expectations". Someone once observed, "Both he who expects great things of others and he who expects little, will receive what they expect".

It is a fact that everyone has **expectations** about everything, all the time! We know that expectations influence behavior - both our behavior and the behavior of others. Since expectations are so important, how do we come up with expectations that have a positive and not a negative influence? First we have to look at what forms our expectations and then we have to take the time needed to look at our expectations - our expectations for ourselves, our circumstances and others.

Expectations are rooted in the past; they influence the present and therefore impact the future. **BUT** the past does not determine the future - the present determines the future.

Be careful to leave the past behind. Look at the future and determine what needs to take place in the present to overcome the negatives of the past in order achieve the positive of the future. **DO** not carry the negative of the past INTO the future.

Make expectations realistic. Failing to live up to expectations is what we call disappointment. The

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**Mom's & Muffins Breakfast:
& Mobile Dentist:
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higher the expectation and the lower the reality the greater the disappointment! We will hurt the future if our expectations are too high or too low, for too long. Examining our expectations is not a one time deal. It has to be ongoing. The present becomes the past very quickly. We have to constantly re-evaluate and revise our expectations so that they stay realistic and positive.

How we express our expectations is crucial. We can communicate a lot without saying a word - that look, long sigh, or nodding of the head says a lot. But words are also very powerful. Words reflect our expectations and whether they are projecting the past into the future or creating a present for a changed future. Quick example: When your student brings home a paper or a test that is clearly not their best, "Couldn't you do better?", or "Is that the best you can do?" is mired in the past. "You can do better than that!" gives hope for the future. Take time to look at your expectations, revise them for a better future and continue to encourage in the present! Today IS the first day of the rest of your life! Each day is a new beginning!

JC Lasmanis

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“SHINE YOUR SMILE DAY” IS ALMOST HERE:

We have invited Mobile Dentists/Smile Programs to our school on **Friday, August 22, 2008**, because good oral health is very important to our students' overall health, and good health is essential for excellence in learning!

Mobile Dentists' team will set up a mini-dental office in our clinic and provide *dental examinations, cleanings, fluoride treatments, sealants and check up x-rays*. Only students who have returned completed permission forms will be able to receive services from the Mobile Dentist.

Families interested in participating, must turn in a completed permission form even if you have previously submitted a permission & consent form, this information still applies. The form must be completed and return to your child's teacher by **no later than Wednesday, August 20, 2008.**



Donate T-Shirts for Art!

The Art department still needs donated shirts for student smocks. If you have any old and clean t-shirts that you no longer need don't throw them away. Donate them to the art department. Thank you!

Come to the first Moms and Muffins Breakfast!

We are excited to announce that the first Moms and Muffins social event will be next Friday August 22nd. We will be having the meeting at 7:30 am here at school. We encourage you and your student to attend, have a delicious morning snack, play SENSE jeopardy, and meet some of the other moms and teachers here at school. More information will be sent home next week. If you have any questions, please contact Ms. Greaney at 423-0204 x 129.

