Finding Balance For Busy Families

Kids have lots of options for activities these days, but an overscheduled child can go from busy to burned out in no time. It starts with the best of intentions. Your child excels at music, so you enroll her in piano lessons. The next year, they pick up the violin or joins the soccer team. He asks to join his friends in scouts, then wins a spot on the academic quiz team.

Family dinners become a thing of the past as you shuttle them from one activity to the next. Homework takes up the rest of the evening, leaving little time to play or unwind. Mornings are frantic as he rushes to find homework, athletic gear, and sheet music before the school bus arrives.

You tell yourself it’s worth it to keep them active and involved. But no matter how much energy they have now, an overscheduled kid runs the risk of burnout.

“Sometimes we equate the number of activities with good parenting,” says Kathleen Kendall-Tackett. The hectic pace is hard on parents, too. The pressure parents feel to maximize every opportunity for their children may leave parents feeling stressed.

Weighing the Options

If your family is overscheduled, you can ease some of the pressure by finding ways to simplify your daily routine, whether it’s cutting back on extracurricular activities or getting more organized at home.

First, think about your attitude toward your child’s involvement in activities. Do you feel pressured by your peers to meet a certain level of participation? Do you push your children because you don’t want them to miss out on opportunities you didn’t have, even if they aren’t interested? The AAP urges parents to evaluate which activities are appropriate based on a child’s needs, skills, and temperament and to preserve time for children to play and hang out with family members.

Parents should listen carefully to what their children want to do and let them follow their passions rather than of imposing other expectations, says Mimi Doe, author of *Busy but Balanced: Practical and Inspirational Ways To Create a Calmer, Closer Family*. “For some kids, this pressure to get involved is coming from their parents rather than their desire to try things out,” she says. “They just said they like the piano, and you’re picturing them at Carnegie Hall.”

Go to [http://www.schoolfamily.com/school-family-articles/article/739-finding-balance-for-busy-families](http://www.schoolfamily.com/school-family-articles/article/739-finding-balance-for-busy-families) to read the rest of the article. Great read including how to schedule the morning rush and how to determine if you’re overscheduled.
BOX TOPS COLLECTION CONTEST

Send your Box Tops to school and your Nash student could win his/her very own Original Rainbow Loom. Simply gather up those Box Tops that have been sitting in your drawer for months, place them in envelopes or Ziploc bags (labeled with your child’s name) and send them to school. It’s that easy!

Box Tops can be found on General Mills, Pillsbury and Old El Paso products, just to name a few (for a complete list of Box Top’s sponsored products please visit BTFE.com) For every ten Box Tops submitted, your child’s name will be entered into a drawing for one of three Original Rainbow Looms! For example, 50 Box Tops equals 5 entries. Please be sure to include your child’s name on the envelope/bag. Expired Box Tops cannot be accepted and do not count towards a grouping of ten. There is no need to count the Box Tops before submitting them. I count them as I check the expiry dates.

The contest will run until Monday, February 24th. Late submissions from our last contest have been counted and added to this contest. Nash has been participating in the Box Tops for Education program since 2007. Since then, friends and family have submitted over 100,000 Box Tops, earning almost $11,000 in cash for our school! One Box Top by itself isn’t worth much (10 cents, to be exact). But, when they are put together with hundreds, if not thousands of others, they can help us do great things for our school!

Thank you for your participation and GOOD LUCK!

Questions? Contact:

Carla Wilson
Box Tops Coordinator
nwilson21@wi.rr.com
Nash-tional News

(Left) Meet Mikaela!!
~Melanie is in kindergarten
~Melanie said she celebrated her birthday party at scamps during her extra snow days from school! Happy Birthday Mikaela!
~Mikaela wanted the groundhog to see his shadow and give us 6 more weeks of winter! She likes building snowmen and having snowball fights
~Mikaela then struck a pose for me 😊

(Below) Meet Reed!!
~Reed is in the 3rd grade
~Reed was quite active during his extra days off! He went skiing at Alpine, ice fished, and then “stayed at home and chilled” 😊
~Reed was CERTAIN he didn’t want more winter. When I asked him why he said this winter has been “really harsh”. Ha ha! I agree Reed!

(Above) Meet Ben!!
~Ben is a kindergartner
~Ben said he went to a school that never cancels school for his extra days off
~Ben doesn’t want more winter. He said he doesn’t like bringing his snow pants and boots to school every day.
~I agree Ben! Bring on the spring weather!

(Right) Meet Julie!!
~Julie is in the 3rd grade
~Julie practiced her school packet and helped mom at work during her extra snow days.
~Julie doesn’t want the groundhog to keep winter around. She said she doesn’t like the cold. We agree Julie!

~Coming to you from their playground and their halls, the students of Nash speak out!
~Nash-tional news will be brought to you monthly bringing to you the latest news straight from the hearts and minds of our children.
~Each month will be new questions, different students, and new…news.
~Question of the month: How did you spend your extra snow days off school and do you want the groundhog to send more winter?
Have You Ordered YOUR Nash Yearbook Yet?

Yearbook order forms can be turned in at any time. Please remember that yearbook cover entries are due by February 26th, 2014. Theme is Nash Adventures. Also, 5th Grade Ad forms and photos are due February 26th, 2014 as well.

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You are cordially invited to attend an all original presentation of

**We are the World**

**Brought to you by the talented children of Nash Elementary**

Travel the world with them on February 16th, 2014 at 3:00 pm at Indian Trail High School as they travel through Africa, China, Italy, Russia and many other fabulous countries all in the warm seats you’ve purchased to support Nash Elementary.

100% of ticket sales go directly back to Nash to fund supplies to enrich our student’s education.

**Tickets will be available at the ticket counter the day of performance**

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March newsletter

Have something you’d like to submit for the newsletter? Submit to: daniel1978@gmail.com
Jump rope for Heart is a National Educational fundraising program that is sponsored by the American Heart Association. Jump Rope for Heart engages students in jumping rope while raising funds to support lifesaving heart and stroke research. It also supports the development of educational materials to teach the importance of heart health and staying physically fit. Informational Packets have been sent home with your child/children. The support our Nash school family has shown towards Jump Rope for Heart has been nothing short of spectacular. Nash school has raised in excess of $37,000.00 within the last six years. Please consider helping save lives by participating in this year’s Jump Rope for Heart. If you have any questions please feel free to call me at school (359-3529).

Thank You! Mr. Dummer  Physical Education Teacher

Looking to Volunteer at the School?

Our Librarian Would Appreciate Volunteers

We’re still looking for a few volunteers, Monday through Thursday 8:30-10:30. You don’t even need to be available the entire time. Any volunteering you can do between these hours, please email kdean@kusd.edu. Thank you in advance!
Milk Top Collections

Prairie farms milk caps can be donated to our school. Look for both plain and flavored milk, gallon and half gallon sizes. Each cap earns our school 5 cents!

Also remember to send in all Milk Moola milk tops, caps and labels from ‘Natures Touch’, ‘Kwik Quenchers’, and ‘Glazers’ Donuts. These can all be found at all Kwik Trip stores. Be sure to family and friends for help! Any questions, please contact Lesa Vijesurier @ lesa_vijesurier@yahoo.com

My Coke Rewards

Grab your favorite Coca-Cola beverages and get My Coke Rewards codes. Codes can be found on 14 Coca-Cola brands: Coca-Cola, Coke Zero, Diet Coke, Sprite, DASANI, POWERADE, Minute Maid, Fanta, Barq’s, Fresca, Pibb, Mello Yello, FUZE and Seagram’s.

Where to find codes: *Under caps *Inside tear-off on 12-pks *On multi-pack wraps

Any questions? Email Lesa Vijesurier at: lesa_vijesurier@yahoo.com

DON’T FORGET NASH ALSO COLLECTS SODA CAN RING PULL TABS!!

These are being donated to support the Ronald McDonald Charities. The money they bring in will help support families and pay for accommodations at the Ronald McDonald homes while their loved ones are receiving treatment. It also helps fund the building of additional homes. Please help Nash support this fantastic and much needed organization. It is something that requires such little effort and makes such a big difference. Collection tub is located outside the office. For more info visit http://www.rmhckc.org
Congratulations to all our Reflections Participants!! These students were honored in an awards ceremony on February 5th where they celebrated their fantastic accomplishments!

Allison Sutti (3rd)  Jonathan Gerdtung (2nd) Abigail Gallagher (2nd) Jane Gerstung (K)  
Sam Ehlert (3rd) Arthur DeBaere (5th) Molly Ehlert (K)  Allison Sutti (3rd)
Liam Gallagher (5th)  Alyssa Bailey (4th) Kyra Balch (K)  Jeremiah Lunde (4th)
Jenny Mikolajczak (3rd)  Isabel Corcoran (3rd) Audrey Shreve (2nd)  Evan Moreno (2nd)
Tuva Kroquist (4th)  Alyssa Balch (4th) Sophia Ibarra (1st)  Karah Novak (3rd)
Aziah Richardson (5th)  Ryan Corcoran (K) Mila Jelenkovic (PK)  Addison Hamilton (2nd)
Aleksandra Jelenkovic (5th)  Samantha Novak (5th) Mia DeBaere (2nd)  Maya Moreno (5th)
Victor Vargas (4th)  Grace Corcoran (5th)  Ellie Choe (3rd)  Arianna Richardson (2nd)

Congratulations to you all!!!
OUT TO EAT EVENT

Grab the family and join us at:

Applebee’s Restaurant
6950-75th St, Kenosha

See attached flyer!!! This must be handed to your server on the day for Nash to be recognized for the donation.

February 17th    ALL DAY LONG!!!

Applebee’s will donate 15% of sales to Nash!

But please remember to give the attached flyer!!!

Lesa had the pleasure of drawing our two lucky winners from January’s Out to Eat Event. They are: Marcello Infusino-Room 112 & Kameron Jester-Room 417. Thank you for supporting Nash, and THANK YOU to our Perez family for your generosity and support!

If you have any suggestions/referrals for our next event, please contact: lesa_vijesurier@yahoo.com
February/March Calendar

February 6……………………………………………………………………………...Family Reading Night @ 6pm in Nash Library
February 16…………………………………………………………………………...We Are the World performance @ Indian Trail
February 17…………………………………………………………………………...Jump Rope for Heart Begins
February 17…………………………………………………………………………...Out to Eat Event @ Kenosha Applebee’s ALL DAY
February 24…………………………………………………………………………...70th Annual PTA ‘Founder’s Day’ Scholarship Dinner
Parkway Chateau @ 5:30pm
February 26…………………………………………………………………………...Early Release (Parent/Teacher Conferences)
February 27-28………………………………………………………………………..No school (Parent/Teacher Conferences)
March 4………………………………………………………………………………P TA Meeting in Nash Library @ 6:30p
March 7………………………………………………………………………………Vegas Night @ Parkway Chateau @ 7p
April 25-27………………………..Wisconsin PTA 105th Convention Eau Claire, WI. Additional details coming soon!
June 19-22…………………………121st National PTA Convention Austin, TX. Additional details coming soon!

Charles W. Nash PTA
Meetings are the first Tuesday of each month in the Nash Library at 6:30 P.M.
President- Lynda Bogdala
Vice Pres.- Angela Konicki
Secretary-Lacy Lindstrom
Treasurer- Steve Retherford

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