



# Pusey Pride

**Pusey Elementary**

147 15<sup>th</sup> Ave.  
Council Bluffs, Iowa 51503  
328-6463

**December 2009**

**Mrs. Chalupnik, Principal**

## Holiday Concert This Week!

***Pusey's K-5 Holiday Concert will be on Friday, December 4<sup>th</sup> at 2:30 p.m. in the Pusey gymnasium.***

We typically split our concerts into two different sections during the school year, but we felt that it was only fitting that this year we hold one school-wide concert so we can all be together to celebrate the season one last time.

Of course, parking and seating will be at a premium, so please be patient with our arrangements. We will do the best we can to accommodate everyone in the gymnasium, but it may be standing room only as the space begins to fill. Please use the front office doors to enter the building. If you will need access to the gym doors due to the inability to walk up the hill or down the stairs, please call the office, and we will make arrangements to use this alternate access.

The concert will last approximately 30 minutes, so if you are able to stand and enjoy the festivities, some of our audience members who may not be able to do so would be grateful. We will of course leave a center aisle open for picture-taking so don't be shy to go up and snap a picture.

Students are able to go home after the concert. All students will return to their classrooms after the concert, but parents will be allowed to go to classrooms to pick up their child(ren). If you wish to take your child(ren) home after the concert, please stop by the office on your way out. Jamie and Mrs. Chalupnik will be recording names of students who are leaving with families. This is very important so we can update after-school bus lists as well as ensure that children are safe and with an adult family member.

We look forward to seeing you at our special event. If you have any questions, please call the office and we will do our best to assist you.

As a reminder: K-2 students are encouraged to look festive for this special occasion. Students in grades third through fifth are encouraged to bring sunglasses or a sombrero for the performance. Please have props for the rehearsal on the 2<sup>nd</sup>.

Sounds like a fun time!!!

## Chalupnik Chatter

It's hard to believe that the holiday season is upon us! I don't know about everyone else, but this year is going by way too quickly!

When I think about the holiday season, I take time to reflect on what is truly important in my life. It gives me a chance to recharge my batteries and gear up for another new year. I look back on the year and think about what I wish I would've done differently and what I know I can change.

I am a firm believer that all good things take time. I wish I could snap my fingers and have all the answers, but as I get older and more experienced in my role, I begin to understand that the learning is in the process. It isn't always in the finished product.

So as you reflect on the past year, take time to count the successes in your life. Think about what it took to get to the end result. As you work toward new goals, enjoy the learning along the way!

Your partner in education,

*Mrs. Melissa Chalupnik*

## Counselor's Corner

Counselor's Corner—Three Ways To . . .  
**Make Your Holiday Season More Meaningful and Less Stressful**

### 1. Be Realistic:

--Learn to say "no". Don't feel obligated to attend every holiday event you or your children are invited to. Politely say "I'm sorry, we can't make it—maybe another time. Thanks for thinking of us!"

--Set a budget. Decide how much you can afford to spend on food and gifts and stick to that amount.

--Advertisements can lead to disappointments. Ask children to pick out one or two toys or gifts they *really* want instead of creating an unrealistic long "wish list" based on advertisements.

**2. Get Crafty:** Helping children make gifts for friends and family can be a great time for you to bond and have fun as a family. It can also be therapeutic by helping you and your child unwind during times of stress or high anxiety. In addition, making gifts can be less expensive and more meaningful than store bought gifts. Some ideas are family photo albums, home made ornaments, or decorative picture frames.

### 3. Get Active, Stay Rested and Avoid the Junk Food:

--Get exercise. Stay active *with* your child. This could be as simple as walking around the neighborhood to see holiday decorations. If the weather is nice, bundle the kids up and send them outside to play. Winter sunshine can greatly improve a cranky mood and can help get rid those holiday "wiggles and giggles"!

--Get plenty of "R & R". Keep children's bedtimes the same each night as much as possible. Set aside some time for you and the family to just relax and enjoy being together during the holidays. Try watching a holiday movie together or listening to/singing holiday songs. Add making and sharing a favorite holiday beverage or treat.

--Set the example of healthy eating for your children. Have plenty of healthy snacks available during the holiday season. Eat sugar enriched foods in moderation.

**Source:** *The Children's Hospital-Denver*

*I hope that all of you have a safe, relaxing and enjoyable holiday season. I look forward to working with you and your families in 2010.*

*Ms. Lambert*

## Dates to Remember

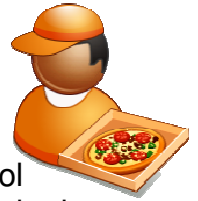
**HOLIDAY CONCERT:** December 4<sup>th</sup> at 2:30

**WINTER BREAK:** December 21<sup>st</sup>-January 3<sup>rd</sup>

**CLASSES RESUME:** January 4<sup>th</sup>

## Papa John's Pizza Night

Looking for an easy meal and a chance to help Pusey raise additional money? Papa John's donates a portion of sales to Pusey Elementary if you mention our school when ordering. Our special night is the last Wednesday of every month. This month, it will be Wednesday, December 30<sup>th</sup>. Thanks again for your support!



The Pusey  
Elementary  
Staff wishes  
everyone a safe  
and joyous  
holiday season!