



Peet Cub News

Ten Tips For Helping children Cope with Holiday Stress

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For most children, the holidays are a happy, fun time. It's a break from school and a chance to see friends and relatives. However, for some children, the holidays can be stressful and confusing. Family plans and celebrations may be complicated by divorce, separation, remarriage, or loss.



There are a number of things parents can do to help children cope with holiday stress.

1. Discuss holiday plans in advance. Children need stability and predictability.
2. If you are traveling, leave extra time and

bring kid-friendly snacks and activities (books, music, games...)

3. Don't over schedule. You may not be able to see everyone. Kids can get tired and thus become irritable.
4. Give children some downtime. Leave room for quiet activities .
5. Make sure kids get sleep. It may be exciting to stay up late, but a lack of sleep will lead to grouchiness.
6. Let kids be honest about their feelings. Do not force them to act happy or excited if they feel down or need quiet time.

7. Do not promise things you cannot deliver. Do not promise that a parent will be home or call for the holidays if that is out of your control.
8. Maintain family traditions even if a parent is absent. It is important that children have certain things to count on for stability.
9. Do not try to overcompensate for an absent parent with extra gifts. What kids want the most is attention and time.
10. Take care of yourself. If you are overscheduled and over stressed, this will create tension for your children.

**Early Release
December
16th at 12:50.**



Semester Exam Schedule

Semester exams count for 10% of the grade for level classes and 15% of the grade for pre-ap classes.

Monday Dec 12th	Tuesday Dec 13th	Wednesday Dec 14th	Thursday Dec 15th	Friday Dec 16th
1st & 5th period exams	2nd & 6th period exams	3rd & 7th period exams	4th period exam	Make-up exams (will take any finals missed)

Counselors' Corner

As we approach the end of the first semester, we would like to share some hints on creating a study-friendly atmosphere for your student at home. End of semester exams will be coming up and these suggestions may help your child be more successful.

Create a study area. This will provide a better opportunity for your child to concentrate on his or her work. The area should be protected from noisy distractions such as TV and loud music and social media (phone/ipad)

Make a study routine. Having a routine creates a habit of getting to work on homework a lot more easily. Have your child study in the same area each day, and get input from your child as you decide on the daily study time together. Encourage your child to complete the most challenging work first.

Be available to help. Although you should never do your child's work for them, there are ways you can provide support. **Check your child's planner each day and moni-**



tor their grades on the Parent Access Center which

you can find on the Conroe ISD website (conroeisd.net). Be available to answer questions, and encourage your child to have a study buddy that he or she can call when necessary. Use of educational websites for help are also a

great resource.

Open lines for communication.

Ask your child open-ended questions about school so you have more information. Make sure the questions do not allow your child to answer you with a yes or no

answer. "Tell me what you did in Math today?"

Check your child's work. It is important to make sure your child has done a complete job with assignments and that they are placed in the rings of the binder so that your child will have them readily accessible to turn in during class.

Encourage good health. Children should get physical exercise of moderate to vigorous physical activity every day. Also make sure your child gets enough sleep and eats a healthy, balanced diet.

The Counselors would like to wish you and your family a very happy holiday season. We encourage you to contact us if you have any questions or concerns.

Tutoring is offered at Peet Monday through Thursdays in the morning and evenings. See the website for a more detailed schedule.

http://peet.conroeisd.net/TutoringSchedule_16-17.pdf

Thank You!

Thank you to Master Sargent Robert Rhodes for bringing an armored transport vehicle and talking to the students about careers during Generation Texas Week. During the week, students learned about ca-

reers, colleges, and career paths.



Calendar of Events



December

- 1st – Basketball – Girls Home / Boys at Bammel
- 5th – Winter Band Concert at 6:00PM
- 6th - Peet & CHS Choir Winter Concert at Methodist Church (4:00 pm)
- 8th – Theater Class Plays
- 8th – Basketball – Girls at York / Boys Home
- 9th Student Council Christmas Party 4:00 - 5:00
- 9th – Orchestra Winter Concert at CHS
- 9th – Band Region Clinic
- 10th – Band Region Concert
- 12th – Basketball – Girls Home / Boys at Irons
- 16th – End of First Semester / Early Release
- 19th - Dec 30th – Winter Holiday

January -

- 2nd - Staff Work Day
- 5th – Peet Spelling Bee

Lessons In Action

Peet students learned about local government in action by participating in a political panel. Thank you to State Representative Will Metcalf, District Judge Jennifer Robin, and Conroe Mayor Toby Powell for helping our students appreciate the workings of government and the importance of service.



Attendance is important.

Please remember to call or email Ms. Spencer with attendance notes. 936-709-3700

daspencer@conroeisd.net

Peet Tracks

Tennis Tournament

December 17th

Coach Baron will be hosting a tennis tournament on Dec. 17th. The tournament is open to all area 6 - 8th grade beginner/intermediate tennis players, and 9th graders by invita-

tion. Contact Coach Baron for more information (936) 718-2800 or the212tennis@gmail.com. Pictures to come post-tournament.

