



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
19th at 12:50.**



Semester Exam Schedule

Semester exams count for 15% of the grade for high school credit classes. Please study; this is important.

Thursday Dec 13th	Friday Dec 14th	Monday Dec 17th	Tuesday Dec 18th	Wednesday Dec 19th (Early Release)
1st period exam	2nd & 7th period exams	3rd & 5th period exams	4th & 6th period exams	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 child 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 started on homework quickly. 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 monitor 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.

Nurse's Notes

State law now requires that schools must screen students for abnormal spinal curvature (scoliosis), on a revised schedule, beginning this school year. The new screening schedule mandates screening for 7th grade girls and 8th grade boys. We will be conducting spinal screening during the month of January 2019. The purpose of spinal screening is to detect the signs of abnormal curves of the spine at their earliest stages so the need for treatment can be determined. It is usually detected in children between 10 and 14 years of age and many cas-

es are mild requiring ongoing observation by a physician when first diagnosed. A letter with additional information will be sent home with your child prior to screening. Please let me know if you have any questions or concerns.

Have a happy and healthy Winter Break!

Laura Celestino, RN

Elizabeth Buller, Clinic Aide

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Peet Tracks

Peet Choir

- ◆ December 4th at 6:30 pm, the Winter Concert will be held in the Peet Cafeteria.
- ◆ December 8th at 12:20 pm, the Chamber Women will be performing at Heritage Place in Downtown Conroe.



Peet Orchestra

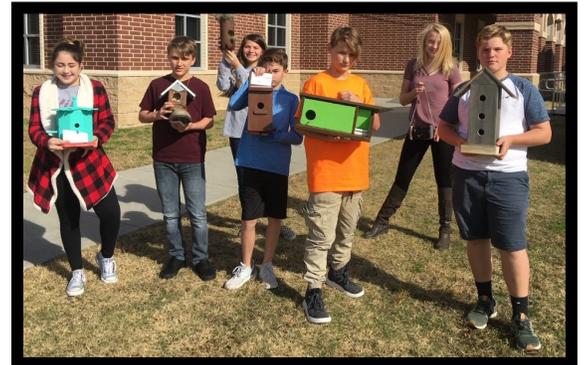
On Friday Nov. 16 and Saturday Nov. 17 - Region IX Orchestra Clinic and Concerts was held at Klein Forest High School. London McWilliams performed with the Symphony Orchestra under the direc-



tion of Dr. Paul Sikes. Hau Nguyen and Karis Boothe performed with the Philharmonic Orchestra under the direction of Brenda Johnson. This was a fabulous opportunity for these students who worked so very hard to earn these honors. Congratulations to these Peet Chamber Orchestra students.

Wildlife Management

Students learned about ecosystems and built bird, bat, and bee houses.



Happy Holidays!

The faculty and staff at Peet Junior High would like to wish your family happy holidays.

May you and your family have a restful break and a happy new year.



Calendar of Events



December

- 1st / 2nd – Concert Kingwood Pops – The Nathaniel Center, Kingwood
- 4th - Choir Winter Concert @ PJH (6:30)
- 8th - Conroe Christmas *Chamber Women & Varsity Men*, 12:20pm.
- 10th – Basketball vs. Washington – Boys @ WJHS, Girls @ PJHS 5:00/6:00
- 14th – Orchestra Chamber Winter Concert – Peet Cafeteria
- 19th – End of 2nd 9 Weeks – Early Release**
- 20th – Jan 4th – Winter Break**

January

- 5th - Choir Jammie Jam @ PJH (4:00 - 7:00), Tentative cost = \$3
 - *Event is ONLY open to the ladies of PJH Choir and 6th grade girls from feeder schools*
- 7th – Teacher Workday
- 8th – Students Back on Campus
- 10th - Basketball vs Knox – Boys @ PJHS, Girls @ Knox 5:00/6:00
- 17th - Basketball vs Irons – Boys @ Irons, Girls @ PJHS 5:00/6:00
- 18th - CISD Bro Night, 5:30 - 9:30, Location (TBD)
 - *Event is ONLY open to the men of Peet JH Choir*
- 21st – MLK Day (holiday)