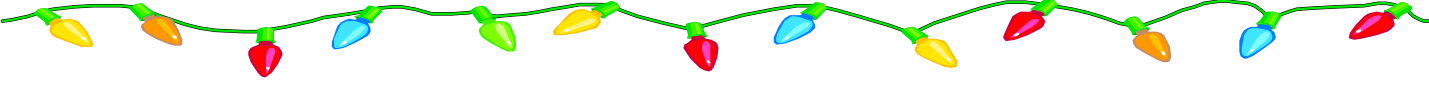






# RWE Christmas Program

You are invited to attend the  
K - 4 Christmas Program  
Friday, Dec. 18<sup>th</sup>  
2:00 p.m.  
Auditorium



**Thanks to everyone who helped with pie delivery night!** A huge thank you to all students, parents and staff that helped during the pie delivery night, Thursday, Nov 5th.

Remember, all the proceeds from the pie sale benefit the fourth grade trip to Yellowstone and the fifth

grade trip to Denver in the spring of 2010. We had 2366 total pies sold for 2009. Best of all we had 100 percent pie pickup for delivery! Great work kids!!!



*Pictured above: Mr. Emery's class sold the most pies and celebrated with yummy banana splits! Congratulations!*



# Animal Museum



On November 20<sup>th</sup> the 3<sup>rd</sup> grade students hosted an Animal Museum. Each student selected an animal to present. They created a display of the animal in its habitat and did a research paper about their chosen animal.

> Pictured above - Tori tells students some interesting facts about her animal.

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## November 200 Club winners!

Strite, Logan, Chase, Isaac, Ben,  
Dani Jo, Brittany

You are invited to

# December Family Fun Night

Dec. 14<sup>th</sup>

6:00 - 7:30 p.m.

**RWE Cafeteria**

Sponsored by the PTO & Office Staff

Activities Include

Cake Walk

Reindeer Food

Ornament making

Pizza for the Family



Brief Topics

Encouraging Parent Participation - John Linnehan, PTO  
President

Title One Compact Review - Mrs. Brown, RWE Principal

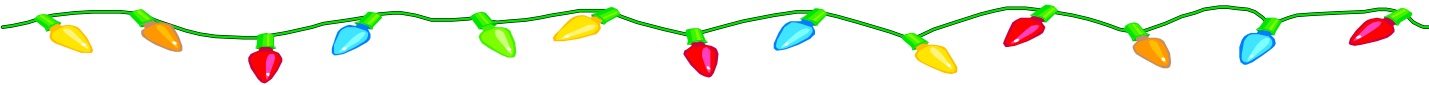
**NINTENDO DSi Raffle**

1 ticket for \$3.00 or 2 tickets for \$5.00

**WINNER WILL BE DRAWN at FAMILY NIGHT!**

You can buy tickets in the RWE Office or at the Family  
Night.

Raffle proceeds go to our local PTO.



# Signs of Holiday Stress in Kids

- Tears for seemingly minor reasons.
- Nervous behaviors such as nail biting and hair twirling.
- Physical complaints, such as stomach-aches, headaches, fatigue, diarrhea, etc.
- Regression to younger behaviors: bed wetting, eating with hands.
- Withdrawal from school friends or siblings.
- Any behavior that your child doesn't normally do could be a sign of Christmas anxiety.

## Holiday stress management tips most appropriate for your kids –

- 1) Stick with the routine as much as possible. Keep stressful holiday shopping and eating out to a minimum; start preparing for Christmas early to avoid holiday anxiety.
- 2) Ask your children what makes them feel better. Do they wind down with music, reading, spending time with you or playing with siblings? To help children calm down at Christmas, encourage them to do what they love.
- 3) Make sure your children eat nutritious foods, drink lots of water, and get exercise. Reducing kids' holiday stress looks similar to minimizing your own holiday anxiety.
- 4) Volunteer at a food bank, kids' hospital or community center. Find ways to give to your community; volunteering often relieves feelings of holiday anxiety.
- 5) Light the mood with funny moves, sledding and cozy chats with hot chocolate.
- 6) Bring a favorite blanket or stuffed animal if you're staying with family over the holidays. A bit of home with reduce your child's holiday anxiety.

