



School Wide Information

- Please check out our website, Twitter page and Facebook page!
- Please join our PTO group. Next meeting is Thursday, January 11th at 6:00 p.m.
- Save the dates: Christmas parties are Friday, December 15th at 1:15 p.m.
- Be sure your child has a coat for recess!
- Please be sure to read your child's classroom newsletters for events and updates.
- Make it Meadowbrook!

Principal's Corner

Hello MB families,

Thank you for sending in items for our 5th grade community shoebox project. We packed 121 shoeboxes for children all over the world.

Fourth grade continues to bring in toys for our TOYS FOR TOTS community service project. We appreciate your giving spirit to help others in need.

MB School is competing against Roxana Grade School in a canned food drive. Children can bring in canned food items from November 27- December 8th.

Important Dates

December 5th- MB movie afternoon at MB
 December 7th- Harlem Wizards Game-7:00 p.m. CM
 December 13th- Fundraiser pick up 2:15-5:00 p.m.
 December 13th-15th- Santa's Shop
 December 15th- Christmas parties 1:15 p.m.
 December 15th- MB 4-5 Trivia Night 6:00-9:00 p.m.
 December 18th- MB Christmas Program 7:00 p.m. CMHS
 December 19th- PBIS ticket store
 December 20th- 11:20 student dismissal
 December 21st-January 2nd- Christmas break
 January 3rd- School resumes

Music News

Meadowbrook's Christmas Program is coming up on **Monday, December 18th** in the CMHS Gym. The program will begin at 7pm. We are asking 4th and 5th grade non-band students to be in the gym seated with their class by 6:45pm and to wear either Christmas colors or nice clothing. The students have been working on learning their program for the past month and they would love to share what they've learned with you all!

Band Corner

Meadowbrook's beginning band also performs at the Christmas Program on **Monday, December 18th** in the CMHS gym. The program will begin at 7pm. We are asking 5th grade band students to be in the CMHS auditorium with their instruments by 6:15pm and to wear either Christmas colors or nice clothing. The band students have been working hard since August learning their instruments and they are excited to share their progress with everyone!

MAKING IT MEADOWBROOK

In today's world, technology plays a major role in how families communicate with each other. With a variety of options to choose from Facebook, Skype, Twitter, email and text messages, families can readily keep in touch.

However, as technology has taken over a lot of our communications, studies have shown that one-on-one human interaction has been negatively impacted. So, how can we keep live conversations a part of our repertoire? Here are some tips to truly stay connected with your family:

Create opportunities for talking. Whether it's going out for ice cream, taking a drive or weekend hike, look for ways to interact together in a setting to allow for real conversations.

Insist on family meals. Make it a point to bring everyone around the dinner table at least three times each week. This is a great way to ensure you have a captive audience. Try not to use this time to lecture your kids—there are plenty of other opportunities to do that—instead, use this time to relax and reconnect with each other after a busy day.

Highs and lows. Go around the room and ask each member of your family to share the best part of their day and the worst part of their day.

Institute a no technology rule. Laptops, cell phones and tablets are all great devices that keep us moving throughout the day, but at home, it's OK to turn these things off. An interesting idea is to have everyone turn in their cell phones by 6 p.m. and they can't have it back until 8 a.m. the following morning.

Enjoy this holiday season with your families. Take time to relax and enjoy the quality time together. Merry Christmas and have a blessed new year.

Social Work Corner

Accepting Differences

Accepting differences, such as visible and invisible disabilities, in others is an important skill that should be developed throughout our lives. Parents are their children's first teachers and should openly discuss and model how to appropriately treat everyone. It is important to remember that we are all different in some way and should treat everyone with empathy and kindness. Attached to this newsletter is an article to help open the discussion on accepting differences in others. Furthermore, here are a few websites with information to raise awareness on accepting differences in others:

<https://adayinourshoes.com/wp-content/uploads/2014/01/DisabilityAwarenessPacket.pdf>

<https://www.weareteachers.com/10-tips-teaching-invisible-disabilities-bullying/>

<https://researchautism.org/resources/kit-for-kids/>

<https://www.everydayhealth.com/adhd/not-broken-just-different-explaining-adhd-to-a-young-child.aspx>

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<https://pjordahl.weebly.com/>

Homework Help

SIUE offers a Homework Hotline for free Math help. Tutors are available, call 618-650-3072 from 6:00 pm to 10:00 pm Sunday - Thursday.

MB Rocks!

