



School Wide Information

- Please check out our website, Twitter page and Facebook page!
- Please join our PTO group. Next meeting is Thursday, March 22, at 6:00 p.m.
- Please be sure to read your child's classroom newsletters for events and updates.
- ROMAS NIGHT- March 6th
- PARCC testing for MB- April 4-20, 2018.
- Make it Meadowbrook!

Principal's Corner

What is Erin's Law?

Erin's Law is named after childhood sexual assault survivor, author, speaker and activist Erin Merryn, who is the founder and President of Erin's Law, which is registered with the State of Illinois and the IRS as a 501 (c)(4) non-profit social welfare organization.

After Erin introduced the legislation in her home state of Illinois, the bill was named "Erin's Law" after her by legislators and it has caught on nationwide. Illinois is the first state by law to mandate Erin's Law. Vermont state board of education required this in schools since 2009.

"Erin's Law" requires that all public schools in each state implement a prevention-oriented child sexual abuse

program which teaches:

- **Students** in grades preK – 12th grade, age-appropriate techniques to recognize child sexual abuse and tell a trusted adult

Call for Help Presentations will be
March 15, 2018

Important Dates

March 6th- Fundraiser kick off
 March 6th- ROMAS NIGHT FOR MB
 March 7th- 5th grade state science test
 March 8th- District 8 Community Night
 March 9th- 11:20 student dismissal
 March 9th- Buddy day at MB
 March 9th- Guys in Ties Luncheon
 March 9th- End of the 3rd quarter
 March 15th- Call for Help presentations
 March 16th- Report cards go home
 March 21st- Mentoring at MB
 March 23rd- 4th grade Health Fair
 March 27th- 5th grade Growth and Development
 March 28th – April 3rd – Spring Break
 April 4th- School resumes

Music News

4th Grade General Music

Recorder Karate has started at Meadowbrook! If you have a fourth grader, ask them to perform any of their Recorder Karate music for you - I'm sure they would be more than happy to perform for you!

Beginning Band

The band is starting to learn their music for their Spring Concert on Tuesday, May 8, 2018. It will be held at Civic Memorial High School's gym and will begin at 7:30pm. This concert is also held with the 6th-8th grade band.

READING CORNER

“Only One You” Community Night

CMHS

March 8th

5:30 p.m.- Free Dinner

6:00 p.m.-8:00 p.m.- Booths

Pick up a FREE Book for your child!

Located in the New Gym with the
booths

Pre-K Students: Visit the Pre-K
booth to get your free book & for
special activities!

Door Prizes:

Location: Eagle Store

Place your ticket in the Prize Bucket
in the Commons. Prize drawings will
take place throughout the evening.

Please check the large poster
located in the Commons Area to see
if you've won!

Social Work Corner

Helping Traumatized Children

As parents and caregivers, we are the first to notice when children are impacted by traumatic events. Whether it is an event directly impacting a child, or events in the community or society, it is important to care for the social/emotional needs of our children. *Helping Children Cope with Traumatic Events* by Melinda Smith, M.A., Lawrence Robinson, and Jeanne Segal, Ph.D. provide tips on helping children traumatized.

These coping tips could help:

- 1) Minimize Media Exposure: If a traumatic event has occurred and there is repeated media coverage either eliminate or greatly reduce viewing it. Parents could watch the coverage with their children and discuss it. Limit exposure to graphic images and videos.
- 2) Engage your Child: Spend time with your child and discuss how they are feeling. Answer your child's questions honestly. Comfort and assure your child when they have uncomfortable feelings and thoughts. Don't make your child talk if they are not ready. Encourage your child to participate in activities they enjoy.
- 3) Encourage Physical Activity: Physical activity can improve your child's mood and sleep. Help your child find an activity he/she will like. Find something you both can do together if they are reluctant to participate in physical activity.
- 4) Feed Your Child a Healthy Diet: Find foods that help increase your child's mood. Be a positive role model and eat healthy together. Have your child participate in making the meals and eat together as a family.
- 5) Rebuild Trust and Safety: Help your child feel safe and secure. Provide stability with consistent routines, reduce stress in the home and yourself, and remain calm.

You can view the full article at:

<https://www.helpguide.org/articles/ptsd-trauma/helping-children-cope-with-traumatic-stress.htm>

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!

