



February, 2012

**Valentines Day
is Tuesday, February
14th**

If you would like to help out with the Valentine's Day Celebrations, Please contact your Child's Teacher or Room Mother



Get Updates Online

You can keep in touch with Lamar PTO Online at <http://lamarpto.weebly.com>

And while you are there... enter your email address to receive updates delivered to your email box.

Discover Your Child's Personal Love Language

By: Susan Ragsdale

There's a new holiday on the horizon— Valentine's Day! While stores around us try to focus our attention on roses, chocolates, cards and potential dinner dates, I want to suggest that families focus on the "heart" of the holiday by reflecting on how love is expressed in the home.

Dr. Gary Chapman has identified 5 distinct, universal "love languages" that give insights into how our children (or spouses, family members and friends!) are wired to perceive and receive emotional love.

Knowing your child's love language can help improve your relationship with your child, ensure a sense of security, and strengthen communication once you learn to speak his or her love language. The key is to understand how your child interprets love.

The five love languages include:

- 1) Physical touch – hugs, holding hands, pecks on the cheek and physical presence
- 2) Quality time – undivided attention minus outside distractions and multi-tasking
- 3) Acts of service – anything done to ease the burden of chores or work
- 4) Receiving Gifts – thoughtfulness and effort put into choosing personalized gifts show you are truly known and cared for
- 5) Words of affirmation – words impact: insults can shatter and unsolicited comments can make your heart dance

After reading about these love languages, my friend, Ann, created her own game of either/or questions to ask her children about. She gave her kiddos scenarios like:

Which would you rather do with mommy: 15 minutes of snuggling (physical touch) or 15 minutes of playing games (quality time)?

Which makes you happier: to receive an encouraging note (words of affirmation) or to get a surprise present (receive gifts)?

Now, she incorporates their particular preferences into her parenting strategy for each one.

In honor of this month of love, why not spend time learning your child's primary love language and what you can do to help him or her feel genuinely loved? Assess your love language, then ask yourself: *How does my child interpret love? How do I? Are our love languages different from each other? How does that impact our communication?*

If you're not quite as creative as my friend, Ann, you can visit Dr. Chapman's website at <http://www.5lovelanguages.com/> which provides assessment tools that support the power of positive parenting. Parents can play the Love Language Mystery game with their children to unlock their secret love languages.



Lamar Elementary PTO

Janet Mobley, Principal

February, 2012



AR BookFinder is a program designed to allow parents and students to look up books and tests from any computer, anywhere, anytime! You can look up books at the public library, books you already have at home or books you plan to purchase. Just follow the instructions listed below and enjoy the convenience of AR BookFinder.

Go to <http://www.arbookfind.com> or visit the PTO Website Blog for more information.

We shouldn't teach great books; we should teach a love of reading.

- B. F. Skinner

JOIN THE PTO




INVOLVEMENT MATTERS

Schools with involved parents enjoy:

- better morale among teachers.
- higher ratings of teachers by parents.
- more support from families.
- a better reputation in the community.

February Calendar

monday	tuesday	wednesday	thursday	friday
		1 early release		3
6	7	8	9	10
13	14 	15	16	17
20 No School	21 School Board Mtg.	22	23	24
27	28	29 Leap day		

"In family life, love is the oil that eases friction, the cement that binds closer together, and the music that brings harmony."

Eva Burrows

P.E.A.C.E

Meeting on **Thursday, February, 16th**
5:30-7:00 in the B. McDaniel cafeteria
(food provided).

The speaker for Thursday the 16th will be **Dr. Johnson, a local child psychologist**. He will be speaking on the topic **ADHD**.