



August 2016

# parenting CHRISTIAN kids



Nursery through 5th  
grade  
Classes start 9:30-10:45  
every Sunday

## Take Charge of Your Family's Schedule

### POWERSOURCE

#### ASK GOD:

1. To help you make wise choices about time management.
2. To guide you and your kids as you set priorities.
3. To protect your family—and your family time—from busyness and stress.

Just when your family gets settled into summer, school registration sneaks up on you. No matter what grade your children are entering, school bells bring super-sized family calendars. Even toddlers seem to need a social secretary these days!

Lately there's been a movement against hurried, harried, and over-scheduled kids. Always being busy takes a toll on children and their families. Plenty of free time is vital—and doesn't mean your kids will miss out on opportunities. Here are tips for balancing busyness and rest:

**Schedule family time.** Block it out on your calendar, just as you do with other important obligations. Plan at least a couple of hours a week for together

time, and don't let other responsibilities interfere. Also make family mealtime a priority.

**Sign up with care.** The start of a new school year is the best time to limit activities. Be realistic about how many your family can handle—and about the amount of homework time and sleep each child needs.

**Involve your kids.** Ask children about their preferences. Which activity means the most to them? Which ones are they willing to cut? Parents make the final decision and can make church-related activities non-negotiable.

Read on for more great ideas to make the most of your family time.

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## Slow Down!

When kids are too busy, they miss important childhood experiences. David Elkind, author of *The Hurried Child*, emphasizes that schedules filled with too many programmed activities can limit experiments in self-discovery. Children need time to read, draw, dream, build, and even experience boredom. Unstructured time offers a chance to play in natural ways, boost creativity, and develop personality. Packed schedules make it more difficult for children to build a network of social support. They need contact with extended family members, neighbors, and playmates of various ages. Try these ideas so your family members can slow down and connect with one another—and with God.

**In With the Good** Give family members each a card with Philippians 4:8 written on it. Think about the activity you each do the most, and place the cards in those places. Challenge family members to think about the positive side of their favorite activity—and how it honors Jesus.

**Mad, Sad, Glad** At dinner, have family members each share something about their day that made them mad, sad, and glad. This prompt will help everyone reflect on their day and connect feelings to experiences. Before clearing the table, pray together as a family.

**Cross Challenge** Play a seek-and-find game during the week. Try to find as many crosses hidden in everyday life as possible (signposts, telephone poles, etc.). Share your findings at dinner.

**Pop the Question** Before a meal, write questions about each other, about God, or about anything discussion-worthy on slips of paper. (Ideas include “What’s your favorite movie?” and “What’s the first question you’ll ask Jesus when you get to heaven?”) Tightly roll each slip to fit inside a balloon. Then inflate the balloons and tie off the ends. Before

every course of a meal, let each family member choose a balloon and sit on it until it pops. Then discuss the questions from those balloons during the next course. Repeat! (This activity works well even without balloons. If you use them, be sure to discard all the pieces afterward.)

**Busy Bee** Choose a leader. Have the leader say either “Martha was busy” or “Mary was quiet.” When “Martha” is said, have the leader do an action such as run in place or turn around. Everyone else should follow the leader. When “Mary” is said, everyone stands still. The leader may try to trick the others by saying “Mary” and doing an action. Those who aren’t tricked remain in the game. Afterward, read aloud Luke 10:38-42 and discuss the story of Mary and Martha.

**Noise Busters** Hand out paper and pencils and ask everyone to concentrate and draw a self-portrait. Meanwhile, turn on a radio very loudly, sing off-key, and drum a table. The more noise the better! After a few minutes, stop the noise. Ask: “How well could you focus on your drawing? What distracts you from focusing on Jesus? How can we quiet those distractions this week?”

“My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.”

—Luke 10:41-42



## TEACHABLE MOMENTS

### Grow in Wisdom

Read aloud Luke 2:40, 46-47. Talk about Jesus growing up, learning carpentry skills, and teaching in the temple. Say: **Just as Jesus grew and learned, we’re growing and learning.**

Ask family members to think of skills they’re learning at school or work. One at a time, have family members act out the skills while others guess.

Say: **The start of a new school year is exciting! It means we get to learn new things and try things we haven’t tried before.**

Invite your kids to talk about new things they’re excited to learn as well as things they may feel nervous about.

Say: **As you learn and try new things this year, remember that Jesus is always with you. He knows what it’s like to learn new things.** Close in prayer, thanking Jesus for his love and presence.

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# MEDIA MADNESS



## MOVIE

**Title:** *Pete's Dragon*

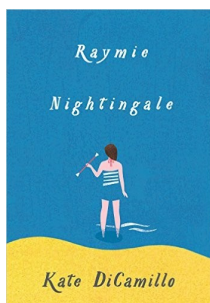
**Genre:** Adventure, Fantasy

**Rating:** PG

**Cast:** Bryce Dallas Howard, Oakes Fegley, Robert Redford, Wes Bentley

**Synopsis:** This reboot of the 1977 Disney classic features Grace, a forest ranger who grew up listening to stories about a dragon. After meeting 10-year-old Pete, who claims to live in the forest with a dragon, Grace sets out to discover the truth. Meanwhile, other people are trying to hunt the dragon.

**Our Take:** This live-action movie featuring an animated dragon named Elliott is sure to delight children as well as parents who saw the original. Use the film as a springboard to talk about reality vs. fantasy, as well as pursuing the truth about people.



## BOOK

**Title:** *Raymie Nightingale*

**Author:** Kate DiCamillo

**Synopsis:** After her father runs off with a woman, 10-year-old Raymie hatches a plan to stay out of the county orphanage. While trying to win a local beauty pageant, Raymie opens herself to new friendships and gains valuable self-knowledge.

**Our Take:** This story is loosely based on the childhood of DiCamillo, author of *Because of Winn-Dixie*. She's known for tackling tough subjects (divorce, alcoholism, abuse, etc.) in thoughtful, kid-friendly ways. Raymie's plight reminds readers that although childhood is sometimes complicated and sad, there's always reason for hope and humor.



## CULTURE & TRENDS

**Lunchbox Competition** Social media is making parents anxious about what they send for their children's school lunch. Pictures of elaborate Bento box creations lead to inferiority complexes, as well as to "shaming" about what types of foods parents offer. ([usnews.com](http://usnews.com))

**Try on a Tail!** Hotels are selling scads of mermaid tails to children—as well as adults. Kids enjoy "mermaid posing" and games such as hula-hoop diving, while adults take water-fitness classes—all while donning a mermaid tail. ([abcnews.go.com](http://abcnews.go.com))

## Games, Sites & Apps

### Mirror's Edge Catalyst

This first-person action game is set in a futuristic dystopia. While performing parkour stunts, a daring heroine named Faith tries to get citizens to think for themselves. The game, which has some mild language, is best for ages 10+.

### MusicTheory.net

Free online exercises help young musicians learn to identify notes, chords, and more. Kids can take theory lessons on a range of subjects and also work on ear training. Premium apps, available for a small fee, can enhance the learning experience.

### Name Play

With this app's games, children can practice reading and writing using the letters in their own names and other people's names. Parents must enter a child's name to begin. The app does not share information. Just add names for more word play. Best for ages 4+.

## QUICK STATS

**Raised Right** In response to the statement "I'm raising my kids the way I was raised," 50% of millennial parents agree, 28% disagree, and 22% are neutral. ([Millennial Marketing Study](http://Millennial Marketing Study))

**Impoverished Students** A majority of U.S. public school students are now considered low-income. Not only does that mean more kids qualify for free-and-reduced lunch; they also need social and academic support to keep up with more-privileged peers. ([washingtonpost.com](http://washingtonpost.com))

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This page is designed to help educate parents and isn't meant to endorse any movie, music, or product. Our goal is to help you make informed decisions about what your children watch, read, listen to, and play.



# August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7 Nursery-5th grade 9:30- 10:45	8	9	10	11	12	13
14 Nursery-5th grade 9:30- 10:45	15	16	17	18	19	20
21 Nursery-5th grade 9:30- 10:45	22	23	24	25	26 <b>First Day of School In Irvine for traditional semester</b>	27
28 Nursery-5th grade 9:30- 10:45	29	30	31			

Save the Date...September 11th @ Pacific Church of Irvine we will begin a church wide Bible Study. What that means to you is you will be studying the same things that your children will be studying. In the different age appropriate levels. You will be able to discuss the Bible Story with kids in the car or at the table during meals or at your convenience. It will be exciting to see how The Holy Spirit uses this time to teach us all.

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## IRVINE UNIFIED SCHOOL DISTRICT 2015-2016 SCHOOL CALENDAR

<u>DATE</u>	<u>DAY</u>	<u>EVENT</u>
<b>2015</b>		
July 3, 2015	F	Independence Day Holiday
July 21	T	First day for Year-Round Students
August 26	W	First Day for Traditional K-12 Students
September 7	M	Labor Day Holiday
October 12	M	K-8 Student Holiday/ <i>Teacher Workday</i>
October 14	W	9-12 Student Holiday/ <i>Teacher Workday</i>
November 11	W	Veterans Day Observance
November 25-27	W-F	Thanksgiving Recess - November 25 – Lincoln's Birthday Observance (deferred to this day)
December 21	M	First Day of Winter Recess
<b>2016</b>		
January 1, 2016	F	Last Day of Winter Recess
January 4	M	Classes resume for K-12 students
January 18	M	Martin Luther King Jr. Day Observance
January 22	F	9-12 Student Holiday/ <i>Teacher Workday</i>
January 25	M	9-12 Student Holiday/Teacher Holiday
February 12	F	K-12 Student Holiday/ <i>Teacher Workday</i>
February 15	M	Washington's Day Observance
March 28-April 1	M-F	Spring Recess
May 27	F	K-8 Student Holiday/Teacher Holiday
May 30	M	Memorial Day Holiday
June 9	Th	Last day for K-12 Students
June 13-July 22		9-12 Summer School (there will be no classes on the Federal Holiday July 4 <sup>th</sup> )
June 13-July 8		K-8 Summer School (there will be no classes on the Federal Holiday July 4 <sup>th</sup> )

### \*YEAR-ROUND SCHOOLS

Fall Recess	Sept 21, 2015 - Oct 9, 2015
Winter Recess	Dec 21, 2015 - Jan 1, 2016
Spring Recess	March 21, 2016 - April 8, 2016

### HIGH SCHOOL

9-12 Students have Semester Break Friday, January 22 and Monday, January 25, 2016.

9-12 Teachers have Monday, January 25, 2016, as a holiday.

9-12 Teachers have Tuesday, August 25, 2015 and Friday, January 22, 2016, as work days.

### ELEMENTARY AND MIDDLE SCHOOLS

K-8 Students and teachers have Friday, May 27, 2016, as a holiday.

K-8 Teachers will have Tuesday, August 25, 2015, (Monday, July 20, 2015 for year-round) as a work day and will work with their site administrator to select one additional non-teaching work day to be used for parent/teacher conferences or other approved teacher activity.

### STAFF DEVELOPMENT DAY

K-8 teachers: August 24, 2015, October 12, 2015, February 12, 2016

9-12 teachers: August 24, 2015, October 14, 2015, February 12, 2016

All students attend school 180 days

All teachers work the equivalent of 185 days

# 2 Faith Building Tips For Parents

Group Children's Ministry Magazine article excerpt.

## 1. Doodle Prayers

Carry a Magna Doodle drawing toy in your vehicle. On the way to school each morning, have one of your kids be responsible for doodling prayer requests for the day. After you drop off your kids at school, pray for their needs. When you pick them up at the end of the day, let them know you prayed for them, and ask how things went.

## 2. God Sighting Sticks

Use these sticks to spark conversations with your kids after school. Use a fun container to store these paper strips with conversation prompts to get kids talking about God sightings throughout their day. To make the strips more durable you can glue strips to craft sticks. Use the sticks during after-school snacks or at dinner to help your kids see how God works in their world.

*Today God helped me at school when...*  
*I showed someone God's love today when I...*  
*I experienced God's power today when...*  
*I trusted God today*

*I know God Loves me because today...*