



THE MEHER SCHOOLS



Wednesday Messages

October 16, 2019 • Parent Resource Center: www.MeherSchoolsParents.org

Our Ugandan Sister School Needs Games, Flash Cards, Brain Teasers

Construction is nearly complete on our sister school, Hope for Youth Primary School, in Mukono, Uganda, thanks in large part to the efforts of Meher School alumna Tali Braun (Class of 2012) and her mom, Sachi Enochi.

Our families donated much-needed shoes for the children, and Tali and her mom have collected more than 1,000 books for the school library. *(Continued on page 2)*



Tali and friends at Hope for Youth Primary School

Schoolwide Family Dance Saturday!

5–7 p.m. on the Big Playground

DJ • Petting Zoo • Raffle • Desserts, Popcorn, Edible Art

Everyone in the extended Meher Schools family is invited—students, siblings, parents, grandparents, staff and their families, and alumni and their families.

Dance tickets are \$15 for those over 2. Buy them now in the Office or at the dance.

Raffle tickets are \$5—available in the Office and at the dance.

Halloween costumes: Feel free to wear your Halloween costume—but no masks and nothing scary, please!

Helpers needed! If you can help before, during, or after the dance, let us know!

Questions? Contact Vince d'Assis at vince@meherschools.org.

The dance is a fundraiser for playground-improvement projects.

Managing Awkward Social Situations

IN THE AWARD-WINNING TELEVISION MINISERIES *The Queen*, a young prime minister is trained to greet Queen Elizabeth. The ritual, which involves backing out of the room while continuing to gaze at the queen, seems surprisingly archaic and hard to manage. Seen through a child's eyes, adult "greeting behavior" can also seem intimidating. Parents often ask how to get their children to respond to other adults with more than a blank stare. They don't want them to appear rude.

We can probably all remember wanting to withdraw from situations when adults demand we "speak up" or show affection to a relative we hardly knew. Shudder! Parents today are more sensitive to children's discomfort, yet they want them to learn to respond politely.

It helps to think about social situations in which we feel awkward even as adults. How would it feel to have a friend point out on the spot that we're being rude or unfriendly? Calling attention to natural feelings of tentativeness at any age only increases them. Children try to scope out interactions with adults because it's not always clear what will happen if they initiate a conversation. Will the adult ask them questions? Rub their heads? Pick them up?

We want children to believe that they are progressing in social skills, and calling them out for their lack of responsiveness can have the opposite effect. Giving them positive recognition—"That made Grandma so happy when you gave her a big hug"—reinforces their confidence in initiating contact.

Role playing with children about saying hello or responding in polite ways supports their ability to feel safe in social situations, like an actor practicing his lines. Focusing on their positive energy or smile rather than what they should say also helps them feel less uncomfortably self-aware. We want them to realize that it's their good cheer, not the exact verbiage, that sends out little bursts of light into people's lives.

Nurtured Heart Corner

Promoting Children's "Inner Wealth"

Resetting Themselves Helps "Coaches" Stay Positive

As parents and teachers, our most important role is to be coaches. When children display negative behavior, it's important to coach them so that they can avoid making the same mistake again. When you ask a child to reset, take the opportunity to reset yourself. If you respond with anger, despair, or frustration, it's hard to be a positive coach, and children always respond better to a positive message. When everyone is calm, the coaching can start, and your positive message will be easier to hear.

Sister School *(continued from page 1)*

What they still need are educational games and puzzles, flash cards, and brain teasers for Grades K–7. Do you have some you'd like to donate? If so, please bring them to the Office no later than October 21.

We'll be sending sign-up information for **November Explorations classes** via eNote on Monday.