



THE MEHER SCHOOLS



Wednesday Messages

November 6, 2019 • Parent Resource Center: www.MeherSchoolsParents.org

Reminders

- ❖ Next Monday, November 11, is **Veterans Day**, a national holiday. This will be an in-service day for our teachers. There will be no school or daycare.
- ❖ This Friday is the last day to sign your child up for **daycare during the winter break**, December 23 through January 3. We sent the forms as an *eNote* attachment Monday.
- ❖ **School photos** are online and ready for purchase. We sent a link to the photographer's website and the passwords you'll need via *eNote* last Friday. Photos will be available till December 1.



HALLOWEEN PARADE *Halloween at The Meher Schools is a tradition that goes back decades. (See page 3.) Here preschoolers, with Room 5 teacher Tommie Symonds, watch as “big kids” parade through their yard last week.*

Elementary Parents

Please let your child's teachers know as soon as possible if your son or daughter will be here on November 25 and 26, the Monday and Tuesday of Thanksgiving week. These are non-academic days, and attendance is optional. But we need to know how many children will be joining us so we can plan staffing.

Tips for Parents by Susie Kohl

Scary Images Leave Lasting Impressions

A SHORT TIME AFTER HALLOWEEN some years ago, a mom told me that her young daughter was having an unusual reaction. She didn't want her mother to leave the room and suddenly cried fearfully when they had to be separated. Thinking back, this parent realized that her daughter had viewed a surprisingly scary scene on Halloween that neither of them was prepared for, and the fear made the little girl regress. This wise mother concentrated on calming and reassuring her and the girl's anxiety slowly ebbed away.

Children's reactions to frightening things can confuse us because they often enthusiastically seek them out what terrifies them. "I want to hear that scary story" or "see that scary movie." The fun and exhilaration of being scared can be enlivening. Sometimes it is fun for an older child or adults. Yet if we measured what was happening to young children's bodies during sudden fear-inducing experiences, we would see, as modern scientists have, from galvanic skin responses or respiration indicators, that their bodies can be excited, though not in positive ways.



Recently teachers asked me about a child in preschool who continually repeats the scary images she has seen in movies with her older brothers. Perhaps at the time the films are shown, she eagerly watches, and yet in her daily life, at her age, it's very difficult for her to process them.

In this season, when more movies for children will be coming out, it is helpful for parents to evaluate the content of what their children will be seeing and to make their own determinations about the images they want to fill their children's minds.

At school we are dedicated to leaving out the popular stories and characters from movies and uninspiring traditional books and turning instead to tales that fill children with positivity and the imagining of new possibilities.

Nurtured Heart Corner
Promoting Children's "Inner Wealth"

Nurtured Heart: It's Not Just for Children

One of the gifts of using the Nurtured Heart Approach is the opportunity to practice applying it to daily life. Offering positive recognitions, noticing what's going well in a situation, and resetting when negativity comes our way are skills that can be used anywhere. Using these practices with a co-worker, a spouse, or even on ourselves can help turn around negative situations and strained relationships. The more we practice the Nurtured Heart Approach, the more we build positive habits of thinking and interacting with others.





Halloween at The Meher Schools

A Tradition Spanning Generations

Ellen Evans, who was principal at the time, says our tradition of Halloween morning parades may date back to 1979, the year the school moved to its current location. If so, this year's parade was our 40th! At least five of our teachers and the parents of a number of our current students took part in the parade when they were students here.

Elementary students wait for the start of the parade.



These happy preschoolers came dressed for the occasion.



Some of our youngest children weren't quite sure to make of it all. For them there were attentive teachers (like Room 5's Rosanna Allen) nearby to offer comfort and reassurance.



What would Halloween be without jack-o'-lanterns?