ENTHEOS ACADEMY

EXCELLENCE • SERVICE • LEADERSHIP

Empowering Entheos Parents

March 2025

Focus on:

Student Council

Did you know that Entheos has a highly active student council? Serving on the council gives children the chance to develop leadership skills by taking on responsibilities, making decisions, and representing their peers. Through organizing events, attending Charter Day on the Hill at the State Capitol, and collaborating with others, students learn communication, project management, and problem-solving. Being on the student council helps build confidence, accountability, and a strong sense of responsibility. These experiences foster important leadership qualities like teamwork, decision-making, and initiative.

Beginning in 5th grade, students campaign annually for election by their peers and we encourage all students who are interested to run! Watch for more information in the next couple of months.

No School

March 10

Reporting Day

For info on individual campus activities, please go to the website and click on your campus

ENTHEOS VALUE: Adventure

Activity:

A fun activity to teach the value of adventure is a "Home Adventure Scavenger Hunt." Parents can create a list of items or challenges for children to find or complete around the house, like discovering a hidden object, trying a new recipe together, or building something creative with random materials. To make it more exciting, parents can add clues or set up obstacles that require problem-solving. As they work through the hunt, parents can encourage an adventurous mindset by emphasizing curiosity, creativity, and the excitement of trying new things. This activity turns everyday moments into an adventure, showing children that exploration and fun can happen anywhere.

CREATING STRONG READERS

Visit the Library Regularly:
Make library visits a fun outing. Let your child pick out their own books to spark their interests.

Nurturing Resilience: Empowering Children Without Overprotecting

Hey there, resilient parents of amazing kids! In the journey of raising strong children, it's crucial to strike a balance between providing support and allowing space for growth. Let's explore how we can nurture resilience in our little superheroes while avoiding overprotecting them.

1. **Embrace Healthy Challenges**: Instead of shielding our children from every obstacle, encourage them to tackle challenges that help them grow. Let them try new things, take on responsibilities, and face setbacks with courage.
2. **Encourage Independence**: Foster independence and self-reliance by letting your child take on tasks and responsibilities suited to their age. Empower them to find solutions to their problems instead of always stepping in to solve them.
3. **Provide Support, Not Overprotection**: Offer guidance and encouragement, but avoid overprotecting your child from every difficulty. Let them experience natural consequences and learn from their mistakes.
4. **Teach Coping Skills**: Help your child develop healthy coping skills like deep breathing and positive self-talk. Encourage them to express their feelings openly and seek support when needed.
5. **Promote Problem-Solving**: Encourage critical thinking and problem-solving by asking open-ended questions and letting your child come up with their own solutions. Show them it's okay to make mistakes and learn from them.
6. **Lead by Example**: Be a role model of resilience by facing challenges with optimism and determination. Show your child that it's okay to fail and that resilience is about bouncing back stronger.

Examples of Problems Children can Solve through Resilience:

1. **Conflict with a peer**: Encourage your child to talk about their feelings when they have a problem with a friend. Help them understand that it's normal to disagree sometimes, but they can try to find a way to make things better by talking it out and finding things they both like.
2. **Academic setbacks**: Let your child know that not everything is easy, but they can feel proud when they keep trying, even if it's hard. Teach them to ask for help when they need it, and show them how to make a plan for studying and managing their time.
3. **Feeling excluded or left out**: If your child feels like they're not included or left out, remind them that it's okay to enjoy their own company sometimes. Help them find things they love to do, and encourage them to make good friends who make them feel happy and safe. Invite them to join fun activities with others, like playing games or being part of a club, to help them feel happy and confident.

In conclusion, nurturing resilience in children involves providing support while encouraging independence, teaching coping skills, promoting problem-solving, and leading by example. Let's empower our kids to face life's challenges with confidence and strength!

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