



## Teaching our Children Resilience

### UPCOMING EVENTS

Illinois Assessment of Readiness (7th and 8th graders)	Mar. 11 & Mar. 12
3rd Quarter Ends	Mar. 15
Big Band Dance Location: First Christian Church Time: 5:00-8:30pm	Mar. 15
4th Quarter Begins	Mar. 18
First Day of Spring 	Mar. 20
Report Cards Issued (3rd Quarter)	Mar. 22
8th Grade Real World Program	Apr. 11
2:00pm Dismissal for Spring Break	Apr. 17
No School - Spring Break	Apr. 18 Apr. 19
Happy Easter 	Apr. 21
No School - Spring Break	Apr. 22
School Resumes	Apr. 23

While adulthood is filled with serious responsibilities, childhood is not exactly stress-free. Kids take tests, learn new information, change schools, change neighborhoods, get sick, get braces, encounter bullies, make new friends and occasionally get hurt by those friends. What helps kids in navigating these kinds of challenges is resilience.

Resilient kids are problem solvers. They face unfamiliar or tough situations and strive to find good solutions. This does not mean that kids have to do everything on their own. Rather, they know how to ask for help and are able to problem-solve their next steps. Resilience is not birthright. It has to be taught. It is encouraged that parents equip their kids with the skills to handle the unexpected, which actually contrasts our cultural approach. In some cases we have become a culture of trying to make sure our kids are comfortable. We as parent are trying

to stay one step ahead of everything our kids are going to run into. The problem? Life does not work that way.

Psychotherapist and author, Lynn Lyons says, "Anxious people have a hard time helping



their kids tolerate uncertainty, simply because they have a hard time tolerating it themselves. The idea of putting your child through the same pain that you went through is intolerable. So anxious parents try to protect their kids and shield them from worst-case scenarios. Parents need to teach their kids to handle uncertainty and to problem-solve." Below she shared three ways to build a resilient kid.

**1. Don't accommodate every need.** Overprotecting

your kid only fuels more anxiety. An example, a child gets out of school at 3:00. but they worry about their parent picking them up on time. So the parent arrives an hour earlier and parks by their child's classroom so they can see the parent is there.

**2. Teach them to problem-solve.** Engage your child in figuring out how they can handle challenges. Give them the opportunity, over and over, to figure out what works and what does not.

**3. Model resiliency.** Kids learn from observing their parents' behavior. Try to stay calm and consistent. We cannot say to our children we want them to control their emotions, while we ourselves are flipping out. Resiliency helps kids navigate the inevitable trials, triumphs, and tribulations of childhood and adolescence. Resilient kids become resilient adults, able to survive and thrive in the face of life's unavoidable stressors. -by M. Tartakovsky

### Message from the Principal

As the days become a bit longer and weather turns warmer "spring fever" starts to present itself in our daily lives, especially in a junior high student.

For students, the beginning of the 4th quarter of school sometimes sparks excitement. However, there are many weeks left in the year and this homestretch is extremely valuable to students' academic accomplishments. Many times during this time of year teachers have some of their larger projects and assignments that they have been working up to throughout the year. Please remind your student to continue to give great effort and focus in their schoolwork and behavior. Too often, "spring fever" takes over and efforts and actions start to lack and then the end of the year becomes a struggle for students and parents alike.

We are proud of all of our students and wish for them to stay the course and finish strong. Hopefully, you will continue to emphasize this in the closing weeks.

**Tony Graham, MJHS Principal**  
*It's a great day to be a Lion Cub!*



## MJHS News Shorts



### FOOD for THOUGHT

Eating together gives parents and children a chance to chat about the day's events. It also strengthens family relationships. Whether you have time to cook or are picking up carryout on the way home from work, try to sit around the table and enjoy each other's company while you eat.



### DID YOU KNOW?

Research shows that most tweens would like to talk more with their parents about school-work. Ask your child to share what he or she is learning their classes. Be specific: "What kind of math problems did you do today?" or "Tell me about the science experiment you did in lab today." You might be amazed what you find out.



## Students of the Month

**GENEROSITY**, unselfish giving and sharing of resources, time, and talents with others.

Congratulations to our December Students of the Month!



7th Graders: Zaya Pruiett and Braden Elliott  
8th Graders: Ivory Hoepfner and Zack McGill

## Ultimate Predators Visit MJHS

Eighth grade science students recently participated in the Ultimate Predator Project. Students were required to choose 8 adaptations from 8 different animals they felt would help their animal to be the most fierce predator. Students also had to describe each adaptation and explain how their predator would use it. Finally, the students had to hand draw their predator and present it on a poster. The students did an excellent job genetically modifying their predators. The MJHS staff had the difficult job to vote on the projects in four categories. The winners for the following categories were:

### Most Creative Descriptions of Adaptations

Addison Willis

### Most Creative Drawing

Naomi Strohm

### Best Ultimate Predator

Colin Griguhn

### Honorable mention for Best Ultimate Predator

Adi Scott

Congratulations Students!

**GRATITUDE**, feeling and expressing thankful appreciation for benefits received.

Congratulations to our January Students of the Month!



7th Graders: Sophie Smith and Brandon Gettinger  
8th Graders: Naomi Stohm and Ezra Wood

**KINDNESS** - Showing a genuine concern for the welfare of others and being a kind, supportive helper.

Congratulations to our February Students of the Month!



7th Graders: Taylor Thompson and Josh Moss (Not pictured)  
8th Graders: Isabel Arthur and Tyler Akers