

October 2021

MCA Newsletter



Honor the Lord with your wealth, with the first fruits of all your crops. **Proverbs 3:9**

Upcoming Dates

- Friday, Oct. 1 - Early release at 11:30 am, Teacher Meeting at 12:15 pm
- Monday, Oct. 4 - Subway Sandwich Day
- Wednesday, Oct. 6 - Pizza Day
- Monday, Oct. 11 - No School - Columbus Day
- Tuesday, Oct. 12 - No School, Teacher Institute
- Wednesday, Oct. 13 - Pizza Day, Board Meeting at 6:30 p.m.
- Monday, Oct. 18 - Subway Sandwich Day
- Wednesday, Oct. 20 - Pizza Day
- Monday, Oct. 25 - Subway Sandwich Day
- Wednesday, Oct. 27 - Field Trip - Rader Family Farms

MCA Information

Boxtops

Please remember to clip boxtops (or scan your receipt) from your favorite products—our first deadline is **November 1!**



GoodSearch.com

Search the internet using GoodSearch.com and earn money for MCA. Just enter "Monticello Christian Academy" as the charity that you want to support. MCA will earn money just by you



"searching the web"! You can also use GoodShop.com and a portion of your purchase will be sent to MCA.

Mrs. Smith's Butterfly Class

What does "God is Love" mean to you?



- Gus - He is nice!
- Bennett - He loves a lot! Yeah, a lot!
- Lainey - God is good!
- Ella - He loves!
- Kenzie - His love is really so big and just keeps going, forever and forever!
- Daniel - God loves us so much!
- Chloe - God made me, but I don't know how!
- Owen - God loves me and you and everybody!



WISH LISTS for our teachers and MCA. Please follow the Amazon links below. Thank you!!

- Mrs. Gambrill - K3** - <https://www.amazon.com/hz/wishlist/ls/39UC5WP14C378>
- Mrs. Smith - K4** - <https://www.amazon.com/hz/wishlist/ls/325CKHHJ102UQ>
- Mrs. Taryn - K4** - <https://www.amazon.com/hz/wishlist/ls/26LNLFL5POAZO>
- Mrs. Weber - K** - <http://a.co/0OKPQWq>
- MCA Office** - <http://a.co/3XA9mXj>



AmazonSmile

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We're on the Web!
www.mcacad.org

AmazonSmile is a simple and automatic way for you to support **Monticello Christian Academy** every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to **MCA**.

On your first visit to AmazonSmile (smile.amazon.com), you need to select **Monticello Christian Academy** to receive donations from eligible purchases before you begin shopping. It will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

Conscious Discipline (#2) from Ms. Amber

Thank you to those who sent in a family picture for the bulletin board in the hallway at school! There is one student who, every single day, without fail, names each person in her family picture as she leaves for the day. It's so sweet! If you haven't sent a picture to me yet, you still can. Just email it to me. Thanks! (Find a larger picture of the bulletin board on Facebook!)

CD focuses on brain states and how important it is for adults to be regulated in order to help kids regulate. One (the main) way we do this is through "star breathing". Some teachers say, "Do you want to be a S.T.A.R.?" Some say, "Do you want to star breathe with me?" Either way, they are both referring to the same concept.



Information from the CD website (www.consciousdiscipline.com):

"S.T.A.R. stands for Smile, Take a deep breath And Relax. Taking three deep belly breaths helps to shut off the fight, flight, or freeze response in the body. Taking deep belly breaths with a child sounds like this, "You're safe. Breathe with me. You can handle this. Take a deep breath in through your nose." (Count slowly, 1-2-3-4.) "Now let the air out through your mouth." (Count slowly, 1-2-3-4-5-6-7-8.) Counting helps you meet the goal of making the exhale twice as long as the inhale."

We try not to focus too much on making sure to say it exactly the right way every single time. That will make it seem daunting and cause you to avoid doing it. We just do the best we can! Star breathing is helpful for adults and children both. An unregulated adult cannot help to regulate a child. If you are interested in incorporating this at home, I think a great place to start is to do this first thing in the morning. Depending on your child's temperament in the morning, it could be as you're waking them up, at breakfast, in the car, as you arrive to school, etc. There are several possibilities! Something as simple as, "Do you want to take 3 star breaths with me?" If you know your child is prone to get upset easily, you can remind them how they can do the same thing throughout the day to calm down, as needed. Sometimes a child will not be willing to star breathe with you. In those cases we try to rely on mirror neurons. The parent or adult can practice the technique while sitting with or holding an upset child and as the adult calms, hopefully it will help calm the child as well until they are willing to actively participate in the practice.

I hope this can be helpful in your home. If you have any questions at all, please reach out anytime!