

# Burchfield Primary School News

## February 2017

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### Love & Logic: Don't Set Too Many Limits by Dr. Charles Fay

Kids yearn for limits. Limits say, "I love you enough to show you how to have a responsible and happy life." Limits also say, "I love you enough to keep you safe." Limits also help us take good care of ourselves so we can remain loving. They keep us from feeling like doormats; therefore, they prevent us from developing resentment. So... if limits are so important... why did I title this tip, "Don't Set Too Many Limits"? When we try to set too many limits over too many things, we spread ourselves thin and lack the time and energy to enforce them.

**Every limit we set, yet fail to enforce, erodes our relationship with our children.**

**Every limit set, yet not enforced, reduces our credibility in the eyes of our kids.**

Yes! The stakes are very high. This is why Love and Logic teaches three essential rules for setting limits:

**Rule One: Keep your limits simple and general.** Many parents and educators have enjoyed great success by using just one generic limit in most situations: "I allow \_\_\_\_\_ as long as it doesn't cause a problem."

**Rule Two: Describe what you will do... rather than what your kids must do.** When we tell someone what they must or must not do, we are trying to control something we cannot. When we describe what we will do or allow, we are remaining focused on what we can control.

**Rule Three: Never set a limit you aren't willing and able to enforce 200% of the time.** It only takes a slight bit of inconsistency on our part for our children to begin viewing us like slot machines. If their limit testing pays off even to the slightest degree, they begin to think, "Our parents enforce limits most of the time, but there is hope that if we just keep playing them, they'll slip up and we'll hit the jackpot."

### Upcoming Events:

**Kindergarten Registration:** All students who will be five years old on or before September 1, 2017 are eligible to begin Kindergarten 2017/2018 school year. If your child will be five years old between September 2nd-December 2, 2017 there is potential for a transitional kindergarten program. Please call the office at 458-5853 to schedule an appointment for February 1 or 2nd. In order to register, we must have proof of your student's birthdate (birth certificate) and proof of immunizations (polio, DPT, MMR, Hepatitis B, varicella). Registration will take approximately 20 minutes. Incoming students need to be present.

**Independent Study:** If you are planning on leaving early or getting back late from February break, please stop by the office and get an independent study packet for your student(s) so they don't fall behind. This is for students who will be gone for five or more days. Please give the office at least five days notice in order to get the work ready for your child.

**Reminder:** All parents are welcome on campus after signing in at the office first.



### Dates To Remember:

- February 1-2nd Kindergarten Registration
- February 7th Parent Club, 6:00
- February 15th DELAC, 6:00
- February 17th 1st Grade Patriotic Performance, 8:20, CHS
- February 20-24th Presidents' Week Break-No School
- February 25 ELAC Mtg, 6:00



### Your Heart is More than Just a Shape!

BPS **1st graders** will be celebrating healthy hearts with the following dress up days for February 13th-17th.

#### Monday-Day of Rest

Our bodies need rest. Today we will wear our pajamas to remind us!

#### Tuesday-Stomp Out Bad Habits

Wear crazy socks.

#### Wednesday-Exercise Day

Wear comfy clothes with good shoes so we can workout!

#### Thursday-Sports Day

Wear your favorite team.

#### Friday-Remember

Wear red to remind us that we must work hard to keep our heart healthy!