

SAPTO FAMILY NEWSLETTER

JANUARY 2010

*Editor: Jean Starks, Mom to Emily 7-1,
Allison 5-1 and Ian K-1*

Welcome to a New Year! Hope everyone had a great holiday break and is returning re-energized and ready for a great 2010!

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*Ready for more contributions to our family newsletter for 2010! Jokes, book or movie reviews, family adventures, parenting tricks/advice, recipes, etc etc ... please send them to me at [jlstarks@yahoo.com](mailto:jlstarks@yahoo.com)! I need more! Thank you!*

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Remember to check out our Junior High Science Fair this Thursday evening, the 21st, from 6 to 8 p.m! The students have worked hard on all their projects and are ready to share it all with you!

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According to the Chinese Zodiac, the Year of 2010 is the **Year of the Tiger**, which commences on February 14, 2010 and ends on February 2, 2011. The Tiger is the third sign in the **Chinese Zodiac** cycle, and it is a sign of bravery. This courageous and fiery fighter is admired by the ancient Chinese as the sign that keeps away the three main tragedies of a household. These are fire, thieves and ghosts.

Tigers are physically powerful, gracious, independent and brave, they are extremely bold animals. They are friendly and loving but can also selfish and short tempered. Tigers seek attention and power; frequently they are envious in a relation. Tigers live dangerously which often leads to trouble.

They are intolerant, take risks and are always searching for excitement. Tigers are also instilled with a good dose of courage. The **tiger** has an overpowering attraction and is very kind and always takes on the character as protector. The Tiger flourishes by power and attention and takes advantage of all circumstances it gets itself into. The Tiger is a natural leader and loves to be the centre of attention. As a rebel it goes up against authority and speaks out about wrongs in society, and willingly puts up objections. Even if you don't agree with the beliefs of the tiger you admire his way to protest.

Just as how their counterparts in the jungle are impulsive, so too are individuals born in the Chinese Year of the Tiger. When people think of tigers, it is their vigor and power that comes to mind first. But it has also been noted that tigers are known to share and are unselfish animals. The reason people admire the tiger is due to the fact that they are ferocious and domineering on the outside, but they are just as noble and distinguished on the inside. These are the same personality attributes that persons will have who are born in the Year of the Tiger. People that are born in the Year of the Tiger are generally well liked because of their charismatic personalities.

Anyone that is born in the Year of the Tiger is usually straightforward and outgoing by nature. They will never give up no matter how aggravated they may become. But, they are also full of suspicion and at times will take hasty action. Never lose sight of the fact that Tigers are smart and instinctive.

*Were you born during a Year of the Tiger? You were if you were born in one of these years: 1902, 1914, 1926, 1938, 1950, 1962, 1974, 1986, and 1998.*

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Operation Overload: Are My Children Too Busy?

www.schoolspecialty.com

[Monday:](#) Soccer practice, Cub Scouts and dance class

Tuesday: French lessons, drama club and field hockey practice

Wednesday: Soccer practice, church youth group and a dance recital

Thursday: Is it the weekend yet?

If this sounds familiar, you are as overscheduled as the rest of us. You might have also noticed signs that your children are too busy, including the following:

They feel tired all the time or are slightly depressed.

They aren't enjoying an activity they once loved.

They aren't paying attention in school, and their grades reflect that.

They begin complaining routinely about headaches or body aches.

Their eating or sleeping habits change because they feel stressed.

There is good news, though. There are ways to expose your children to a variety of activities without exhausting them and the entire family.

Schedule activities in

moderation. Only schedule an additional activity if it is developmentally appropriate for your child's age and if you feel that your child can multi-task successfully.

Keep a family calendar in the kitchen to keep everyone on track. As soon as your children are old enough, ask them to

record their individual activities. It helps if each child records his or her activities in a consistent color. For example, Trevor's activities are recorded in blue, and Vanessa's activities are recorded in red.

Mark at least one day a week for

"family day." Do not schedule any individual activities. Instead, reserve this day for family picnics and outings to local attractions, like museums and parks.

Learn how to say no.

If adding yet another activity is going to overload your child or the family, explain this to your child. Also give her the opportunity to drop another activity to add a new one.

Reserve time for free play.

Children need time to play with their friends, hang out and even get bored once in a while. This is precious time that allows them to be kids.

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*Reminder – Internet Safety - Still often befuddled by the quick advance of technology and all the wonders of the internet? A great site for help for parents and kids alike is [www.wiredsafety.org](http://www.wiredsafety.org) - you can find a lot of helpful hints and serious advice for keeping safe!*

Keeping yourself and your kids safe on

social networks:

### **The quick tips for tweens and teens:**

- Put everything behind password protected walls, where only friends can see
- Protect your password and make sure you really know who someone is before you allow them onto your friends list
- Blur or morph your photos a bit so they won't be abused by cyberbullies or predators
- Don't post anything your parents, principal or a predator couldn't see
- What you post online stays online - forever!!!! So thinkb4uClick!
- Don't do or say anything online you wouldn't say offline
- Protect your privacy and your friends' privacy too...get their okay before posting something about them or their pic online
- Check what your friends are posting/saying about you. Even if you are careful, they may not be and may be putting you at risk.
- That cute 14-year old boy may not be cute, may not be 14 and may not be a boy! You never know!
- And, unless you're prepared to attach your profile to college/job/internship/scholarship or sports team application...don't post it publicly!

### **And for parents:**

- Talk to your kids – ask questions (and then confirm to make sure they are telling you the truth!)
- Ask to see their profile page (for the first time)...tomorrow! (It gives them a chance to remove everything that isn't appropriate or safe...and it becomes a way to teach them what not to post instead of being a gotcha moment! Think of it as the loud announcement before walking downstairs to a teen party you're hosting.)
- Don't panic...there are ways of keeping your kids safe online. It's easier than you

think!

- Be involved and work with others in your community. (Think about joining WiredSafety.org and help create a local cyber-neighborhood watch program in your community.)
- Remember what you did that your parents would have killed you had they known, when you were fifteen.
- This too will pass! Most kids really do use social networks just to communicate with their friends. Take a breath, gather your thoughts and get help when you need it. (You can reach out to WiredSafety.org.)
- It's not an invasion of their privacy if strangers can see it. There is a difference between reading their paper diary that is tucked away in their sock drawer...and reading their MySpace or Facebook. One is between them and the paper it's written on; the other between them and 700 million people online!
- Don't believe everything you read online – especially if your teen posts it on her profile!
- And, finally....repeat after me – “I'm still the parent!” If they don't listen or follow your rules, unplug the computer...the walk to the library will do them good. ☺

For more information, visit [WiredSafety.org](http://WiredSafety.org).