



PIONEER MIDDLE SCHOOL PANTHER POST

Week of February 10, 2020

“All students will learn and grow academically, socially, emotionally and physically!”

“To be in your children’s memories tomorrow, you have to be in their lives today.”
~Barbara Johnson

The Week Ahead

- **Monday**
 - 8C & 7A Skating
- **Tuesday**
 - Ski Trip Forms Due
 - 6B & 7B Skating
- **Wednesday**
 - 6A, 6C, 6F, 7B, 7/8F, 8A, & 8B Skating
- **Thursday**
 - 6D & 7C Skating at Oval
- **Friday**
 - Wear Red & White for Flag & Valentine’s Day

Dates to Remember

- February 15: Flag Day
- February 17-21: No School for Students
- February 26: School Ski Trip
- February 27: Pizza Lunch
- February 27: 6D & 7C Skating at Oval
- March 2: School Council 7:00PM
- March 6: PD Day - No School for Students
- March 10: Pizza Lunch
- March 13: St. Patrick’s Day Dance
- March 16-20: Kiwanis Festival
- March 23-25: Grade 8 & 9 Camp Caroline
- March 26: Pizza Lunch
- March 26: Report Cards Go Home
- March 30: PD Day - No School for Students
- March 31: Jazz Concert
- April 1-2: Jazz 8 Trip
- April 1-2: Parent Teacher Interviews 4:00-7:00PM
- April 2: School Speech Comp.

Items of Note

Tuesday is the last day to return ski trip forms and fees. This is a hard deadline set by the ski hill, so no late forms will be accepted.

With Friday being Valentine's and Saturday marking the 55th anniversary of the Canadian flag, we are encouraging students to wear red & white on Friday.



As there is no school for students, there will be no Panther Post next week.

DISCIPLINE

VERSUS

PUNISHMENT

WHICH ONE SHOULD YOU USE AND HOW

 Discipline	 Punishment
Teach someone to behave in accordance with rules by focusing on future behavior	Inflict suffering for past behavior hoping to change future behavior
Invokes the thinking brain to learn new behavior	Invokes the emotional brain to fear a consequence
Effective discipline strategies: <ol style="list-style-type: none"> 1. Model good behavior 2. Use positive discipline 3. Be consistent. Do not lapse. 4. Reevaluate age-appropriateness 	Effects of frequent fear on a child's brain: <ol style="list-style-type: none"> 1. Mental disorders 2. Brain shrinkage 3. Emotion dysregulation 4. Externalizing behavior 5. Self-fulfilling prophecy 6. Become future bullies and/or victims 7. Worse academic performance