

PBA WEEKLY E-NEWS



Admin

A MESSAGE FROM THE PRINCIPAL

Here we are again, Holiday Season! December is upon us and with it comes all the excitement that the season brings. It is a special time of love, and busy time filled with sharing with families and friends.

While at it, Parents, please remember to make a difference in your children's futures. Praise their efforts and focus on areas where they can be successful.

I would like to thank our students, parents, volunteers, community partners, and staff for showing absolute commitment. Our school is truly a community school and this is the best time to tell you all how wonderful you have truly been in making our school a special place. The New Year will bring new learning experiences, new challenges and new fun, and I look forward to what lies ahead for us as a school community in 2018.

I wish you all a very Happy Holiday and a Joyful New Year.

SHOUT OUT

News!

CELEBRATE THE
Season!

Thank You
to our generous donors

SALVATION ARMY, OFFICE OF CHILDREN'S AFFAIR,
UNITED WAY, DENVER MAYOR'S COMMISSION,
STEPHEN HUGHS, & REGGIE RIVERS

FOR HONORING OUR FAMILIES WITH HOLIDAY GIFTS



Upcoming Events

December 22 – Jan 4 – Winter Break – NO SCHOOL

January 5 – Planning & Assessment – NO SCHOOL

January 8 – First Day of School for STUDENTS

Reminder

**JANUARY 8
- FIRST DAY
OF SCHOOL
FOR
STUDENTS**

Sports

HAPPY HOLIDAYS

Congratulations to all our Fall and Winter teams and coaches! Thank you for all your hard work so far! Enjoy your winter break and be ready for basketball practice on Monday January 8th! Happy New Year!

Athletic Director: Kathleen Nickless, 720-424-1042

SCHOOL COUNSELOR

TIPS FOR COMMUNICATING WITH YOUR CHILDREN: PART 2

Understanding both the content ("What happened") and the emotions ("How it made me feel") your child is communicating, will help you respond to both the content and the emotions they are expressing.

Acknowledge your child's emotional reaction by saying things like "That sounds frustrating" or "I bet that hurt your feelings."

Identify and reflect the feelings back to your child. Know that anger is a default reaction for children and teens. Your child may not be angry, but maybe hurt or sad and expressing it through anger.

Talk to your child about what is going on and identifying your child's true emotion.

Help your child work through the situation and control that anger by recognizing his/her true emotions.

Tami Koenig MA,
SCHOOL COUNSELOR