



## Parent Newsletter

### 3rd Annual 5K Run/Walk on April 30th!

Our students have been proactive in initiating sports teams that compete regularly throughout Central Ohio. Due to student demand and leadership, TCS@ODU, after just four years, has been able to start Cross Country, Basketball, Soccer, and Ultimate Frisbee teams.

We are holding our **3rd Annual 5K Run/Walk** on April 30th, 2011 to raise funds in support of all the students participating in sports. Join us at 8am for registration and a bake sale. The race will begin at 9am with an awards ceremony taking place at 10:30am.

Help us meet our goal of 200 participants! Invite friends, family, co-workers and neighbors to come out and support our sports program while

enjoying a beautiful cross country course on TCS and ODU campuses.

A delicious bake sale will be taking place before and after the race! The 5K event is sponsored by WesBanco, supported by Run with Scissors Marathon, and in cooperation with the ODU Cross Country Team.

For more information or to register, please go to [www.thecharlesschool.org](http://www.thecharlesschool.org).



Start of the 2010 5K Run/Walk at TCS

### URGENT: See enclosed documents and return ASAP!

Two documents are enclosed in this mailing, Residency/Guardianship documentation form and a form requesting information about returning students for next year. Please fill both papers out and return them to the school office as soon as possible!

**Residency/Guardianship documentation:** this is a new requirement of the Ohio Department of Education. They are requiring every student enrolled in school to provide residency documentation of their current physical address. If you are a legal guardian of a student, ODE is also requiring you to provide legal court documentation

demonstrating custody. Please complete this form and return this document to the Front Office immediately.

**Returning Students enrollment plans document:** Please take a few moments to let us know your plans for next school year by completing and returning the enclosed Enrollment Information for 2011-2012 document. This allows us to get a good grasp on student's plans and reserve a spot for all students that will be returning next year.

Thank you for your support in completing both of these documents!

The Charles School at  
Ohio Dominican  
University

*An Early College High School*

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#### Important Dates

Early Spring Break No Classes at TCS	March 28th- April 1st
Professional Day No Classes at TCS	April 4th
Combined Enrollment Session	April 6th
Spring Expedition Week	April 11th- April 20th
Late Spring Break No Classes at TCS	April 21st- April 22nd
Professional Day No Classes at TCS	April 25th
Last Day of ODU Spring Classes	April 29th
3rd Annual 5K Run/Walk at TCS	April 30th
Final Exams for ODU classes	May 2nd- May 5th
Professional Day No Classes at TCS	May 9th
Combined Enrollment Session	May 18th
Junior/Senior Prom ODU Ballroom	May 20th

## BP Oil Spill Collaborative Project



This was an collaborative project-based learning experience between 5 TCS staff members and 30 pre-service teachers from Ohio Dominican University. Our students learned about the Gulf Coast oil spill from the perspectives of Chemistry, Biology, Geometry, American History, and Civics. We are thrilled that over 200 of our students were able to work on this project with ODU!



The Charles School Parent Group has decided to continue participating in the Market Day fundraiser next year! Orders are placed online or with a form turned into the Front Office, and then are

delivered once a month to TCS. **April orders are due on Tuesday, April 4th** and may be picked up at the school on **Saturday, April 9th** from 10:00-11:30 am in the gym.

**Payment: Ohio Direction Card, Cash, Check, & Credit Card.**

Go to [www.marketday.com](http://www.marketday.com) and enter the TCS account number, **28409**, or contact our parent coordinator, Terri Fisher, at 532.6585 for more information. *Bon Appétit!*

### Shakespeare Canada Trip

A small group of students and staff of The Charles School will be attending the Shakespeare Festival in Stratford, Ontario the weekend of May 20-21, 2011. During this "mini-expedition," students will travel to Niagara Falls, then across the border to Canada to Stratford, to see *The Merry Wives of Windsor* and *Richard III*. The idea of the trip is to give students a chance to see professional actors perform Shakespeare's work, to travel to another country, and to expand the concept of "expeditions" here at The Charles School. For more information, please contact Mr. Hall at [hall.1@thecharlesschool.org](mailto:hall.1@thecharlesschool.org).

## S P O R T S

**Ultimate Frisbee Team** practices are each Monday and Tuesday afterschool. Anyone interested in welcome to come out and learn about the sport! TCS has partnered with CAHS and created a joint team which began playing in the high school league in March. Game days are different each week; Contact Mr. Nunn at [nunn.1@thecharlesschool.org](mailto:nunn.1@thecharlesschool.org) or Joel Elick at [elick.2@thecharlesschool.org](mailto:elick.2@thecharlesschool.org) for more information.

**Co-ed Soccer Team** games have begun! They will take place on either Tuesday or Thursday evenings at the Sports Barn at Easton. When available, a final schedule will be posted on the TCS website under "Students," "Athletics," then "Soccer." Practices will continue to take place \_\_\_\_ school on \_\_\_\_\_. For more information please contact Ms. Khan at [Khan.1@thecharlesschool.org](mailto:Khan.1@thecharlesschool.org).

### First ever Junior/Senior Prom!

The Charles School will have its first Junior/Senior Prom on May 20th, 2011. The event, "Night at the Charles," will be an exciting Red-Carpet Movie Premier theme night.

Location: Ohio Dominican University Ballroom

Time: 8:00pm to 11:00pm

Tickets: Couple, \$60.00 or Single, \$45.00

Contact Information: Student Advisor, Mrs. Johnson ([Johnson.10@thecharlesschool.org](mailto:Johnson.10@thecharlesschool.org)) and Student Coordinator, Kessiah Cunningham ([Cunningham.1@thecharlesschool.org](mailto:Cunningham.1@thecharlesschool.org))

### Enrollment Information Sessions!

Attention TCS families! If you know of any students who might be interested in attending The Charles School, The Graham School, or Graham Expeditionary Middle School next year, please let them know about our upcoming sessions:

- Wed., April 6th at 6pm (All schools, held at TCS)
- Tues., May 3rd at 7pm (The Graham School)
- Wed., May 4th at 6pm (TCS and GEMS)
- Wed., May 18th at 6pm (All schools, held at TCS)

Please visit the school websites for more information.

## The Charles School Parent Meeting in April is Saturday, April 9th!

Each month we get together to discuss parenting, school activities, fundraising, and volunteer opportunities. Our topics this month will include 5K Bake Sale, Year-End Picnic, Summer School enrollment information, and scholarship! We are also excited to welcome back Mrs. Lowry! *Meetings are always held on the second Saturday of each month and begin promptly at 10:00 am.*

Snacks are welcome! Questions? Please call Mrs. Lowry at 614.258.8588.

## Spotlight on Parenting Resources

### Q&A with Crucial Conversations author David Maxfield.

#### Motivating a Teenager

##### Q: Dear Crucial Skills,

My 16-year-old daughter excels academically and plans to pursue a university education to become a physiotherapist. She is a very intelligent and sensible teenager and is admired by family, teachers, and friends. However, her teacher called me with concerns about her recent behavior, attitude, and work habits. Lately, she procrastinates homework assignments, rolls her eyes, talks when the teacher is talking, and disrupts the class by getting up during inappropriate times. I have also noticed that she is always tired—partially due to the fact that she stays up too late. She has no ambition to get a job or driver's license, and she resents helping with light household chores like washing dishes. When we try to have a conversation with her about these issues, she gets defensive and argues with us. I don't feel like I can have a constructive conversation without it turning into a power struggle. How can I have a positive influence on her?

~Powerless.

##### A: Dear Powerless,

It sounds as if you have a wonderful and talented daughter. Congratulations. None of this parenting stuff is easy. You and your daughter are now navigating that tricky time when you help her increase her independence, autonomy, and responsibility. It's a time of exploring and testing, which involves growing pains all around.

There are many parenting skills I'm sure you'll employ. These range from setting limits and providing choices to giving your daughter the opportunity to be heard. I'm going to focus on some approaches that are especially appropriate to use with people who are sensitive to being ordered, directed, or nagged by you—think spouses, bosses, and yes, teenagers.

#### 1. Before a conversation, ask yourself,

“What do I really want? Try to avoid get-

ting too caught up in any one issue—unless your daughter's safety is involved.

2. **Encourage her to detail her long-term aspirations.** Your daughter is caught between short-term certainties and long-term aspirations. These short-term certainties are winning because they are more concrete, believable, and immediate. Find ways to make her career goals more salient and real by encouraging her to get some direct experience.
3. **Ask her about her aspirations, and get her to explore the barriers.** Make time to talk with your daughter about her aspirations, and take care to avoid jumping in with advice. Your goal is to show respect for her ability to work things out and to make her do the heavy lifting.
4. **Don't advocate for one side of an action if it forces your daughter to advocate for the other side.** Suppose you make a statement that advocates for one side over the other. Here's how the dialogue might go. Parent: “When you stay up past eleven thirty, you are tired and grumpy the next morning.” Daughter: “So what? At least I don't miss out on the TV shows people are talking about the next day.” You have advocated for one side and forced your daughter to advocate for the other side. Together, you've fleshed out both sides—the costs and benefits of staying up late—but you've done it in a way that puts you and your daughter on opposite sides.
5. **Roll with resistance.** This is a technique from Motivational Interviewing. If your daughter takes a position on one side, don't rise to the bait and take the other side. That would turn your conversation into an argument. Instead, roll with her resistance—reflect back what she has said, and encourage her to elaborate and say more. Usually, she will then explore both sides. Daughter: “I have to say up late. It's when all the popular shows are on. If I don't watch them, I'll be left out of the conversations at school.” Par-

A notice from CCS Transportation:

“To Whom it May Concern,

It has been brought to our attention that there has been some confusion in regards to whether or not school buses will operate on calamity days declared by Columbus City Schools. Because of this, our department thought that it would be appropriate to inform you that there are NO bus runs for students who attend charter and private schools if Columbus City Schools had declared a calamity day. Please relay this information to parents.

Thank you”

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*feel pressured to watch late-night shows so you don't get left out of conversations at school?”* Daughter: “A little bit, but I like some of the shows too.” Parent (get her to explore both sides): “Okay, so you like some late-night shows and you feel a little pressure to watch them. What do you see as the other benefits and costs of staying up late to watch them?” Daughter: “I like the shows. I want to see them. But I guess it does make it hard to get up in the morning. And sometimes I have to rush to get my homework done.”

6. **Practice patience.** Few of us are good at weighting long-term goals against short-term temptations. Don't expect your daughter to master it all at once. Continue to push her to evaluate her options and make her own decisions.

~David Maxfield.



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Place  
Stamp  
Here



Parent  
Newsletter  
March-April 2011