

SCHOOL NOTES FOR JOHN CROSLAND SCHOOL FAMILIES

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Charlotte, NC 28217

www.johncroslandschool.org

T: 704-365-5490

September 22, 2016 Issue

WEDNESDAY PACKETS

Check your child's packet today for a copy of the Family Directory and Apparel Order form. Please feel free to contact Janae Moore with any questions at jmoore@johncroslandschool.org.

PICTURE DAY

Tuesday, September 27, is picture day. A form was sent home today in your child's Wednesday packet with further information. Please make sure your child is dressed appropriately. Seniors will be having three pictures taken. One in cap and gown, one in tux/dress, and one in what they wear to school that day. The clothing for the first two pictures is provided by Lifetouch. If you have any questions please contact Suzanne Hodge at shodge@johncroslandschool.org.

EMP MEETINGS

The Educational Management Plan (EMP) meetings went extremely well. Everyone seemed to have nothing but praise for the new format. A copy of your child's EMP will be e-mailed to you, by the Director of your child's school, this Monday. Make sure to check your email and let your Director know if you have not received it. (cont.)

Upcoming Events

September 27

Picture Day

October 1

Family Fall Fest
1:00 – 4:00 pm

October 10-12

Fall Break-No School

Quick Links

[School Calendar](#)

[Facebook](#)

[Instagram](#)

[Meet Our Teachers](#)

[Professional Development](#)

Elaine Triantis Director of Lower School-704-365-5490 ext. 711 or etriantis@johncroslandschool.org

Stacy Long Director of Middle School-704-365-5490 ext. 732 or slong@johncroslandschool.org

Charles Heard Director of Upper School-704-365-5490 ext. 710 or cheard@johncroslandschool.org

REMINDERS

If you are missing any school forms you will receive a blank copy in your child's Wednesday packet. Please fill out any forms and return them in the packet. For any questions contact [Nancy Lukacik](#).

The lunch order is closing on September 24th. Be sure to get your order in before the menu closes.

PARENT COUNCIL NEWS

Parent Council is hosting a Family Fall Fest on Saturday, October 1, 2016, 1:00 pm - 4:00 pm. The Fall Book Fair will also begin that day. This event will take place in the JCS backyard and the multipurpose room. There will be fun and games for everybody. Hot dogs, chips, and drinks are included with your admission payment. Dress up in your favorite Pirate costume and you could win a \$20 gift card for the best dressed pirate! You can also enter a drawing for a chance to win a family 4-pack of movie tickets if you spend \$20 at the book fair! Be sure to get your admission payment in as soon as possible. Admission will be \$10 prior to 9 - 23 - 2016 and \$15 at the door. You may leave your payment at the front desk. Can't wait to see you there!

EXPLORER CLUB

Explorer Club will be visiting Crosland once per month in both Middle School and Upper School to provide students exposure to various career clusters. Our first meeting is this Friday during study hall! Please complete and return the application in your child's Wednesday Packet for the Explorer Club records.

2016 - 2017 ANNUAL FUND UPDATE

Dear Crosland Families,

Thank you for your continued support of the 2016 - 2017 Annual Fund! We are currently at 18% Family Participation. Remember you can send in a pledge today, and pay later - just let us know when you would like to be billed. We appreciate all gifts to the Annual Fund, both large and small, what matters most for our school is our Participation Rate. Showing a high level of family participation helps us to get grants that help the school by giving funding to teacher professional development, capital projects such as the new dining hall and gymnasium, and technology and curriculum development. Please send in your card today!

GALA NEWS

Dear Parents,

We are excited to start planning for our March 4, 2017 Gala Event! Last year we raised over \$110,000 for the John Crosland School. We need your help, if you would like to learn about Gala and how you can assist we would love to have you on our committee. Our first Gala meeting will be the week of October 3rd and we will notify you of the date and time. Please email [Jennifer Nichols](mailto:Jennifer.Nichols@johncroslandschool.org) if you are interested in serving on the committee or learning more about Gala. To learn more about Gala click [here](#).

2016-2017 SPEAKER SERIES

The Enrollment Management and Admissions department presents the 2016 -2017 Speaker Series. We have an interesting line up for the school year and invite you to participate. There will be lots of good information shared. These are free events. Please share with all.

Meditation – ADHD’s Secret Rival!

Myque Harris, Southeast Psych

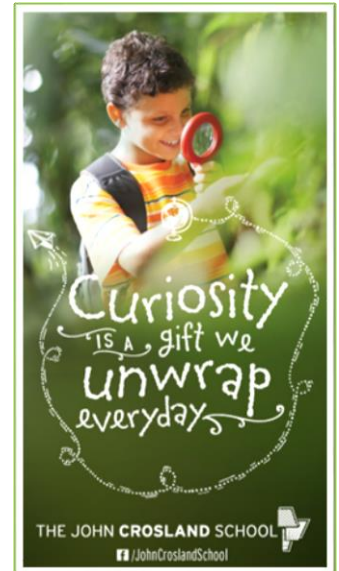
Wednesday, October 5, 2016, 8:30am – 9:30am

RSVP by October 3: jmoore@johncroslandschool.org

Meditation is a current buzz word. But did you know it is a powerful rival to ADHD? Parents, teachers, and other professionals will learn how and why meditation and other mindfulness practices help reduce inattention, hyperactivity, impulsivity, disorganization, and other related experiences to ADHD.

Myque is a warm and energetic psychotherapist, registered yoga teacher, and meditation specialist who works with teens, adults, and young children starting at 3 years old. Myque supports clients with anxiety, depression, identity exploration, and other major life transitions, such as divorce; as well as supporting LGBTQ clients and single parents. Myque has a unique practice because she infuses traditional therapeutic methods with yoga, meditation, and mindfulness. Myque holds a Master’s degree in Clinical Psychology and has been a licensed professional since 2007. She is certified with Integral Yoga Academy in Children’s Yoga and Meditation, and also certified with Yoga Alliance as a Registered Yoga Teacher (RYT-200). She has completed more than 400 hours of yoga, meditation, and mindfulness trainings and has specialty training in Postnatal Yoga, Hatha Yoga, Vinyasa Yoga, and Yoga for Children with Special Needs. Myque is certified in Early Childhood Mental Health. She has extensive experience helping children, teens, and parents work through day-to-day struggles or challenging situations at school or at home. This is an exciting year for Myque because her 5-year-old daughter started Kindergarten!

The Kid is Smart, So what’s the Problem? (cont.)



Identifying Potential Links Between Underperformance and Cognitive Skill Deficits



David Henderson, LearningRX

Monday, December 12, 2016, 8:30am – 9:30am

RSVP by December 8: jmoore@johncroslandschool.org

Sometimes smart kids can underwhelm us with their performance. Understanding the “why” can make a big difference in how to approach the problem in the classroom or home. For instance, did you know that the child who struggles with reading comprehension may actually have a working memory deficit? Or that the child with messy handwriting who makes lots of careless errors may actually have a processing speed weakness? Unfortunately, weak cognitive skills can often manifest as a lack of motivation or laziness. For smart kids, just one weak skill can significantly undermine their strengths – often creating anxiety, low frustration tolerance, or lack of motivation. This seminar will be especially helpful for parents and teachers looking for answers when the standard interventions just aren't working. You will experience 6 fun brainy games that train cognitive weakness and can be used later with your own kids.

David Henderson graduated from Indiana University in 1996 and moved to Charlotte to begin his teaching career. He soon worked a second job running a learning center. David left the classroom in 2001 to pursue family and business goals. He grew in business and project management by working in various K-12 settings across the country. His family goals suffered because of business travel. So David looked for a way to include 'COMMUNITY' with his passions of education and business. He invested in a leading educational franchise called LEARNINGRX. This investment is keeping David involved with his community and family, while using the skills he developed in the classroom and in business. Mr. Henderson now runs LearningRx and leads a team of dedicated BRAIN TRAINERS in Northeast Charlotte.

Kindergarten Readiness

Dr. Melanie Powell, Charlotte Behavioral Health Associates

Thursday, February 9, 2017, 8:30am – 9:30am

RSVP by February 6: jmoore@johncroslandschool.org

Dr. Powell will be speaking about typical development for 4 and 5 year olds. She will address signs of kindergarten readiness as well as signs that a child might not be ready for kindergarten and/or may be displaying early characteristics of learning disabilities or attention deficit disorders. She will also answer questions about when and if testing might be valuable or necessary as well as things you can do as parents to help improve your child's readiness for kindergarten.

Dr. Powell received a B.A. in Psychology from Furman University (1993), and an M.A. (1995) and Ph.D. in School Psychology with a Specialization in Neuropsychology from the University of Georgia (1997). She is a Licensed Psychologist (NC#2478) and Health Services Provider (HPP). Her training includes a year of practicum, 3 years at the Center for Clinical and Developmental Neuropsychology (UGA), a one-year internship in the (cont.)

public school setting (GA), and pre- and post-doctoral fellowships at the Child Neuropsychology Clinic at the Medical College of Georgia. Dr. Powell's research is in the areas of Learning Disabilities and ADHD (including articles in professional journals and book chapters), which she has presented at national and international professional conferences. She also has served as a reviewer for manuscripts submitted for publication in the Journal of Learning Disabilities (1999).



Expanding Working Memory Capacity in Students

Dr. Joy Granetz

Monday, April 3, 2017, 8:30am – 9:30am

RSVP by March 30: jmoore@johncroslandschool.org

Working memory is the mental scratchpad that helps us keep track of incoming information. It is key to paying attention and learning. In this talk, Dr. Granetz will discuss how working memory impacts academics, such as paying attention in the classroom, organization, reading skills, mathematics, and written expression. Dr. Granetz will also discuss tools to strengthen working memory so that learning is less of a struggle for students with weak working memory.

Dr. Joy Granetz is a pediatric neuropsychologist in private practice in Charlotte. She provides neuropsychological testing services and therapy for children, and she is a Cogmed Qualified Practitioner.

I missed that, Could you say that again...Auditory Processing Deficits

Dr. Vicki Parker, The Brain Trainer

Wednesday, May 3, 2017, 8:30am – 9:30am

RSVP by May 1: jmoore@johncroslandschool.org

It's not hearing! Auditory Processing has to do with how the brain works. This interactive talk will focus on Auditory Processing and its connections to dyslexia, attention deficit disorders, and memory. The exciting news is that auditory processing disorders responds well to treatment. Dr. Parker will review techniques used by Speech Pathologist for remediation of this disorder. She will also share her own journey working through this disorder with her own daughter.

Dr. Vicki Parker is founder and director of The Brain Trainer. She holds a Ph.D. in speech language pathology with a concentration in neuroscience from Michigan State University. For 30 years, she has worked with children and adults who have learning, speech, language, behavior and auditory/reading disorders as well as gifted individuals looking to accelerate their skills. Dr. Parker is the co-author of the textbook Problem Solving, Planning and Organizational Tasks: Strategies for Retraining. Prior to focusing on cognitive training in her private practice Dr. Parker worked for 24 years in hospital settings. Along with years of clinical expertise in her field, Dr. Parker understands it from the perspective of a mother whose child needed help. Her daughter Sally struggled with learning and reading in first grade. After extensively researching options, Dr. Parker chose brain training and speech therapy for her own daughter. Today, Sally is a senior who reads above grade level, enjoys leisure reading and loves learning languages.

CROSLAND NOTABLES

Around School this week:



Ms. Barnes



Mr. Byers



Mr. Matsik



Ms. Michaels



Mr. Cherry



Mrs. Paxton