



August 2015

parenting CHRISTIAN kids



The Woodlands
Community Presbyterian
Church
4881 West Panther Creek Dr.
The Woodlands, TX 77381

Watch for Signs of Bullying

POWERSOURCE

ASK GOD:

1. To guide your child's interactions with other children.
2. To help you model for your family how to treat others the way you want to be treated.
3. To help you notice the signs if

Bullying is a top concern for many children and parents. An estimated 160,000 kids miss school each day due to bullying behavior.

Although most adults watch for signs of physical bullying, it's actually the least common form. More often, kids experience verbal bullying, such as jeers, insults, and taunts. Relational (or social) bullying in particular—when victims are shunned or ostracized from a group—can have a powerful negative effect on a child. This is the most common form used by female bullies.

Here are five signs that relational bullying may be taking place:

1. The spread of rumors or gossip

3. The use of verbal taunts or harassment (repetitive, deliberate attempts at cruelty that clearly make the target uncomfortable)
4. The use of hostile body language or non-verbal expressions, such as aggressive staring, rolled eyes, or derogatory gestures
5. Phone calls, emails, or social media posts which are abusive in nature (cyberbullying).

Include more than just new backpacks and pencils in your back-to-school conversations. Prepare your kids to report any bullying they witness or experience and help them avoid acting like a bully, too.

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Nip Bullying in the Bud



To reduce the likelihood of bullying behavior in your kids:

- Enhance their self-image by finding and building on their strengths.
- Be a role model, showing respect and proper conflict management.
- Talk with them about how God expects us to treat other people.
- Discuss how Jesus handled disagreements.
- Help them practice empathy through service to others.

Feather Toss—Call out an action from the list below, toss a feather in the air, and have kids complete the action while the feather floats. Have them freeze when the feather hits the ground. Afterward, read 1 Thessalonians 5:11, and discuss how this verse can help you treat others the way Jesus would.

- Pat someone's back and say, "Jesus loves you!"
- Rub someone's shoulders and say, "It'll be OK."
- Shake someone's hand and smile.
- Hold someone's hand and jump up and down.

Phone Book Folly—Let each family member try to rip a phone book in half. Then say, "Let's solve this problem by working together." Pull out the pages in sections about an eighth of an inch thick, and have everyone try to tear one section. Afterward, talk about how working together was different from trying to solve the problem on your own. Then read Hebrews 13:6, and discuss how God can help you with conflicts.

Ants and Grasshoppers—Watch the clip from the movie *A Bug's Life*

Talk about how the ants were being treated. Then read Exodus 3:1-7, and talk about how God's special people were being treated in Egypt. Ask what made God care so much about the Hebrew slaves, and emphasize that God cares for us when others mistreat us, too.

Busting Putdowns—Blow up one balloon, draw an ugly face on it, and tie it off. Inflate a second balloon, draw another ugly face, but don't tie it off. Hold up the balloon that's not tied off and have family members talk "mean" about it. With every putdown, let out a bit of air until the balloon is deflated. Next, concealing a needle, pick up the second balloon and encourage family members to describe the face. At the first negative word, pop the balloon. Discuss how putdowns can slowly tear a person down and sometimes even hurt a person forever. Then talk about how positive words build up people.

Move 'Em Out—Have a relay race where players transport goodies (such as a cookie) on an index card they hold in their mouth. Afterward, talk about the role unity played in completing the race. Read Colossians 3:12-14. Discuss how the qualities mentioned in these verses can help you have unity with others.

"Do to others whatever you would like them to do to you. This is the essence of all that is taught in the law and the prophets."



TEACHABLE MOMENTS

Packed and Prepared

Place these items in a backpack: a yellow construction paper banana with the fruit of the Spirit (from Galatians 5:22-23) written on it, a hand weight, a cell phone, a gold construction paper heart, and a box of bandages.

Ask: **What are some things we put in our backpacks when we get ready for school?** Allow time for responses.

Say: **Let's look at some of the most important things to take with us to school.** Pull out the paper banana. **The fruit of the Spirit, which are important to practice in the classroom and on the playground.** Pull out the weight. **Strong faith muscles that come from exercising our trust in God.** Hold up the phone. **The knowledge that we can call on God in prayer any time.** Hold up the heart. **Hearts that are kept pure by resisting temptation.** Pull out the bandages. **The readiness to be kind to everyone—even bullies—just as Jesus would.**

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MEDIA MADNESS



MOVIE

Title: *Pixels*

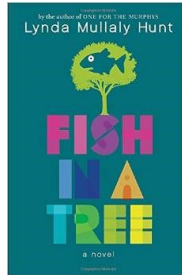
Genre: Animation, Action, Comedy

Rating: PG-13

Cast: Adam Sandler, Kevin James

Synopsis: In the 1980s, the U.S. government sent transmissions into space, hoping to find signs of alien life. Those transmissions included video game clips, which aliens misinterpreted as a declaration of war. Now they're attacking the earth, using those old games as the basis for their army.

Humans must battle Space Invaders, Donkey Kong, and Pac-Man.



MUSIC

Title: *Fish in a Tree*

Author: Lynda Mullaly Hunt

Synopsis: Dyslexia prevents Ally from learning like everyone else. But with the help of friends, she realizes that being different is okay. The book's title comes from the quote: "Everybody is smart in different ways. But if you judge a fish by its ability to climb a tree, it will live its life believing it is stupid."

Our Take: Up to 10 percent of kids have some sort of learning disability—with dyslexia being the most common. It's great to see a book that takes dyslexia seriously but also teaches anyone with dyslexia not to be ashamed and to em-



CULTURE & TRENDS

Drone Parents—Often the children of helicopter parents, "drone parents" have a strong digital presence in their kids' lives. These tech-savvy moms and dads rely on GPS and other devices to monitor every move their child makes. (*gastongazette.com*)

A "Sharenting" Epidemic—Sharing about their kids on social media—"sharenting"—helps parents feel as if they aren't alone, according to a study by the University of Michigan C.S. Mott Children's Hospital. However, the same study warns that "oversharenting" can cause children's privacy and safety to suffer. (*mottnpch.org*)

Games, Sites & Apps

Mario vs. Donkey Kong: Tipping Stars

This is a puzzle game of levels filled with mechanical Super Mario characters. Players move Mario along by creating walls and ramps, and timing is key. You can buy the game for the 3DS or WiiU, and then play it on either platform.

Khan Academy

At khanacademy.org, teachers and kids have free access to online video tutorials on math, science, history, and more. They can also complete practice exercises and receive progress reports. Beware that some science videos teach that humans evolved from

Parent Cue

This app—developed by Orange—is for parents and kids to use together. With new content each month, it prompts spiritual discussions by providing videos, activities, and questions to use throughout the day—such as at meals or at bed-

QUICK STATS

Bright Tots—Think you're smarter than your toddler? Think again! Scientists have found that kids as young as 18 months are better than adults at solving some kinds of problems. The reason? Their brains haven't yet been biased by automatic processes. (*pri.org*)

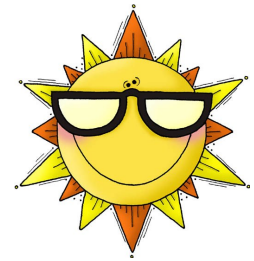
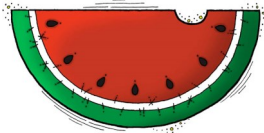
Play 'n' Eat—In schools with recess scheduled before lunch, there was a 54 percent increase in the consumption of fruits and vegetables and a 45 percent

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Group
Real. Bold. Love.

This page is designed to help educate parents and isn't meant to endorse any movie, music, or product. Our goal is to help you make informed decisions about what your children watch, read, listen to, and play.



AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 No Sunday school in August 10:30 Worship	3 	4	5  4-6 Midweek Movies CHEB 301 6 pm Potluck Dinner FH	6	7 	8
9 No Sunday school in August 10:30 Worship	10 Magic Monday 9:30-12:30 Childcare by reservation CHEB rms. 307-309	11 3rd & 4th Servin' Safari 10-3	12 Servin' Safari Copperwood Party 5th-8th Last 4-6 Midweek Movies CHEB 301 6 pm Potluck	13 Servin Safari 5th-8th graders	14 Servin Safari 5th-8th graders Tweens Lock-In	15 PNO Growing with God 5-8 pm childcare by reservation to sduncan@wpcp-tx.org
16 No Sunday school in 10:30 Worship End of Summer Pool Party 6-8pm 	17	18	19	20	21 Gathering Place 10-1 pm childcare by reservation to sduncan@wpcp-tx.org	22
23/30 No Sunday school in August 9-10:30 CE Meeting on 23rd Child Protection Training on 30th 9:30-10 10:30 Worship	24/31 24th CISD starts 	25	26 Wednesday Afternoon Music Resumes! 5:30 dinner 	27	28	29-

Sing with the LORD
with the harp;
with the harp
and the voice
of a psalm.
Psalm 93:1-5





Mid-Week Movie & Meal

Showing

Wednesdays:

4-6 pm Movies in Hendricks Building rooms 301, 302, 306

6 pm Picnic-Themed Potluck Meal in Fellowship Hall (Sandwiches, Salads, Fruits, Chips, Cookies Etc.)

August 5th: All Audiences: Mulan or Over the Hedge
Tweens: Andre

August 12th: All Audiences: Madagascar or Planes, Fire & Rescue
Tweens: Shrek 2



Rising 3rd and 4th graders come to WCPC Aug. 11th from 10 – 3 pm for mission and fun! We will be making cookies and stuffing treat bags for the Copperwood birthday party and then go to Shadowbend Pool to cool off! Bring *sunscreen, swim clothes under your play clothes* and a towel and swim toys. You will also need \$6 dollars or your Pool Pass to swim. Parent's pick up is at the pool at 3 pm and you are welcome to join us.



Sunday School



Summer Worship Schedule

9:30am Childcare Starts

10:30 am Worship



No Sunday School in August.

Aug. 23rd Children's Ministry Team Meeting for Fall 9-10:30 am in room 305 Hendricks Building

Aug. 30th Child Protection Training 9:30-10:00 am in 302 Hendricks Building

End of Summer Get-Together



Church-wide Pool Party!

Who: Babies, Toddlers, Preschool, School Age, Tweens, Jr. & Sr. High Youth, Adults, and Prime Timers! Everyone in the church from 0-100 years!

When: Sunday August 16th 6-8 pm

Where: Ridgewood Pool on Inter-faith Way (straight out from WCPC's main parking lot, Panther Creek entrance)



Summer Childcare

Summer Magic Mondays:

Aug. 10th 9:30-12:30pm. Email reservations to sduncan@wpcp-tx.org or Jen Conner.



Children's Ministry Mission Statement: To nurture all to experience the unique joy of being a "child" of God.

... You shall love the Lord your God with all your heart, and with all your soul, and with all your might. Keep these words that I am commanding you today in your heart. Recite them to your children and talk about them when you are at home and when you are away, when you lie down and when you rise. Bind them as a sign to your hand, fix them as an emblem on your forehead, and write them on the doorpost of your house and on your gates.

Deuteronomy 6:4-8