

Lighthouse Team

At A Glance

Hello Parents and Guardians,

This month "Leader in Me" focuses on principles. Have you noticed that businesses have established "expectations" of their employees in a code of ethics or conduct?

Companies big and small have found that an increasing number of their employees lack certain principles or qualities integral to success; so much so that they feel it necessary to mandate them as part of their employee code of conduct.

The list includes such principles as; respect, fairness, integrity, honesty, vision, responsibility, teamwork, collaboration, service, and accountability.

In Covey's view, principles are rules or laws that are permanent, unchanging, and universal in nature. Students will be exploring these principles, creating an internal compass to which they can refer when in doubt about an opportunity or situation.

Sincerely,

PBA Lighthouse Team

More "Leader in Me" information can be found on our website...

www.PalmBayAcademy.org

Editor

Hello!

I'm Donna Moore, the editor of the Charter Chatter. We want to know what you think! If you have something you'd like to submit, write us a note. The content will be approved by the school. We do reserve the right to edit your material for appropriate content and to fit the space available.

- 12/07 Friday Early Release Day
- 12/11 Domino Pizza Fundraiser Order Monies Due
- 12/11 Winter Slumberland @ Trad, 6-7:30 pm
- 12/13 Family Book Club @ Trad, 3pm
- 12/13 Imm. Gr. 1, 2, 3& Trad Gr 2 Holiday Concert @ @ Middle Cafetorium, 6pm
- 12/14 Friday Early Release Day
- 12/15 Family Book Club @ Trad, 10am
- 12/17 Trad Chorus Concert @ Middle, 6 pm
- 12/18 Tuesday Tea @ Trad, 8am
- 12/19 Early Release Exam Days through 12-21
- 12/21 Trad. Kinder Holiday Celebration, 9 – 9:30 am.
- 12/24 Winter Break through 01-09

UPCOMING

- 1/10 Students Return

PBA Leadership

Administration

- ◆ Madhu Longani – Dir. & Principal, Elem
- ◆ Paul Eichelkraut – Principal, Middle
- ◆ Marilyn Kinsel – Dir. of Operations
- ◆ Daniel Scott – ESE, Elem
- ◆ Kim Gary – ESE, Middle
- ◆ Katlyn Penny – ESOL
- ◆ Nina Orellana – Title I, MTSS

Board of Directors

- ◆ Jennifer Wolf – President
- ◆ Allison Cunningham – Parent Liaison
- ◆ Brendan Purcell – Board Member
- ◆ Margaret Serwin – Board Member
- ◆ Vacant – Board Member

Meetings: as posted

Questions?

- ◆ Busing – Amanda Thibaudeau
- ◆ Curriculum – Marilyn Kinsel
- ◆ Student Reading Assist – Ms. Gilchrist
- ◆ Events – Front Desk
- ◆ Field Trips – Your student's teacher

Mission

Palm Bay Academy makes the choice to forge leaders every day within ourselves and our students, standing together as the lighthouse of the community.

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Reminders

- Follow us on Facebook!
- Wed, Dec 19th through Friday, Dec 21st are all early release exam days.



December

Leader in Me

First Things First

Reminders

- ◆ Make sure to follow us on our social channel...

On Facebook @PalmBayAcademy, link <https://www.facebook.com/PalmBayAcademy/>.

- ◆ Please remember that Wednesday, Dec 19th, Tuesday, Dec 20th, and Thursday, Dec 21st are all early release exam days. The front lobby will be closed at 12:45 through 1:45 on these days. Please plan accordingly.

Focus Article

Excerpts from:

1. Living Well Spending Less blog; *Small Ways to Make a Big Difference*
2. 11 Small Things Anyone (Including You!) Can Do to Make the World Better; Teri Karl

Small Things Make A Big Difference

We tend to live our lives in a small world of our own making. We go through the daily grind, making to do lists and tweaking schedules to fit in more things. Sometimes we focus so much on the 10,000 things that we ignore our own needs and are completely unaware of the needs of others outside our small world. We forget that everyone has problems, disappointments, and setbacks. Maybe we even want to change and make a difference in our life and other's lives but who has the energy, the time, or the money?

Thank goodness there is a way to help ourselves and others, to focus on feeling better instead of just making it through the day. And the great thing is it doesn't have to cost a lot or take a lot of time.

You can lower your stress response level, lower your blood pressure, find more meaning in your life, sleep better, and live longer! Not only will you feel better, it creates a ripple effect, uplifting the attitudes of those around you so they feel better too. The solution? Care, respect, and service.

Ways you can help others...

1. **Donate Books.** Start organizing shelves and letting go of a few items, there are plenty of ways to give those books a new home helping others.
2. **Give Change.** Put your change in the donation box or tip jar on the counter or keep a jar where you dump your change at the end of each day. Once you've saved up a good amount, take it into the bank and then donate it to charity. You can also round up to the next dollar to help charitable organizations when the opportunity is offered.
3. **Give Points.** Certain credit card companies let you donate points to different charities. Marriott and other hotels also offer a chance to give back through their rewards programs, as do most airlines.

Many non-profits can use the miles or any donations you're willing to give, so if you have some, pick your favorite charity and give them a call.

4. **Donate Hair.** [Locks of Love](#), Wigs for Kids and [Pantene Beautiful Lengths](#) are all options for donating hair. Once hair is donated, it is used to make wigs for women and children who are suffering from cancer and other illnesses. Check the guidelines before you donate. Grey, color-treated and bleached hair is often unusable for wigs, so many organizations have restrictions on what they are able to accept.

5. **Find a Chance to Help.** Every day there are opportunities to help others. If you have extra clothing, they make great donations. Maybe you have extra birthday supplies—what about donating

them to a homeless shelter or organization that helps disabled adults so they can have a happy birthday celebration. If you have craft supplies you aren't using, check with a local school, community afterschool program, or even an assisted living facility to see if they could use them.

6. Listen even when you want to talk. Listening is the most powerful learning tool and relationship builder you have at your disposal, but in our fast-paced, technology-driven world, it is wildly underutilized. Ask questions and really listen, rather than thinking about what you are going to say next. Your full attention is one of the greatest compliments you can give to someone.

7. Open the door for someone and smile at them as they go through. This is a wonderful, easy way to make someone feel special. Take that extra minute and that little bit of humility and let the other person go through first. It doesn't matter if the person is male or female, young or old, in a wheelchair or on crutches, or toting a few kids in a stroller — it's a wonderful gesture for any person.

8. Pay for the person behind you. If you can afford it, this one is a wonderful, unexpected surprise. It can be as small as paying the toll for the car behind you, paying for the next person's cup of coffee, or ordering and paying for a Happy Meal for the person behind you in the drive through. Think about all the times you've had to stand or sit in line. Now think about how much you've hated it! Imagine finally getting to the front and *then* finding out someone has taken care of you. This is a powerful way to start a chain of "paying it forward."

9. Say please and thank you (and mean it!). I think this is pretty self-explanatory, but it can't be over-applied. However, it's sometimes overlooked in service situations and in giving commands. Even if someone is serving you as part of a job, say, "Thank you." When you are directing someone, say, "Please." I found as a teacher that I had much better rapport with my students when I said: "Johnny, please close the door," rather than "Johnny, close the door." Thank the waiter for pouring you more water and for clearing your plate. Thank the cashier for handing you your bags and receipt. Yes, they have to do it, but it's all the better when people appreciate it.

10. Give encouragement. One of my favorite teacher gifts is a small plaque that has this quote: "The finest gift you can give anyone is encouragement. Almost no one gets the encouragement they need to grow to their full potential. If everyone received the encouragement they needed to grow, the genius in most everyone would blossom and the world would prosper beyond its wildest dreams." - Sidney Madwed. How powerful encouragement is! Encouragement can be anything from a simple observational compliment, to a "You can do it!" to an "I believe in you," and even an "I love you." The best leaders use more encouragement than criticism. The best parents and educators teach through positive reinforcement, as well as negative. And the very best encouragement we can give is sharing our unconditional acceptance and love of an individual, through all time and all circumstances.

Ways you can help yourself...

1. Release with a deep stretch. The benefits of loosening your muscles exceed enhanced relaxation. Check out Nursing Degree's [77 Surprising Health Benefits of Yoga](#) for a little food for thought.

2. Truly enjoy a snack or beverage you savor. You know how that girl in the commercial seems to get way too much pleasure from a foamy latte she made at home? That girl could be you.

3. Appreciated the moment after the rain stops. Everything smells clean, fresh, and revitalized.

4. Five minutes of deep breathing. This one is nifty. It increases circulation, sharpens focus, clears your body of toxins, and relaxes tight muscles.

5. Listen to children playing. Reminding you to be joyful. Pass the park on the way home.

6. Smile at a stranger. Give one and you may get one.

7. Slow down at the end of the day, enjoy a beautiful sunset. Nothing is more inspirational than tuning into nature's majesty.

8. A sweater straight from the dryer on a cold day. As long as you have access to a clothes drier this simple pleasure can be a quick loving gesture to yourself.

9. A smell that evokes a positive reaction. Does cinnamon bring to mind wonderful holiday memories? Does lemon make you feel happy and focused? Utilize the scent in your home.

10. Find things daily that make you laugh out loud. Read the funnies, watch a comedy show. You need 11 belly laughs a day to promote good health.

So, if every day, you made one small difference in caring for yourself or others, how much better would our world be? How much better would your world be? While we can't do it all, or help everyone, we can make a difference with simple, small actions in our little circle of influence. Small things can make a big difference in ourselves and the world. So do something small, make the world a more positive, joyful place.

Featured Interest

Winter Slumberland

Join us for a night of holiday fun hosted by 4th Grade at the PBA Winter Slumberland on Tuesday, December 11th, 6 – 7:30 pm at the Traditional Elementary Campus. Enjoy holiday read alouds, hot chocolate and cookies!

4th graders worked hard on re-writing a classic story Twas the Night Before Christmas with a focus on Leader In Me. They will be reciting this parody the evening of the Slumberland.

So come in your pajamas, bring your favorite stuffed toy, and don't forget your blanket! We look forward to seeing you there!

LIM Focus

Time Honored Principles and Values, A Code of Ethics / Franklin Covey

“Just as we develop our physical muscles through overcoming opposition - such as lifting weights - we develop our character muscles by overcoming challenges and adversity.”

DR. STEPHEN R. COVEY

There has been a steady change in the “family unit” in modern society over the last century. Many single parent households have adults who work outside the home holding at least 2 and sometimes 3 and 4 jobs. Even households with two adults face the same economic issues and work 10-14 hour days. This can leave a gap in children's learning. Children may lack examples of positive character traits and strong principles. Schools and businesses have begun to bridge this gap by implementing character training and outlining in detail their expectations of students and the present workforce. It is of utmost importance for students to learn how to learn, how to adapt, how to solve problems in order to meet the demands of the future. This is one of the reason PBA has adopted Leader in Me. We intend to provide our students with the right skill-set today, in order for them to become tomorrow's leaders. We are tailoring PBA to model and help our students master these positive principles ...

- Leadership
- Accountability
- Responsibility
- Initiative and Self-Direction
- Creativity
- Innovation
- Problem Solving
- Critical Thinking
- Communication
- Collaboration
- Decision Making
- Goal Setting
- Teamwork
- Adaptability
- Cross-Cultural Skills
- Diversity
- Synergy
- Planning
- Literacy
- Citizenship
- Service
- Global Literacy
- Technology

We work daily on these principles and recognize those students that are learning to exhibit them on a consistent basis.

If you notice your children demonstrating these principles, please let them know you noticed. Reinforcing positive traits will help them embody these principles and live a more successful, happy life.

Recognition

Sunshine Recognition – Students Exemplifying Leadership Principles

The following students were selected as being the best in their classrooms at exemplifying the following leadership principles:

Respect

Arecia Williams (K)
 Keily Cruz (K)
 Bensley Chapron (K)
 Anna Victoria Frank (1)
 Corbin Anderson (1)
 Malaia Pryce (1)
 Zachary Johns (2)
 Noah Rezendes (2)
 Jessica Jhingree (3)
 Alexis Criswell (3)
 William Clowers (3)
 Sophie Yang (4)
 Taj Washington (4)
 Jesse Kemeling (4)
 Arpan Shah (5)
 Jazlyn Henderson (5)
 Kimmy Freiburger (5)

Putting First Things First

Christopher Rivera (K)
 Sa'nyah Pino (K)
 Mahlek Henry (1)
 Arie Williams (1)
 Riley Stephens (1)
 Elyssa Garcia (2)
 Noah Rezendes (2)
 Paige Henning (3)
 Alexis Criswell (3)
 Jeremiah Jackson (3)
 Isabel Lopez (4)
 Nina Tirado-Marrero (4)
 Kimari Johnson (4)
 Mari'elle Walker (5)
 Porter Twigg (5)
 Reina Joe-Vanterpool (5)

Social Media

Make sure to follow us on our social channel...

On Facebook

@PalmBayAcademy

Link <https://www.facebook.com/PalmBayAcademy/>.