

Lighthouse Team

At A Glance

Hello Parents and Guardians,

This month "Leader in Me" focuses on Habit #5: Seek First to Understand, Then be Understood.

Learning to communicate effectively is the most important life skill. Stephen Covey reminds us that "If you're like most people, you probably seek first to be understood; you want to get your point across. And in doing so, you may ignore the other person completely, pretend that you're listening, selectively hear only certain parts of the conversation or attentively focus on only the words being said, but miss the meaning entirely". Because most people listen with the intent to reply, not to understand, it is common to misunderstand others.

Students of PBA will work on Seeking To Understand by practicing how to really listen to someone, listening actively and listening empathetically. They will learn to communicate in a positive way so they Will Be Understood, not misunderstood.

Remember to ask your students to practice Seeking First To Understand and Then Being Understood at home.

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.

- 02/01 Pasta for Pennies Fundraising
- 02/01 Friday Early Release Day
- 02/05 5th Gr BSO Field Trip
- 02/08 Imm Chinese New Year Celbrtn.
- 02/08 Friday Early Release Day
- 02/11 I Love Books Read-A-Thon
- 02/13 Family STEAM Extravaganza
- 02/14 Family Book Club @ Trad, 3pm
- 02/15 Student Holiday
- 02/16 Family Book Club @ Trad, 10am
- 02/18 President's Day – Holiday For All
- 02/19 Tuesday Tea @ Trad, 8am
- 02/21 Family FSA Night – Gr 3, 4, 5
- 02/22 NUT Day
- 02/22 Friday Early Release Day
- 02/26 Elem Parent Teacher Conferences

UPCOMING

- 03/01 Friday Early Release Day
- 03/05 Kindergarten Recruitment
- 03/05 Seuss-A-Bration
- 03/08 Friday Early Release Day

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 and Instagram!
- Palm Bay Academy is ramping up for FSAs. Be sure to attend the Family FSA Night for grades 3, 4, and 5!



February

First Things First

Reminders

- ◆ Make sure to follow us on our social channels...
 - On Facebook @PalmBayAcademy, link <https://www.facebook.com/PalmBayAcademy/>.
 - On Instagram search for @palmbay.academy
- ◆ PBA Car Loop Traffic – Please do not use your cell phone while in the car loop. The left lane is to be kept clear; please do not pass other vehicles or pause/stop in the left hand lane.
- ◆ Please remember that the Traditional front office is closed during; Dismissal M – Th 2:00 – 3:00 pm, Dismissal F & early release days 12:45 – 1:45 pm.

Focus Article

Effective Communication Doesn't Include Complaining

Effective communication is at the core of Leader in Me. It is impossible to accomplish anything between two or more people without it! We hear a lot about listening actively and empathetically (Seek First To Understand), but communication is a two way endeavor. What about the other side of communication, the speaking part (Then Be Understood).

Effective communication means the communicating occurs as a means to a solution to the conflict. This is most effectively achieved while engaging in positive communication. What is the difference between positive and negative communication?

Negative communication; complaining without resolution (repeated venting), accusing, laying blame, finding fault (instead of finding fault, find a solution), rumors, relaying assumptions, stating issues without seeking solutions.

Positive communication; venting with the intention to find resolution, comforting, consoling, clearing the air, discussing concerns in a manner of fact way, collaborate, connecting.

Positive and negative communication is not just recognizable by people, it's recognized by your brain and body. Repeated negative communication rewires your brain to make future complaining more likely. Over time, you find it's easier to be negative than to be positive, regardless of what's happening around you. Complaining becomes your default behavior, which changes how people perceive you.

Research from Stanford University has shown that repeated negative communication, specifically, complaining, shrinks the hippocampus—an area of the brain that's critical to problem solving and intelligent thought and one of the primary brain areas destroyed by Alzheimer's. Also, when you complain, your body releases the stress hormone cortisol. Cortisol shifts you into fight-or-flight mode, directing oxygen, blood, and energy away from everything but the systems that are essential to immediate survival. All the extra cortisol released by frequent complaining impairs your immune system and makes you more susceptible to high cholesterol, diabetes, heart disease, and obesity. It even makes the brain more vulnerable to strokes.

In addition, our brains naturally and unconsciously mimic the moods of those around us, particularly people we spend a great deal of time with. This process is called *neuronal mirroring*, and it's the basis for our ability to feel empathy. Unfortunately, this makes complaining a lot like smoking—you don't have to do it yourself to suffer the ill effects. You need to be cautious about spending time with people who complain about everything.

Okay, so we know why not to engage in negative communication. How do we make positive communication our habit?

Vent – There is nothing wrong with a good venting session, either with a trusted individual or with the person who is the focus of your frustration. Venting is actually the opposite of complaining. It boosts self-esteem, elevates your mood, and deepens relationships. The goal for venting should be the intention to find resolution. Identify the purpose of the venting, begin your venting session on a positive note, and stick to the one complaint. Vent, listen, collaborate and find a Win Win solution for all involved.

Cultivate an Attitude of Gratitude - When you feel like complaining, switch your attention to something that you feel grateful for. This reduces the stress hormone cortisol by 23%. Any time you experience negative or pessimistic thoughts, use this as a cue to shift gears and to think about something positive. If you have difficulty finding something to be positive find inspirational stories to read/view or start with the basics (you woke up this morning and have your faculties and senses). End your official complaint on a positive note, restate your purpose and your hope for the desired resolution. So Be Proactive, Beginning With The End In Mind.

Laugh - Research shows that laughter reduces levels of stress hormones such as cortisol, epinephrine, and dopamine. It increases health-enhancing hormones (such as endorphins), neurotransmitters, and infection-fighting antibodies; and improves blood flow to the heart, resulting in greater relaxation and resistance to disease, as well as improved mood and positive outlook. When we lighten our mood we feel more positive and optimistic, more hopeful and engaged. We're friendlier, more resourceful, more attractive, more radiantly alive. In other words, you are in a much better frame of mind to communicate positively. If others around you are laughing, you reap the benefits from the upbeat vibes. You receive almost the same benefit as if you had laughed yourself. So look for things to laugh about, spend time with others who love to laugh, and laugh as often as you can. It's a quick way to Sharper Your Saw.

Featured Interests

I Love Books Read-A-Thon - Palm Bay Academy loves books and we cannot lie! Starting February 11 through February 22, students and teachers will track their reading and show the world just how much we love to read. Students earn prizes by the number of minutes read, cash donations, or donations given through the Read-A-Thon website. All proceeds from the fundraiser will go to support the end of the year literacy events like **Seuss-A-Bration** and the **Kick-off to Summer Reading**.



Family STEAM Extravaganza - Come join us for family entertainment with an interactive fun, educational science program with the Orlando Science Center featuring 90-minutes of hands-on science experiments and activities with Orlando Science Center Educators and some of your favorite PBA teachers! This event will highlight cooperative learning opportunities among students, parents, and teachers. We will have family take-home activities and a raffle prize of 4 Orlando Science Center General Admission tickets to one lucky participant! Science Fair Projects will be on display. This event will be hosted by our 2nd Grade Student Leaders.



Pasta For Pennies - Our Pasta for Pennies fundraiser started Feb 1 and will end Feb 28th. Last year we raised \$1,421.27. That put us in the top 3 places for Brevard County. This year our goal is to raise over \$1,500.00. Be sure to look for information coming home at the end of the month! The classroom raising the most will win an Olive Garden pasta party.



LIM Focus

Seek First to Understand, Then to be Understood / Franklin Covey

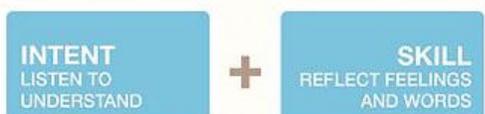
"Most people do not listen with the intent to understand; they listen with the intent to reply."

DR. STEPHEN R. COVEY

Communication is the most important skill in life. You spend years learning how to read and write, and years learning how to speak. But what about listening? What training have you had that enables you to listen so you really, deeply understand another human being? Probably none, right?

If you're like most people, you probably seek first to be understood; you want to get your point across. And in doing so, you may ignore the other person completely, pretend that you're listening, selectively hear only certain parts of the conversation or attentively focus on only the words being said, but miss the meaning entirely. So why does this happen? Because most people listen with the intent to reply, not to understand. You listen to yourself as you prepare in your mind what you are going to say, the questions you are going to ask, etc. You filter everything you hear through your life experiences, your frame of reference. You check what you hear against your autobiography and see how it measures up. And consequently, you decide prematurely what the other person means before he/she finishes communicating. Do any of the following sound familiar?

Seek First to Understand...



"You feel _____ about _____."

...Then to Be Understood



"I feel _____ about _____."

SEEK FIRST TO UNDERSTAND

Because you so often listen autobiographically, you tend to respond in one of four ways:

- Evaluating:** You judge and then either agree or disagree.
- Probing:** You ask questions from your own frame of reference.
- Advising:** You give counsel, advice, and solutions to problems.
- Interpreting:** You analyze others' motives and behaviors based on your own experiences.

You might be saying, "Hey, now wait a minute. I'm just trying to relate to the person by drawing on my own experiences. Is that so bad?" In some situations, autobiographical responses may be appropriate, such as when another person specifically asks for help from your point of view or when there is already a very high level of trust in the relationship.

"If I were to summarize in one sentence the single most important principle I have learned in the field of interpersonal relations, it would be this: Seek first to understand, then to be understood."

DR. STEPHEN R. COVEY

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:

Being Proactive

Mikayla Williams
 Aiyana Vilsaint
 Zion Lubo
 Keagan Larson
 Isabella Delgado
 Marielle Walker
 LaShia Mondesir
 Reina Joe-Vanterpool
 Anna Victoria Frank
 Jerriah Love-Smith
 Emmanuel Small
 Darios Phillips
 Lailani Velez
 Alexis Criswell
 William Clowers
 Cylee Bubb
 Riley Stephans

Tolerance

Rowan Ahedo
 Chance Lambert
 Noel Lambert
 Zahara Zorzy
 Noah Rezendez
 Brian Garcia
 Ahbia Shields
 Aaliyah Ryan
 Jourdain Williams
 Liam Bubb
 Arianna Santiago
 Lyric Cole
 Alyssa Lavender
 Yvensley Joseph
 Henry Guzman
 Jakai Lakes
 Kaliyah Williams

Begin with End In Mind

Jayden Thomas
 KeMauri Edwards
 De'Asia Isom
 Sahmyra Walker
 Ji'Neice Yarbough
 Adrian Douglas
 Sophia Vazquez
 Aaliyah Ryan
 Brianna LeJuste
 Xiomara Cabellero
 Marquis Henry
 Armani Powell
 Kamiyah Glass
 Kamarra Glass
 Bently Rudnicki
 Mia Harrison

Grit (Courage)

Atalia Jackson-Hicks
 Major Taylor
 Noel Tolbert
 Adyra Conley
 Noah Rezendez
 Elijah Johnson
 Ahbia Shields
 Scott Fazenbaker
 Skyler Williams
 Derrick Joseph
 Anthony Lavender
 Demetrius Andrews
 Woolrich Vilsaint
 Andrew Vassel
 Jarvis Jackson
 Tristyn Lewis

Social Media

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

On Facebook

@PalmBayAcademy

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

On Instagram

search for @palmbay.academy