



Zellerbach Zebras

JDZ Zephyr

Counselor's Corner ~ *April Marvin*

Children and the Economy:

Raising children can be very difficult when you have concerns about not having enough money to take care of your family. You may become anxious or depressed which often makes it even more difficult for parents to take care of their own health and their children's health... The American Academy of Pediatrics suggests the following tips for parents;

Take care of yourself. Remember that the children depend on adults around them to feel secure, so it's important that you take care of yourself. If you are worried or upset your children will be too. Even very young children can sense when something is wrong.

Limit TV and other media time. When children overhear news coverage or adults talking about America's money problems, like job cuts, and people losing their homes, they become worried, especially if they don't really understand what is happening. Try to limit your own exposure to the media (especially when you are with children).

Choose your words carefully. Comments like "We just lost your college savings", "I might lose my job", or "We can't afford that!" can be very upsetting to children. In times of uncertainty try to focus on what you do know and offer reassuring words. For example, "We have enough money to pay for food and our house, but we may need to spend less money eating out," or "We have saved for times like these."

Be sensitive to each child's needs. It's important to talk at each child's level. What and how much information you share depends on the age and developmental level of your child. In general, older children will want and benefit from more detailed information; and younger children and those children with developmental delays will benefit from simpler and briefer information. For all children start with asking them how much they have already heard or offer a simple explanation first, then ask your children if they have any more questions.

Let your pediatrician know if you think your children have signs of stress. It's natural for children to be concerned if their family has money problems, yet if they are reminded that they do not need to solve these problems they will feel better. Watch your children closely for changes in their behavior, mood, friendships, and school performance.

Plan family meetings. Family meetings are a very effective way for families to encourage healthy communication. It can also be a time when family members learn how to get along with each other better.

Children who already had problems with anxiety or other emotional problems may be particularly upset or worried about the economic situation and benefit from more direct advice and additional reassurance. Children who already deal with other challenges such as a serious health problem of a family member, a recent death of a friend or family member, and a recent move or divorce may find it even more difficult to deal with the current financial crisis.

This information was adapted from American Academy of Pediatrics. Contact your child's pediatrician, a mental health provider or your child's school counselor for additional resources and help.

Calendar of Events

MARCH

Fri., Mar. 20	End of 2nd Trimester	
Sat., Mar. 21	CogAT (Hi-Cap) testing at JDZ	9:00 AM - Noon
Mon., Mar. 23	School Board Meeting CHS Library	5:30 PM
Wed., Mar. 25	Mad Science (rooms 105 & 304)	1:15 - 2:15 PM
Thurs., Mar. 26	Artist in Residence Celebration	
Fri, Mar. 27	Report Cards go home	
Week of Mar. 30	SPRING BREAK	

APRIL

Mon., Apr. 6	Coffee & Conversation	9:00 AM
Wed., Apr. 8	WASL Pep Assembly Mad Science (rooms 105 & 304)	9:15 AM 1:15-2:15 PM
Thurs., Apr. 9	Preschool Open House	4:00-6:00 PM
Mon., Apr. 13	WASL Testing begins (3rd, 4th & 5th graders)	
Wed., Apr. 15	WASL Spirit Day "Kick back and Wear Sweats Day"	
Thurs., Apr. 23	WASL Spirit Day "Wear Your Favorite Color Day"	
Wed., Apr. 29	Earth Day Clean-up BBQ Lunch	

For more details on events at JDZ go to www.camas.wednet.edu



SLOW DOWN

SLOW DOWN in the parking lot AND please don't let your children cross through the parking lot unaccompanied by an adult!

Student Photographic Contest Vancouver Water Resource Center

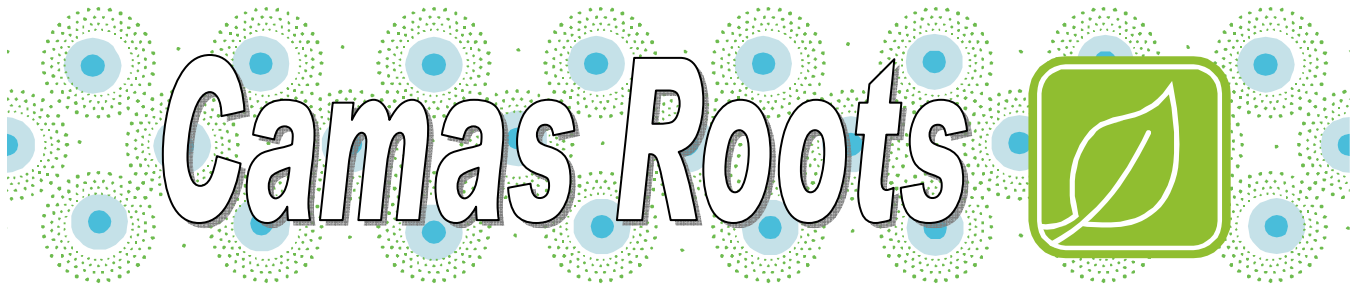
Student photographic entries are due (postmarked or delivered) April 1 - April 30, 2009. Entries and award-winning photography will be displayed May 30 - 31, 2009. For more information, contact Ginger May at ginger.may@ci.vancouver.wa.us or 360-487-7115 for questions about contest rules. Contact Maya Jones at maya.jones@ci.vancouver.wa.us or 360-487-7113 for questions about electronic image files.



Kids Can Cook!



For the past three years our Food Services office has involved third and fourth graders in the Kids Can Cook program. Students submit healthy recipes and winners are selected from each school. The winners spend an afternoon cooking together and learning more about food preparation and presentation. Families and staff members are invited for a reception at the end of the afternoon featuring delicious food from our fabulous future chefs. Congratulations to third graders Caylee for *Tropical Yogurt Parfaits*, to Keller for *Spinach Salad Delight* and to Sarah for *Pearcupine* and to fourth grader Hannah P. for *Peanut Butter Puppy Chow*. Recipes are available in the [Kids Can Cook 2009](#) in our school library.



Camas Roots Garden Hosts Volunteer Orientation

The Camas Roots Garden will be hosting a volunteer orientation on Monday, March 23 from 9-10 AM. Volunteers are needed to work with students of all ages to plant and tend the garden, harvest food for the Interfaith Treasure House, help with publicity and outreach, and staff booths at the Mother's Day Fair and Farmer's Market. No prior gardening experience is necessary and the time commitment is flexible according to each volunteer's schedule.

The garden, which is located just west of JD Zellerbach Elementary, is a partnership between the Camas School District and community volunteers. Our mission is to be a living learning experience that involves students in environmental stewardship, service learning, and building community connections. Food from the garden is tasted by students, donated to the Interfaith Treasure House food bank, or sold at the Camas Farmer's Market.

If you love to garden or just love working with kids, we hope you will join us as a volunteer.

The orientation will take place in the JD Zellerbach Elementary Library at 841 NE 22nd Avenue, Camas, WA 98607.

To RSVP for the orientation or to learn more about volunteer opportunities with Camas Roots, please contact Elisa Wells at 833-0925 or eswells@comcast.net.

Whole Foods Market Hosts 5% Day for Camas Roots

Mark your calendars for Wednesday, April 8th when Whole Foods Market will host a 5% Day for the Camas Roots Garden. On that day, five percent from all purchases will be donated to the garden project, which serves students from preschool to high school. As part of the 5% Day, Camas Roots will be featuring a garden story time from 10-11 AM and will have information about the garden on display during the day. We hope to see you there!