



# NLC Newsletter for May

## Three Steps to Solving Kid Conflicts

## Center News

Greetings from the NLC Staff! We are all very happy to see that the warm weather has finally come! We have had a very productive month. Many students have taken progress tests and we've been pleased to see the growth that they've accomplished. If you would like to have your child take a progress test, please contact Nadine, and she will be glad to schedule one for you. It's a great way to document your child's growth.

Here are a few things to remember for this month:

**Summer Schedules!** Please remember to turn in your summer schedules soon.

Remember, we are recommending 3-4 hours per week if you want the best results. Summer is an excellent time to make progress, In order to gain ground, however, we need

to be with the students as much as possible. PLEASE fill out your schedules with your first and second choices as soon as possible. Your choice will be honored on a first come first-served basis. If you need another copy, please let us know. The summer schedule starts on June 14.

**Billing Statements:** Your billing statement will reflect the same number of times/days you have been coming unless you have turned in your summer schedule. Then, your billing statement will reflect the new days/times for summer. Once your new schedule is turned in, we will adjust the next month's bill to reflect it. If you have any questions, please contact Nadine.

**Makeups/Vacation:** Because of the tight time schedule in the summer, we will not use the 30 day pol-

icy. We will be offering those makeups through September. (Makeups with a 30 day expiration will resume in the Fall.) If you are going to miss for any reason or are going on vacation, please let us know two weeks in advance, if possible. Thank you!

**Conferences:** We will not be holding any parent conferences for June, July, or the first two weeks in August. Please call the office to set up a conference for May if you have not had one in awhile. Otherwise, we will be contacting you in late August and early September to conference with you regarding your child's progress. If you need a conference before that time, please let us know and we'll be glad to schedule one for you! You may call Nadine on her cell at (608) 604-4742 any time.

- 1. Understand the Issue.** Listen carefully to each child's side of the story and then repeat it back to make sure you are clear about what the problem is, being sure not to judge or take sides.
- 2. Make a List.** Encourage the children to come up with several possible ways to solve their problem. Write them down.
- 3. Come to an Agreement.** Help the children pick the best solution, but remind them that they can use one of the alternates from the list if it doesn't work out.

## Five Steps to Spelling Success!

- Look at the word.
- Say the word.
- Spell it out loud.
- Write the word.
- Test yourself!

Did you get it right? If not, try

## Take the Challenge!!

Your child's progress is very important to us! We are dedicated to helping students make more progress during the summer! Here are a few suggestions that may help:

\*Sign up for as many sessions as you can for the entire summer at NLC!!! We recommend 3-4 sessions per week!

In order to help accomplish this, we are willing to work with you to make it as easy on your budget as possible. Call Nadine today to make arrangements! **WE WILL WORK WITH YOU!!**

\*Ask the teachers which books you can preview for next year.

\*Make sure your child works all summer on their reading and math skills. Buy materials that will engage and supply them with practice on their basic skills.

\*Have them journal all summer to practice their writing and language skills.

\*Correct work from the school year, if you have saved it. Reviewing helps learning!

**WE ARE CLOSED MEMORIAL DAY WEEKEND AND ON SATURDAY, JUNE 12TH**

**May 2010  
NLC Newsletter**

(608) 497-1299 or

(608) 588-9505  
tnorland@charter.net  
Norlandlearningcenter  
.org

▶ "A place to learn  
and grow"

## What is Attention-Deficit Hyperactivity Disorder?

Attention-deficit hyperactivity disorder (ADHD) is a problem related to brain development (neurodevelopmental disorder) that causes hyperactivity (always on the move), impulsive behavior (doing things without any self-control), and attention problems (not able to pay attention.) ADHD is the most common problem seen in outpatient child and adolescent mental health settings. It is estimated that ADHD affects between 4% and 12% of school-aged children, more often boys than girls. Studies suggest that the amount of ADHD seen in the population has risen significantly in recent years, but whether more people have the disorder or whether it is just being diagnosed more often is not clear. The specific things needed to make the diagnosis of ADHD have been more clearly defined during the last 20 years. Also, people are more aware of ADHD so the disorder may be recognized more often.

ADHD can cause significant emotional, social, and educational problems. However, when ADHD is diagnosed early and treated properly, the condition can be managed effectively, so children can grow up to have productive, successful, and fulfilling lives. Although some children appear to grow out of their ADHD as they reach their adolescent years, others have lifelong symptoms.

### What Causes It?

Despite years of research, the exact cause of ADHD is still not fully understood. There are numerous factors that may contribute to the development of ADHD in a child. These include:

- \*Genetic factors
- \*History of head injury
- \*Infections of the brain and spinal cord
- \*Premature birth
- \*Exposure to tobacco, alcohol, or other drugs while in the womb
- \*Lead poisoning

Parents will want to carefully consider all of the symptoms before having their children tested. Even if a child is officially diagnosed with this disorder, a second opinion should be sought. Documentation of behavior and input from all of the significant people in the child's life should be a part of the decision making process. After all, we all want the best quality of life possible for our children!

## REMINDERS:

**NLC and NLC  
Preschool  
will be  
open all  
summer.**

**We are  
closed on  
Memorial  
Day week-  
end and on  
June 12th  
before the  
summer  
schedule  
starts.**

**We are  
closed  
Fridays and  
Saturdays  
during the  
summer.**