

Students with Attitude!



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IBO Mission Statement

The International Baccalaureate Organization aims to develop inquiring, knowledgeable, and caring young people who help to create a better and more peaceful world through intercultural understanding and respect.

To this end, the IBO works with schools, governments, and international organizations to develop challenging programmes of international education and rigorous assessment. These programmes encourage students across the world to become active, compassionate, and lifelong learners who understand that other people, with their differences, can also be right.

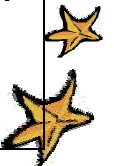
IB focus Attitude: COMMITMENT

Dear Alpine Community:

This is the one installment of an International Baccalaureate Primary Years Programme (IB-PYP) Attitudes Newsletter, which will highlight the twelve IB Attitudes. The goal would be to provide our families and community with the necessary resources to help our school develop the IB-PYP ATTITUDES.

The IB-PYP Attitudes are a vital focus in the development of positive attitudes towards people, the environment, and learning. These are the day to day attitudes we use: appreciation, commitment, confidence, cooperation, creativity, curiosity, empathy, enthusiasm, independence, integrity, respect, and tolerance. **When reinforced at home (or when reinforcing the positive attitudes that students learn at home, church and other places), these attitudes become second nature for children.**

With respect—Paige Gordon, Principal, Alpine Elementary



What is COMMITMENT?

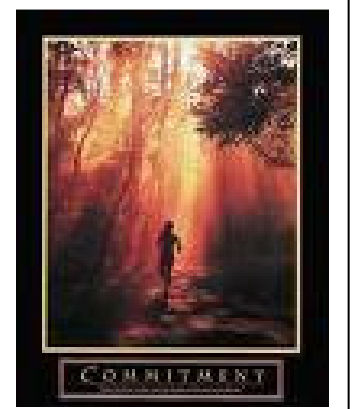
According to the IBO (*Making the PYP Happen, 2007*), *commitment is being committed to learning, persevering and showing self-discipline and responsibility.*

When we discuss this with students at Alpine we use the following descriptor: Being responsible for my learning, showing self-discipline and perseverance. Sticking with a difficult task until it is completed.

The Commitment Song

(sung to "The Muffin Man")

Commitment means we don't give up
We don't give up
We don't give up
Commitment means we don't give up
We do our best each day!



Quotes on COMMITMENT to discuss at home:

EDWARD EVERETT HALE: I am only one, but still I am one. I cannot do everything, □but still I can do something. □And because I cannot do everything, I will not refuse to do □the something that I can do.

MARIAN WRIGHT EDELMAN: I'm doing what I think I was put on this earth to do. And I'm really grateful to have something that I'm passionate about and that I think is profoundly important. You're not obligated to win. You're obligated to keep trying to do the best you can every day.

MARY KAY ASH: Aerodynamically the bumblebee shouldn't be able to fly, but the bumblebee doesn't know that so it goes on flying anyway.

ROLLO MAY: Commitment is healthiest when it is not without doubt but in spite of doubt.

VINCE LOMBARDI: Individual commitment to a group effort -- that is what makes a team work, a company work, a society work, a civilization work.

THOMAS EDISON: Opportunity is missed by most people because it is dressed in overalls and looks like work.

DOUCHAN GERSI: Victory always starts in the head. It's a state of mind. It then spreads with such radiance and such affirmations that destiny can do nothing but obey.

BASIL KING: □Victory becomes, to some degree, a state of mind. Knowing ourselves superior to the anxieties, troubles, and worries which obsess us, we are superior to them.

NAPOLEON BONAPART: Victory belongs to the most persevering.

JOHN F. KENNEDY: Victory has a thousand fathers, but defeat is an orphan.

DWIGHT D. EISENHOWER: □What counts is not necessarily the size of the dog in the fight - it's the size of the fight in the dog.

LOUIS ARMSTRONG: □What we play is life.

ZIG ZIGLAR: What you get by achieving your goals is not as important as what you become by achieving your goals.

TERRY BRADSHAW: What's the worst thing that can happen to a quarterback? He loses his confidence.

How You Can Help Your Child Build COMMITMENT-TO-LEARNING

- Bring toddlers to new places, such as parks and stores.
- Make up a game or song for children that teaches them the names of objects.
- Talk about what you see whenever you are with children and ask them to talk about what they see.
- Visit libraries, zoos, museums—any places that give children new experiences.
- Set daily homework guidelines for children and provide a place for them to study.
- Let children read to you every day as they learn to read. Show them that you are excited and proud about their reading.
- Help children find ways to learn more about subjects that really interest them.
- Find creative ways to help young people link their interests with school subjects (such as doing special projects).
- Encourage young people to collect things like stamps, postcards, leaves, dried flowers, or quotes they like. Contribute to their collections.
- Ask young people to teach you a new skill or about a subject they're studying in school.
- Help teenagers think about their future goals and the discipline required to reach them.
- Encourage teenagers to take an interesting community education class.
- Emphasize lifetime learning, not just graduation.

Parents Do Make A Difference: Help Your Child to Persevere,

by Michele Borba, Ed.D.

Many historians feel that one of Winston Churchill's greatest speeches was given at a graduation ceremony at Oxford University. He had worked on the speech for hours. When the moment finally came, Churchill stood up to the cheering crowd, and in a strong, clear voice shouted just three words, "Never give up!" He paused a few seconds and shouted the words again, "Never give up!" He then reached for his hat and slowly walked off the podium, satisfied that he had told the graduates the messages they needed to succeed. We need to make sure we pass on Churchill's message to our own children. Only when children realize that success comes from hard work and diligence will they be the best they can be.

The following techniques, from my latest book, *Parents Do Make A Difference: How to Raise Kids With Solid Character, Strong Minds, and Caring Hearts*, are designed to help your child understand how critical perseverance is to achieving success in every arena of life.

1. Define "perseverance."

Take time to explain that perseverance means "not giving up" or "hanging in there until you complete the task you started." When your child sticks to a task, point it out: "There's perseverance for you. You hung in there with your work even though it was hard."

2. Teach "don't give up" words.

Help your child tune in to the language of persevering individuals so that he can learn to use the terms in his own life. Ask, "What are the kinds of things you heard people who 'don't give up' say?" Write a list of phrases, such as "I can do it!" "I'll try again," "Don't give up!" "I don't quit!" and "I'll give it the best I have." Add the heading "Don't Give Up Words" and hang up the poster; encourage everyone to say at least one phrase a day.

3. Model effort.

Take a pledge, especially this month, to show your child how you don't give up on a task even when things get difficult. Before starting a new task, make sure your child overhears you say, "I'm going to persevere until I am successful." Modeling the trait is always the number one teaching method.

4. Start a family "Never give up!" motto.

Begin using the family motto "Don't quit until you succeed." A father once told me that conveying this life message was so important that they spent an afternoon together brainstorming family anthems about perseverance, such as "Try, try, and try again and then you will win," "In this family, we finish what we start," and "Quitters never win." They wrote them on index cards, and his kids taped them on their bedroom walls. Develop your own family anthem as a reminder that your family code of behavior is to never give up.

5. Create a "Stick to It" award.

Ask your child to help you find a stick at least the length of a ruler to acknowledge "stick-to-itiveness. A family in Seattle uses an old broomstick; another mother said her family uses a yardstick. Print "Stick to It Award" across the stick or dowel with a black marking pen. Now tell everyone to be on alert for family members showing special persistence for the next month. Each night have a family gathering to announce the names of family members who didn't give up, and print their initials on the stick with a marking pen. Make sure to tell the recipients exactly what they did to deserve the award. Make it a content to see how long it takes to fill the stick with family members' initials. Child love to count how often their initials appear on the stick!

Children learn best through repetition, so why not make perseverance your family theme of the month? Print the word "Perseverance" on a large poster and hang it on your refrigerator as a reminder and then everyday take a few minutes to point out to your kids why it is such an important trait of success. And above all remember: *parents do make a difference!*