

# The OAKDALE ORACLE

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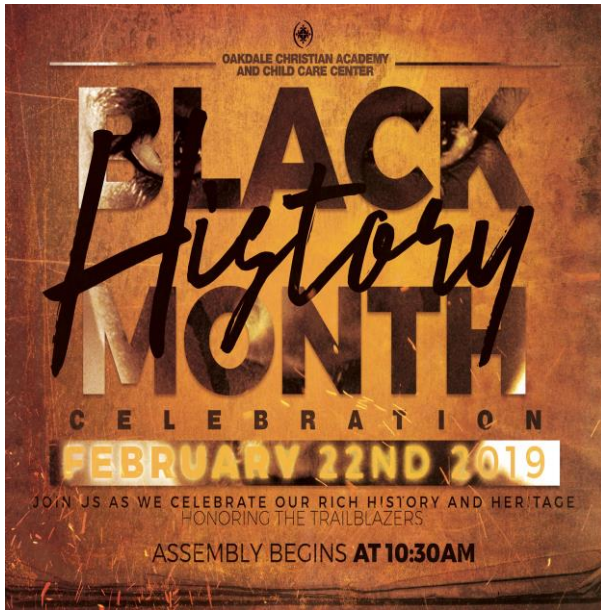
Since 1992, our Oakdale family has been committed to achieving excellence in education, child care and development for children. We appreciate the opportunity to become partners with you in your child's educational and spiritual growth. We are especially honored to be able to offer a safe, caring environment conducive to developing spiritual and moral values. Therefore, we seek to provide stellar education combined with Biblical teachings that will positively affect your child for the rest of his/her life.



## February Dates to Remember

- Feb. 18 Presidents Day (Academy and Child Care Closed)
- Feb. 19-21 In School Competition
- Feb. 21 PTO Meeting
- Feb. 22 Black History Program/Fair
- Feb. 25 Spirit Week (Entire Week)
- Feb. 26 Who AM I Documentary
- Feb. 27 DuSable Museum Trip

African Attire Dates:  
2/7 2/14, 2/22, 2/28



All are welcome to join!

“Education is our passport to the future, for tomorrow belongs to the people who prepare for it today.”

– El Hajj Malik El Shabazz

## PTO INFO CORNER

Special Guest for Thursday, February 21<sup>st</sup> –

ATEAAM Mentoring Program opportunity for boys 6th – 8<sup>th</sup>. The ATEAAM Mentoring program in collaboration with the Top Ladies of Distinction Inc. want your boys! Please plan to attend the next PTO meeting to hear more about this FREE mentoring program and how your boys can benefit from joining.



Now Available On: [amazon.com](https://www.amazon.com)

JONATHAN BANKS

**RAISE YOUR GPA**

God's Way to Win @ School & Life

**What does it take to succeed in school and life?**

As a teenager or young adult, it's hard to know exactly what is expected of you. What does it take to succeed in college? What does it take to get ahead in life? What does it take to achieve success?

In *Raise Your GPA: God's Way to Win @ School & Life*, Jonathan Banks provides a biblical guide to help today's youth and young adults achieve success. Each easy-to-read chapter concludes with a focused prayer, flash cards, and thoughtful questions for individual reflection or group discussion.

Raise your expectations of yourself and who you want to become. Live a life of success and significance — a life that matters.

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## The Principal's Corner

Raising children is a tough job but thank God for his instructions. Proverbs 22:6 says, "Train up a child in the way he should go, and when he is old, he will not depart from it." The meaning of the word train is to teach a skill or type of behavior through practice and instruction over a period. God is telling us that our time is limited, and it is crucial for us to take immediate action. He also wants us to understand the importance of preparation. Children need guidance, correction and quality time. As parents there is always another thing to-do; but keep in mind time is of the essence, children grow up fast. Right now, you are the most influential person in your child's life – you won't always be because as they grow up friends, the world, and others will gain influence.

Parenting is not easy and juggling everything can be difficult, however, remember what you invest in will yield the most return. Aim for quality and not quantity. Children are not concerned about adults' things, yet they do care about you, how you see them, and the time spent together. Don't try to make a lot of drastic changes, take baby steps and incorporate small changes. We are not perfect, but we strive to be the best parents we can be. Keep in mind, your child yearns for structure, correction and quality time.

## Family Time

Every moment together counts, so make the most of family time by creating meaningful family moments.

### Cook (and Eat) a Family Meal

The kitchen is the symbolic heart of a home, the place where everyone comes together to smell simmering sauces, listen to natural chit-chat, and of course taste the delicious meals. Eat dinner together at least three to four nights a week, and you'll be doing your family a favor: Studies show that kids who dine frequently with their families eat more fruits and vegetables, are more willing to try new dishes, and are even less likely to experience depression or eating disorders. Regular dinnertime conversations are also linked with more open communication between kids and parents.

"The more you can get into the habit of really listening to your kids and having these conversations from early ages, the more likely it is that kids are going to talk to their parents in adolescence about issues that are troubling them," says Richard Weissbourd, a Harvard psychologist and the author of *The Parents We Mean to Be*. Start with a collection of recipes and then assign everyone an age-appropriate job (no knives for toddlers!). Get creative with ingredients and techniques to forge delicious memories.



<https://www.parents.com/fun/activities/meaningful-family-moments/>

# The OAKDALE ORACLE

## Character Traits for Good Students

Good students are ambitious, sincere, responsible, sophisticated, outspoken, considerate, modest, eloquent, energetic, thoughtful, obliging, sociable, assertive, attentive, outgoing, pleasant, gentle, courteous, punctual, trustworthy, cheerful, easy-going, well-behaved, calm.



## Good Students are Self-disciplined

There are many famous pieces of research that show that children's ability to control their impulses appears to lead to better health, wealth and mental happiness in later life. In school, self-discipline is central.

Great learners need to listen, absorb and think. They need to keep going through difficult patches, stick at hard tasks, manage their time well and keep mental focus. Children who bounce about the classroom shouting the first answer that comes into their heads will never be great learners.

Of course, a joyless, overly controlled child will never be one either. Balance matters. All children need to develop a functioning "internal locus of control".



## Breakfast and Student Success

Kids need breakfast in order to perform at their peak. "If your child doesn't eat within an hour of waking, they're not getting the energy they need to think," says Dr. Wayne A. Yankus, a senior member of the American Academy of Pediatrics Council on School Health and a pediatrician in Midland Park. Study after study have shown the connection between a healthy breakfast before school and improved concentration. Make sure you're offering kids a meal that's high in fiber and protein (such as oatmeal made with milk or yogurt with fruit), since that's what will help them stay full until lunch. And even though it's convenient, skip the snack aisle: "Breakfast bars and other grab-n-go snacks usually aren't enough to keep your kid satiated all morning, plus most of them are filled with sugar," says Yankus.

<http://www.njfamily.com/7-Secrets-of-Successful-Students/>



*The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education.*

*~Martin Luther King, Jr.*

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## WORDS FOR THE CHILDREN TO LIVE BY

### Hello Black Child by countee cullen

Hey black child  
Do you know who you are  
Who you really are  
Do you know you can be  
What you want to be  
If you try to be  
What you can be

Hey black child  
Do you know where you are going  
Where your really going  
Do you know you can learn  
What you want to learn  
If you try to learn  
What you can learn

Hey black child  
Do you know you are strong  
I mean really strong  
Do you know you can do  
What you want to do  
If you try to do  
What you can do

Hey Black Child  
Be what you can be  
Learn what you must learn  
Do what you can do  
And tomorrow your nation  
Will be what you want it to be

## Our Deepest Fear

By Marianne Williamson

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

It is our light, not our darkness  
That most frightens us.

We ask ourselves

Who am I to be brilliant, gorgeous,  
talented, fabulous?

Actually, who are you *not* to be?  
You are a child of God.

Your playing small

Does not serve the world.

There's nothing enlightened about  
shrinking

So that other people won't feel  
insecure around you.

We are all meant to shine,  
As children do.

We were born to make manifest  
The glory of God that is within us.

It's not just in some of us;

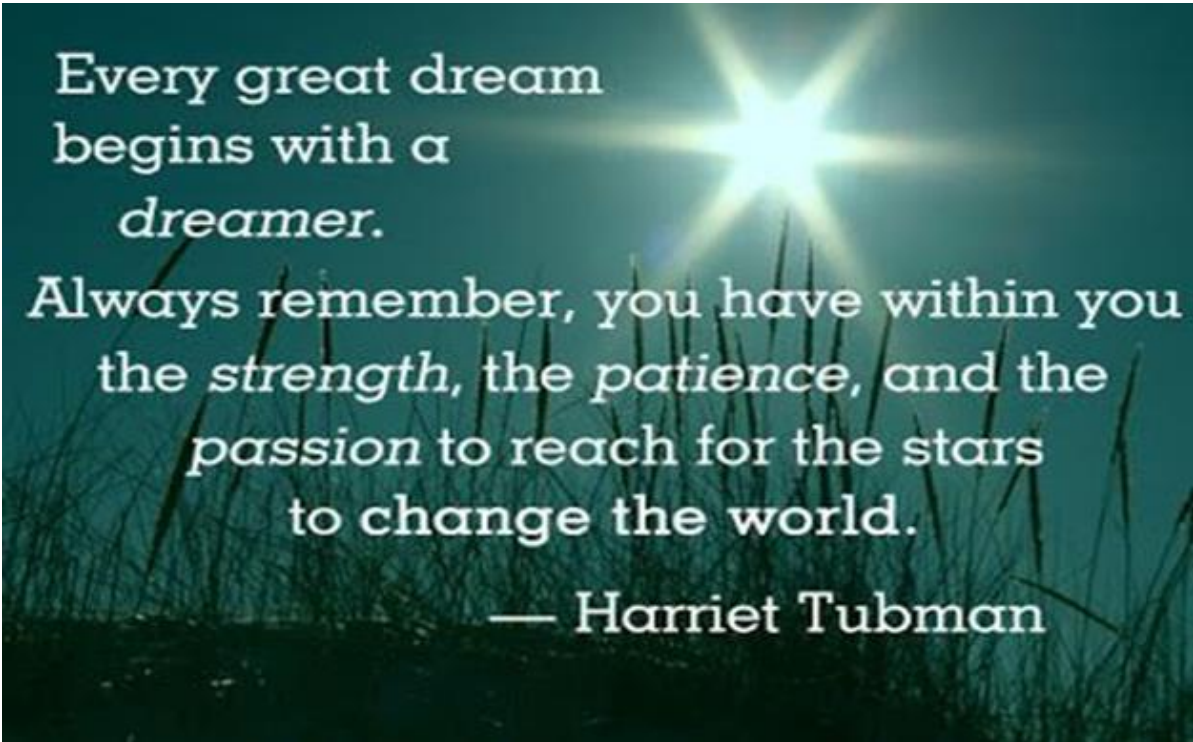
It's in everyone.

And as we let our own light shine,  
We unconsciously give other  
people permission to do the same.

As we're liberated from our own  
fear,

Our presence automatically  
liberates others.

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Every great dream  
begins with a  
*dreamer.*

Always remember, you have within you  
the *strength*, the *patience*, and the  
*passion* to reach for the stars  
to change the world.

— Harriet Tubman