



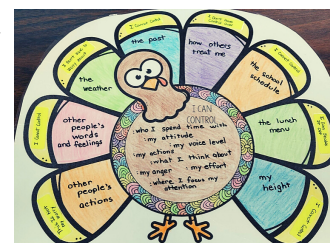
Counselor Connection



Monthly Newsletter for Parents and Families Volume 3.

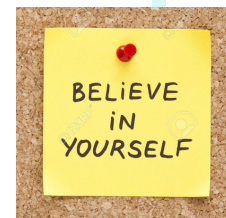
FUN IN THE CLASSROOM!

During the month of November, I visited students in second, third, and fourth grade classrooms! Students in fourth grade learned about bullying and students in second and third grade learned about the importance of self-control. Students learned that we are in control of our actions, words, thoughts, and feelings as well as the choices we make. We discussed the importance of Stopping and Thinking before making a decision. When we take the time to stop and think about our choices and the consequences, it will help us make the best choice to maintain our self-control. If we don't take the time to stop and think, we usually act impulsively. When this happens, we usually make a choice we regret and experience negative consequences. To the right is a picture of the "Self-Control" Turkey that third graders were able to make as part of their lesson!



In December, I will be visiting first grade classrooms as well as third and fourth grade classrooms. First graders will be learning about kindness and third and fourth graders will be learning about self-esteem. We will discuss the importance of positive self-esteem and ways that we can boost our self-esteem if we aren't feeling so great about ourselves. Students will also identify strengths that they have and make a holiday craft!

Individuals with positive self-esteem feel good about who they are, respect themselves, and feel confident in their abilities. Below are some things you can do at home to help foster your child's self-esteem:



- Provide consistency and structure as well as rules for your child to follow. Make sure you explain to your child what your expectations are and what the consequences will be if they do not follow the rules you set. It is very important to follow through. When you follow through, you will help your child feel safe and secure. When your child does follow the rules or makes a positive choice, acknowledge it!
- Help your child identify something they are good at or something they enjoy doing! Everyone has their strengths and weaknesses. Never make fun of your child or put them down for being unsuccessful at something. Support your child and praise them when appropriate. However, don't over-praise your child for every single thing they do well. This will take away from their successes that took a great deal of effort.
- When your child is trying something for the first time, remind them that learning new skills will take time. You won't become a master at something over night. It takes patience, effort, and practice.
- If your child makes a mistake, help them learn from it. Talk about the choice they made and what happened as well as what they can do differently in the future.
- Provide your child with responsibilities at home. Assign chores or ask for their help with a task. This will show your child that they are important and capable.
- Set a good example and be a role model for your child. They look up to you more than you realize. Show your child what it means to love yourself. Try new things, don't give up when you face a challenge, show them positive ways to cope when you experience a struggle. Demonstrate the importance of patience and giving your all.
- Create a safe, loving, accepting home environment where your child can feel comfortable!

Character Counts!

During the month of December, we will be learning about the importance of being Kind to others. Learning happens best when it is done both at school and at home. Below are some ways that you can help your child continue to learn about the importance of being KIND!

KINDNESS

is a gift
everyone can
afford to give.

Read Together!

How Kind! by Mary Murphy
Be Kind by Pat Zietlow
The Golden Rule by Ilene Cooper
Do Unto Otters by Laurie Keller
The Jelly Donut Difference by Maria Dismondy
Kindness is Cooler by Margery Cuyler



Talk it out!

What does kindness mean?
Talk about a time you were kind to someone. What did you do?
Talk about a time when someone was kind to you. How did it make you feel?
Discuss ways that you can show kindness at school, at home, and in your community!

Spread Kindness!

As a family write a card or note to someone you care about. It could be for a friend, a neighbor, a family member, a teacher at school, police officer, firefighter, or a resident at a nursing home. A kind note or card will brighten someone's day more than you realize!

As a family you can complete the Kindness Scavenger Hunt below or participate in the "12 Days of Kindness" that will be posted to your child's special area google classroom this month!

Kindness Scavenger Hunt:

Make a gift for someone
Hold a door open for someone
Give someone a compliment
Write a "thank you" note or draw a picture for someone
Pick up trash and throw it out
Let someone else go first
Help someone without being asked
Use your manners without a reminder!
Do someone's chore for them
Clean up someone else's mess



The Kindness Wave™



Start a ripple... Create a wave.
It begins with YOU!

Spreading Kindness at Absolut Care!

For Thanksgiving, we wanted to do something kind for the residents at Absolut Care! Several students drew pictures or wrote cards with a kind note, wishing them a happy holiday. With a little creativity the Bucket Filling Council turned an applesauce cup into a decorative turkey! The turkeys, cards, and pictures were delivered right before Thanksgiving! This small act of kindness made the residents' day, extra special! Always remember that the smallest act of kindness never goes to waste. Below is a picture of some Bucket-Filling Council members helping assemble the turkeys!



ROY-HART-ELEMENTARY FOOD DRIVE

NOVEMBER 30TH - DECEMBER 11TH

If you would like to support the Gasport Community Food Pantry please consider bringing in your assigned item that is listed below!



Pre-K: Instant Pudding or Jello!



Kindergarten: Box of Cereal!

First Grade: Instant Mashed Potatoes!



Second Grade: Canned Fruit or Pork and Beans!



Third Grade: Canned Pasta! Ex) Spaghettios



Fourth Grade: Spaghetti Sauce! (No glass jars)

Let's help those in need and see how many items we can collect!

MITTEN TREE FUN!

Fourth grade students continued the tradition of walking over to the Gasport Post Office to decorate "The Mitten Tree"! While decorating the tree with mittens, students shook their bells and sang Christmas carols to spread holiday cheer! We are so glad that students were still able to participate in decorating the tree this year. For those of you that don't know about the Mitten Tree, on each mitten there is an item written down for a family in need. A member in the community can stop at the post office, take a mitten off the tree and purchase the item written on the mitten. Items purchased will be collected and distributed to the families closer to Christmas. This is a great way for our community to come together to help and support those in need during this holiday season.



During the month of December, Roy-Hart Elementary will also participate in "Holly Jolly Dress Up Days" to spread some holiday spirit! Your child's teacher will be sharing a digital flyer with you, letting you know what days we will be dressing up along with the theme for each day! The flyer is also posted on the school website.



December break will be here before you know it!

As busy as the month of December can be, take time to relax and surround yourself with the ones you love. We hope everyone has a wonderful holiday with their family! Enjoy, stay safe, and we will see you in the new year!

Happy Holidays!!

