



Counselor Corner

melissa.watson@slcschools.org
801.578.8537

Classroom Lessons: Last month we learned bossing our impulses and also about careers. This month our 4th through 6th grade students will continue to learn about careers and the pathways to reach them. In many classes, we will also learn about the importance of caring for others. **Counseling:** If your student could use individual or group counseling in any area related to their social, emotional or behavioral well-being, please turn in a referral form or contact me directly. Referral forms for counseling are available in the front office. **Resources:** Help for the holidays will be available this year. There is a limited number available, so please contact me as soon as possible if you have not received this help in the past and could use it this year. Students from pre-k - 12 without insurance of any kind are eligible for free dental care, please let us know if your student falls in this category and needs dental care. If your student needs help getting glasses, there are some options available, please let us know.



Winter Break is Coming!

Here are some suggestions for keeping busy during the break:

- *Be readers!** Go to the library and read together. To keep up reading skills, make sure kids read every day for 20 minutes!
- *Be active!** Have a dance party! Go to the rec center for a swim. Take walks to look at nature. Bike ride. Go to the park. Build a snow man or snow fort!
- *Be creative!** Make a music video. Make a movie. Make up a story. Write a play. Put on a puppet show. Have a treasure hunt. Write letters or make cards for family members. Make your own games!
- *Be a family!** Family movie or chill day. Have a picnic or go camping in the living room as a family or with family members (blanket forts). Tell family stories to each other. Enjoy family traditions together!

Have a wonderful winter break!

Principal's Message

Some things to consider:

Can you be *too* supportive and sympathetic when it comes to your child's negative emotions? Some experts say yes. The research indicates that parents who are overly sympathetic about their children's feelings of being mistreated tend to think their kids are more socially well-adjusted than others. According to the research, those same kids' teachers rate them as being less well-adjusted than their peers.

Why the disconnect? It could be that when parents attend to every bad mood their child has, the child never stops to consider that there may be little justification for that mood. This doesn't mean you should ignore your child's feelings. But rather than rush to agree every time she feels she's been wronged:

- **Ask for details.** If your child says a classmate was mean to her, find out more before jumping to her defense. Say, "Tell me what happened." This way, you're encouraging her to open up but not automatically agreeing that she's a victim.
- **Challenge her.** Your child may be upset that she performed poorly on a math quiz, but was that quiz really "unfair," as she claims? Press her a bit. "Why wasn't it fair?" If the real story is that she didn't study for it, then point that out. She wasn't mistreated; she was irresponsible.

It's a hard—but vital—lesson to learn.

Source: V.L. Castro and others, "Changing tides: Mothers' supportive emotion socialization relates negatively to third-grade children's social adjustment in school," Social Development, John Wiley & Sons, Inc., niswc.com/elem_negative.

The Truth About Honesty

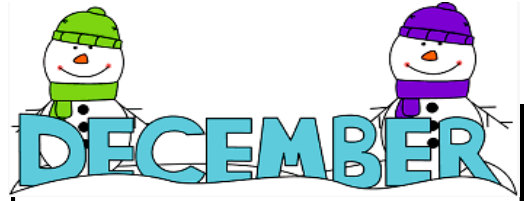
Researchers have also studied children and honesty. Research shows that by the time children reach elementary school, most know the difference between being honest and lying. But that doesn't make telling the truth easy! To encourage honesty:

- **Talk about it.** Ask your child if she believes that honesty is the best policy. Does she want others to tell her the truth? When does she think it's OK to lie?
- **Discuss the consequences of lying.** Lying destroys trust. If your child makes a habit of lying to people, they won't believe what she says—even when she is telling the truth!
- **Create opportunities for telling the truth.** Say, "You broke my vase," instead of, "Did you do this?"
- **React calmly.** When your child lies, don't label her a "liar." Express confidence that she will make better choices in the future.
- **Reward trustworthiness.** If your child is truthful in a difficult situation, compliment her!

Source: McGill University, "The truth about lying? Children's perceptions get more nuanced with age," Science Daily, niswc.com/



Thanks to Art teacher, Paul Heath, who organized our Art Night in November! Thank you to all of the teachers that volunteered and families that participated. It was fantastic!



Coming Events:

- 1 Tiger Hunt
- 2 School Community Council Meeting at 2:00PM
- 1-10 School-Wide Hour of Code
- 5 Hearing Screening
- 6 Mobile Food Truck at 2:20
- 12 Lock Down Drill
- 21 Family Night Sing-A-Long at 6:30
- 22 Holiday Sing-A-Long at 9AM
- School Out at 12:40
- No After School Program
- 23-Jan 7 Winter Break-No School

Science Fair

We will be having a Science Fair and a Family Night devoted to science on January 25th. Save the date because it will be an amazing day and night!



There will be no After School Program on December 22nd! Enjoy your winter break!

Recycling

Did you know our school gets money for recycling? If you have any of these items, please recycle them in any green container to help us out:

- *Magazines and catalogs
- *Office paper and direct mail
- *Yellow Page directories
- *Brochures and pamphlets

RECYCLE WITH US

FOR A CLEAN EARTH, FOR A BRIGHTER FUTURE.



You'll be helping us earn cash and supplies while keeping our Earth clean and green!

