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A message from the Principal:

The days are getting shorter and colder! November is here, and we are now well into our 2nd quarter of the year. With the long Thanksgiving holiday, this month will quickly come to an end. That will leave several weeks in December before the end of the 2nd quarter. I was so proud of our students last quarter. Almost everyone worked hard and did well. Please encourage your child to continue that trend and not get too comfortable or forget about school during the holiday season. I would love to see this quarter's grades continue to be as good as last. We are looking forward to seeing you at parent teacher conferences this month!

Upcoming:

Parent teacher conferences: 11/9 and 11/11: 4:00-7:30 with a 1 hour early dismissal 11/12: 8:00-12:00, no school for students Thanksgiving break: 11/24-11/26, no school



Counselor's Corner

November

The social and emotional lessons taught to our students in grades K-5 are affecting our students in a positive way. Teachers, students and parents are noticing a difference, so here are some of the successes we are hearing in regards to the Second Step Program.

"I don't like the way you're making me feel. I'm upset. Slow down, please." "You make me feel dumb when you don't listen to my answers."

"I saw you had a paper fall on the floor. I picked it up so you wouldn't miss it." "A student stopped playing with his school box and used the body still motion to fix his listening position."

"A student struggling with focus and self-control is doing the lessons every week and turning in homework."

"I'm not playing unless everyone gets to play."

Students in grades kindergarten through second grade will begin their 3rd Unit, Emotion Management. Students will learn how to manage a number of difficult feelings like anger, anxiousness, and embarrassment with a 3 step method. Students will bring home ways to practice these steps. By completing the Home Link paper, you are helping your child learn strategies that will become more natural and easy to use when emotions feel big. The steps are as follows:

stop,

name their feeling,

calm down (belly breathing, count, and use positive self-talk).

Students in grades 4-5 are finishing up the unit on Empathy and Skills for Learning. The topics that will be covered are joining in, accepting differences, conversation and compliments, disagreeing respectfully, and showing compassion. Continue to look for the home link papers so they can practice at home.

As for the young 5's, they will start our safety unit. Students in this class will learn how to keep themselves safe around poisons, medicine, guns, and fire. Students will also discuss bike, car, and street safety. Depending on how quick the lessons go, students will also talk about stranger danger and internet safety.

Our 6th grade students will work a little more on Empathy and Respect. During this lesson, 6th graders will predict feelings in different situations and how what you do and say to others might make them feel.

• If you have any questions, comments, or concerns, please feel free to email me at <u>amake-la@hardinhouston.org</u> or contact me by phone (937)295-3010 ext. 1002.