



Counseling Notes

January 9, 2017

January's Focus Habit is Think Win~Win

Having a Win~Win Attitude means:

- ★ Seeing life as a cooperative arena, not a competitive one.
- ★ Balancing courage for getting what you want while considering the wants of others.
- ★ Seeking successful, productive interactions by "filling other's buckets/making deposits in others' emotional bank accounts".

Student Series

The Student Series, (AKA Pennies for Patients and Pasta for Pennies), campaign will run from January 30th through February 16th. Each student in grades k-6 will receive a take-home collection box and Student Series flyer with directions on how to make online donations. The homeroom class that donates the most money collectively will receive a pasta and breadstick lunch from Olive Garden. Twin Valley South Elementary raised \$1,592.47 last year for the Leukemia & Lymphoma Society and our goal for this year is \$1,750.00.

Pop Tabs

The Ronald McDonald House of Dayton participates in pop tab recycling as a fundraiser to help support the families who stay at their facility. Twin Valley South Elementary collects pop tabs throughout the year to help support this great organization. TVES received a certificate of appreciation during the TAB-A-PULL-OOZA of 2016 for donating 171.31 pounds of pop tabs during the 2015-2016 school year. Our first collection count was on December 15th and we have already collected a total of 182.52 lbs! We will have another collection count on May 18th in hopes of doubling our contribution for this school year. The homeroom classes that donate the most pop tabs on the collection dates will earn an ice cream sundae party.

- ★ If you are in need of a collection box, please send me a message and I will obtain one for you. You may turn in tabs whenever your container is full and I will keep a running record for your class until the official collection date.

Focus on your child's self-control to improve behavior at school



Everyone wants kids to be well-behaved in school. But today, parents and teachers are often concerned about a lack of self-discipline in students.

When classroom instruction is continually interrupted by students who misbehave, no learning can take place. Students need a quiet, orderly environment in which to learn.

Remember: Positive habits begin at home. To help your child develop self-control:

1. **Review the school rules and regulations.** Talk to your child about them and be sure to support them.
2. **Let your child experience the consequences of her actions.** Don't always rush to bail her out.
3. **Talk to your child's teachers** about how she behaves in school.
4. **Talk to your child** about the importance of self-discipline at home and at school.
5. **Show respect** for your child. She will be more likely to respect herself and others.
6. **Encourage independence.** Allow your child to take part in making the decisions that affect her life.

Try a new strategy to improve conversations with your child



Are you tired of asking your child questions about school and getting little response? Then try this strategy.

Instead of asking your child lots of questions when he gets home from school, tell him five things about your day first. For example:

1. *I've had such a busy day.*
2. *I went to the library this morning to get some books.*
3. *Then I met Grandma for lunch.*
4. *We went to buy Rachel a present.*
5. *It was good to get home.*

After you've finished, say "Tell me a little bit about your day."

Avoid asking questions that can be answered with a simple *yes* or *no*. Instead, say things like, "What was the best part of your day?" or

"Tell me about what you learned today."

You can also use this strategy to start discussions about schoolwork. If your child brings home a picture from school, look at it and make five observations about what you see. Comment on the colors. Say what you like about it. Tell what it reminds you of, etc. Then ask your child, "What does it mean to you?"

"To listen well is as powerful a means of communication and influence as to talk well."

—John Marshall

Suggested Elementary Bedtime Chart



What Time Should Your Kids Go To Bed?

	Wake Up Time						
	6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM
Age	Bed Time						
5	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:15 PM	8:30 PM
6	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM
7	7:15 PM	7:15 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM
8	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM
9	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM
10	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM
11	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM
12	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM