

EAGLE EYE COUNSELOR CONNECTIONS

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4th Quarter is here and we want our Eagles to finish strong



It is important that our students do not forget that we have one more quarter of school. We want all of our Eagles to finish strong and do their absolute best. Some students need to work harder, some have coasted, but we do not want anyone to lose momentum at the end. End of year testing is quickly approaching where our students will be asked to show the state what we already know they have mastered. Continue to work with your students regarding class assignments, homework completion, and studying for tests and quizzes as needed. We want to remind our students they are *not* in competition with anyone else, but are striving to be the best version of themselves. Together, we can make this our best year yet!

Inclusive Schools do it better!

Elon Park is a school that works hard to celebrate the differences of our students and families. Our students come from different countries, have different cultures, languages, religions, and abilities that all work together to make our student body unique.

As a result of those differences, our students learn at an early age to be culturally competent and accepting of all types of people. On April 2nd, we celebrate National Autism Day!

Facts About Autism



We want to have friends.



We enjoy playing games.



We can learn new things.



We might not understand how you are feeling.



Please tell us if something is going to change.



Words can be confusing for us.



Pictures help us to understand.



We might not like loud noises.



Be patient with us.



If we are upset, we need a quiet space to calm down.



Things To Remember

- ⇒ April 1-5- 'Uniquely Wired' Week
- ⇒ April 3- PTO Executive Board Meeting
- ⇒ April 4- School Store (8:15-8:45 AM)
- ⇒ April 10- Field Day (3-5)
- ⇒ April 11- Field Day (K-2)
- ⇒ April 12- Eagle Dad Carpool
- ⇒ April 15-19- Spring Break
- ⇒ April 24- Kindergarten Beginners' Night
- ⇒ April 25- School Store (8:15-8:45 AM)
- ⇒ April 25- Character Tea @9:15 AM
- ⇒ April 26- Eagle Dad Carpool
- ⇒ April 26- Volunteer Breakfast 9-10:30
- ⇒ April 29- SLT Meeting 4:30-5:30
- ⇒ May 3- Spring Carnival



Spring has sprung and the Carnival will come!

Enjoy Spring Break!

Come back refreshed and recharged to finish out the school year.

There is still time to make this our best year yet!



What do you do when your child wants to quit?



1. **Talk to your child about why they wish to quit-** there may be an underlying reason they want to quit.
2. **Help your child process their reasons for wanting to quit-** help them overcome their struggles
3. **Avoid negative labels on quitting-** creating a stigma around quitting may stop your child from trying something new.
4. **Discuss alternatives to quitting-** difficulties can be discussed and problem-solving can occur.
5. **Draw a line-** you might have to say no when children don't understand long-term implications of quitting.



Teaching Mindfulness to children helps minimize anxiety and increase happiness

The end of the year can bring on a lot of stress. We learn best when we are in a calm state of mind. Mindfulness is focusing one's awareness on the present moment while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

The more you include it in your daily routine, the easier it is to access these skills when life gets stressful. Mindfulness can boost self-esteem, increase compassion, establish self-regulation, and help with focus.

Some strategies include:

- Notice and name body sensations, thoughts and emotions
- Establish a gratitude practice- teach children to appreciate what they have.

- Share a 3-breath hug- hug your child taking three synchronized, deep breaths together (drop your shoulders and relax your muscles).
- Move, stretch, and notice body sensations
- Stop and be aware of surroundings
- Take a mindful nature walk- match your child's pace and allow your child to lead the way
- Practice belly breathing- it automatically turns on the relaxation response in the body.
- Meditate with your children
- Create open space in your schedule for free time to investigate and be mindful naturally.



Children's Books about Perseverance

Title	Author	Audience
The Carrot Seed	Ruth Kraus	Kindergarten
Are You My Mother?	P.D. Eastman	First Grade
Princesses Are Not Quitters	Kate Lum	Second Grade
Flossie and the Fox	Pat McKissack	Third Grade
Perseverance: The Story of Thomas Alva Edison	Peter Murray	Third Grade
More than Anything Else	Marie Bradby	Fourth Grade
Fly, Eagle, Ely	Desmond Tutu	Fifth Grade
I Knew You Could	Watty Piper	Fifth Grade