



EAGLE EYE COUNSELOR CONNECTIONS

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Navigating Friendships can be tricky for all involved

The desire to fix it is strong but instead parents...

- ◇ Expect students to respect everyone, but don't expect them to like everyone
- ◇ Don't get over-invested in your child's social life
- ◇ Don't interview for pain
- ◇ Teach your child to speak directly
- ◇ Realize that your goals may not be your child's goals regarding friendships
- ◇ Help your student solve the problem independently
- ◇ Empower your child to be comfortable in their own skin and not swayed by peers.



Parents be aware that

- ◆ Cliques are forming and reforming during this time which is normal
- ◆ Having a 'best friend' becomes a certain type of currency that can be leveraged against children if they are not careful.
- ◆ Student start competing and rejecting at these ages which can be difficult for some students who are not as resilient.
- ◆ Relational aggression starts and be sure to let your children know that they don't have to be friends with person that does not treat them well



Things To Remember

- ⇒ Dec. 3- SLT Meeting
- ⇒ Dec. 3- 3rd Grade Musical Performance
- ⇒ Dec. 4- 3rd Grade Musial Performance
- ⇒ Dec. 5- Early Release @ 12:45
- ⇒ Dec. 7- Eagle Dad Carpool
- ⇒ Dec. 7- Principal Chat (9:15)
- ⇒ Dec. 13- Character Tea (9:15)
- ⇒ Dec. 13- School Store
- ⇒ Dec. 18- PJ & Hot Chocolate Day
- ⇒ Dec. 19-Jan. 2- Winter Break



If you feel that your child's friendship concerns require school intervention, please reach out to our student's School Counselor. We can talk with your student or arrange a mediation between the parties involved (if needed).



Should students be recharging or reviewing?

Many people think with the start of a nice long break, it is time to relax, play, and forget about school for a few weeks. However, studies show that young minds need to still be academically engaged. Younger children are still new to learning skills and consequently, it is easier for them to lose the basic skills that they have not yet mastered. The key is to make learning fun and habitual!

- Take some local excursions with an educational twist
- Snuggle up as a family and read
- Turn regular errands into learning opportunities





Word choice matters with children:

Do you know the magic word you should use when your child encounters difficulty?

We often talk to our Eagles about the importance of being bucket fillers but it is essential for adults to do the same. Life is hard and school can be challenging as our students work to learn new things. When students encounter new challenges or find new tasks that do not come quite as easily as previous tasks, it can be daunting. Students who have never had a challenge can get discouraged when they find that they have to try harder or actually try.

As adults, we often want to fix the problem for our children or take away the sting of disappointment. One of the most important words you can use when encouraging your

child is “yet.” Whatever it is that they think they can’t do, remind them that they haven’t yet mastered the skill. Assure them that success comes with continued practice, focus and effort.

Here are some tips:

- ◆ Let them know they can’t do it yet
- ◆ Remind them skills grow over time
- ◆ Acknowledge their feelings
- ◆ Praise the Process as they work towards the skill



Ways to Raise a Caring Child

1. Show your child how to help people in need
2. Coach your child to pay attention to people’s facial expressions

3. Don’t let rudeness pass and acknowledge kindness
4. Be sensitive to the messages that your child picks up from media
5. Avoid setting up competition within the family
6. Explain that name-calling and excluding someone from play can be as hurtful as hitting



December
Character
Trait

Reading Suggestions about Caring

Title	Author	Topic	Audience
The Teddy Bear	David McPhail	Child loses teddy bear but it is found by a homeless man	PK-1st
Bears Feel Sick	Karma Wilson	Caring for a sick friend	PK-2nd
Under the Lemon Moon	Edith Fine	Compassion towards a thief stealing to find his family	K-2nd
The Birdman	Veronika Charles	Story of grief turned in compassion	K-3rd
A Chair for My Mother	Vera B. Williams	Feeling compassion for a struggling family	K-3rd
The Three Questions	Jon Muh	Child retelling of Tolstoy’s story	1st & up
Loser	Jerry Spinelli	Student who is ‘different’ teaches others empathy	3rd-6th
The Hundred Dresses	Eleanor Estes	Kindness, Compassion and standing up for what is right	3rd-6th