

# EAGLE EYE COUNSELOR CONNECTIONS

Ms. Jennifer Stephens  
Ms. Amber Brown

## Don't forget to be a bucket filler this holiday season...

In October, during our Spirit of Kindness Spirit Week, we stressed the importance of being a buddy and not a bully during Bullying Awareness Month.

We want to continue that momentum in November where we encourage all of our Eagles to be bucket fillers and not bucket dippers. It is important that our students use their words and actions to positively impact everyone that they encounter.

- Invite someone to play who looks left out
- \* Follow your teacher's directions (and your parents too!)
- \* Tell someone how much you appreciate them
- \* Solve problems peacefully instead of fighting
- \* Have a positive attitude everyday!
- \* Celebrate the successes of others!
- \* Apologize when you have made a mistake
- \* Share and take turns
- \* Avoid laughing at the mistakes of others
- \* Respect differences and never use putdowns




### Things To Remember

- ⇒ Nov. 1- School Store (8:15-8:45)
- ⇒ Nov. 2- Eagle Run
- ⇒ Nov. 9- Eagle Dad Carpool
- ⇒ Nov. 12 Veteran's Day (No School)
- ⇒ Nov. 15- School Store (8:15-8:45)
- ⇒ Nov. 15- Character Tea (9:15)
- ⇒ Nov. 20- Eagle Dad Carpool
- ⇒ Nov. 20- Kindergarten Thanksgiving Feast
- ⇒ Nov. 21-23 Thanksgiving Break
- ⇒ Nov. 29- School Store (8:15-8:45)

**Here are some ways**





If your family is experiencing any need during this time, please contact your child's school counselor as soon as possible.

## POWER OF KINDNESS SPIRIT WEEK



**PJ DAY**



**UNITY DAY**



**SUPERHERO**



**HAT DAY**

## Don't let the Eagles leave the nest early

During this season of change, we encounter several absences due to sickness, appointments, and even extended vacations. Please be mindful of your student's instructional time. We strongly encourage you to arrange appointments that do not impact your student's school day when possible.



Please be sure to bring in documentation to our Attendance Secretary, Ms. Milano, to ensure that your student's absences are coded appropriately.

In the event that you will need to take your child out of school for an extended period of time (more than 5 days), please be sure to let your teacher know at your earliest convenience. Advance notice will allow our teachers time to make preparation so that your student does not fall behind.

## Group Counseling is on the way!

The Counseling team will start small counseling groups this month that will run through December. Invitations to join a small group session will be sent home and permission slips must be signed prior to an Eagle's participation. If you think your child would benefit from group counseling or an individual check-in from the counselor, please reach out to your Grade level Counselor:

- ◆ Jennifer Stephens (K, 2, 4)
- ◆ Amber Brown (1, 3, 5)



## Tips to Raise an Honest Child

November Character Trait

1. Model honesty— Don't lie to them and do not let them hear you telling lies: it sends a mixed message.
2. Discipline calmly— Harsh punishments teach children to lie earlier and more skillfully as a protective measure.
3. Teach tact— your child can be honest without being hurtful
4. Don't set them up— don't ask them if they did it: you're giving an option to lie. Focus on what you want accomplished instead of who did what.
5. Don't reward the lie— children tend to lie to avoid a consequence.
6. Say truth-telling makes you happy— it will increase child's likelihood to be honest.
7. Catch them being honest— look for opportunities to acknowledge when they tell the truth
8. Tell positive stories— highlight the positive consequences of telling the truth instead of the negative



## Reading Suggestions about Honesty

Title	Author	Topic	Audience
Scapegoat	Dean Hale	Not fessing up to things	PK-2
Ruthie & the (Not So) Tiny Lie	Laura Rankin	Consequences of lying	PK-3
The Empty Pot	Demi	Story about honesty	PK-3
The Honest-to-Goodness Truth	Patricia McKissack	Not being too honest	PK-3
Edwurd Fudwupper Fibbed Big	Berkeley Breathed	Consequences of lying	1st-4th
Ricky Sticky Fingers	Julia Cook	Story about stealing	1st-5th