



EAGLE EYE COUNSELOR CONNECTIONS

Ms. Jennifer Stephens

Ms. Amber Brown

Customizing Student Care

The Student Services is eager to start small groups with our Eagles to better serve the social emotional needs of the school. Our group development is contingent upon parents and/ or staff recommendations. Students will be strategically grouped and topics include: anger, anxiety, self-esteem, conflict resolution, study skills, etc.

If you would like your child to participate in a group, please contact your student’s counselor or fill out the following form:

<https://goo.gl/forms/daWGpdxoVQvxK9aL2>



Parents are welcome to reach out to their student’s counselor via email and check the Counselor website for further details about what is going on in Student Services. We want to hear from you!

Counselor	Grades	Website
Brown	1,3,5	https://epbrown.weebly.com
Stephens	K,2,4	http://epstephens.weebly.com



Things To Remember

- ⇒ Oct. 5- Principal Chat@9:15am
- ⇒ Oct. 11- Bingo Night 5-7pm
- ⇒ Oct. 8-12 Book Fair
- ⇒ Oct. 12- Eagle Dad Carpool
- ⇒ Oct. 24- Wear Orange Day
- ⇒ Oct. 26- Eagle Dad Carpool
- ⇒ Oct. 22-26 Power of Kindness Spirit Week
- ⇒ Oct. 30- End of 1st quarter
- ⇒ Oct. 31- Teacher Workday

Make sure your student knows the difference

OCTOBER IS BULLY PREVENTION MONTH

We want all of our Eagles to be safe and to feel safe while at school. If your student has an issue that you suspect is bullying, please let the teacher, the counselor, or an administrator know as soon as possible. We take the safety of our students very seriously and wish to make Elon Park a positive learning environment for all of our students. Please help us to ensure that we continue to foster a culture of care so that this year can be your student’s best year yet!



Look for the icon (to the left) on the Elon Park home page to report bullying anonymously. All reports go to the district and are addressed accordingly.



is it BULLYING?

When someone says or does something *unintentionally* hurtful and they do it once, that's **RUDE.**

When someone says or does something *intentionally* hurtful and they do it once, that's **MEAN.**

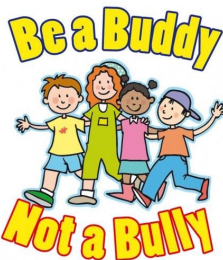
When someone says or does something *intentionally* hurtful and they *keep doing it* even when you tell them to stop or show them that you're upset—that's **BULLYING.**



Back to School Blues: Separation Anxiety can be hard for parents and students

The start of the 2018-19 school year has been choppy with half days, holidays, and Hurricane Florence to break up the monotony of traditional school weeks. The lack of consistent routines may make returning to school hard for our Eagles. If your student struggles in the mornings, we recommend the following:

- ◆ Create a goodbye ritual (handshake, hug, kiss, high five)
- ◆ Acknowledge student’s feelings- showing empathy can make a student feel safe and heard
- ◆ Remain positive- Watch your own body language and be sure to empower your student
- ◆ Tuck a love note in their lunchbox for later
- ◆ Create a bonding ritual for after-school
- ◆ Stick to brief farewells and keep the same routine



This month, counselors are doing guidance lessons for all grade levels discussing the importance of bully prevention. We will discuss the definition of bullying, how to deal with a bully, and the importance of not being a bystander. Be sure to ask your student about these lessons and continue the conversation at home!

Reading Suggestions for Anti-Bullying



Title	Author	Audience
Chrysanthemum	Kevin Henkes	Preschool-3
The Hundred Dresses	Eleanor Estes	Grades 1-4
The Recess Queen	Alexis O’neill	Preschool-3
Enemy Pie	Derek Munson	Preschool-7
The Juice Box Bully	Bob Sornson and Maria Dismondy	Preschool- 5
Wonder	R.J. Palacio	Grades 4-6

Tips to Raise a Responsible Child



October Character Trait

1. **Raise your child with the expectation that we always clean up our messes.** Begin by helping your child, until she learns it.
2. **Kids need an opportunity to contribute to the common good.** All children contribute to the rest of us in some way, regularly. Find those ways and comment on them, even if it is just noticing when she is kind to her little brother or that you enjoy how she’s always singing. Whatever behaviors you acknowledge will grow.
3. **Always let children "do it myself" and "help" even when it's more work for you.** So instead of rushing through your list, reframe. You're working with your child to help him discover the satisfaction of contribution. That's more important than having the job done quickly or perfectly. Notice that you're also bonding, which is what motivates kids to keep contributing.
4. **Don't rush to bail out your child** Be available for problem-solving, helping him work through his feelings and fears, and to ensure that he doesn't just sidestep the difficulty, but let him handle the problem himself, whether it requires offering an apology or making amends in a more concrete way.
5. **Never label your child as "Irresponsible"** The way we see our kids can become a self-fulfilling prophecy.
6. **Create a No-Blame Household.** We all, automatically, want to blame someone when things go wrong. In reality, blaming makes everyone defensive, more inclined to watch their back -- and to attack -- than to make amends. It's the #1 reason kids lie to their parents. Worse yet, when we blame them, kids find all kinds of reasons it wasn't really their fault -- at least in their own minds -- so they're less likely to take responsibility and the problem is more likely to repeat.