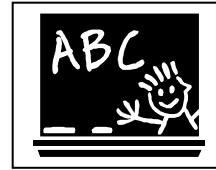


Parenting 101: How to Help Your Child

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Winter is here! During November I have been busy getting the Greeter Team up and running at Wilson Hill. I moved into Second Grade talking about the Big Bad Three's and the Good Five's, teasing, problem solving. I finished up Kindergarten and am moving into sixth grade and third grade in December and January. In 6th grade we cover sexual harassment and the different types of bullying. In 3rd grade we cover the Big Bad Three's and the Good Five's, teasing, internet safety, and handling peer pressure. I will be moving into 4th and 5th grade in January covering units on bullying. 4th we cover physical and verbal bullying and 5th we cover relational aggression bullying.

New Groups starting up in January

I will be starting some new 6 week groups in January. If your child could benefit from one of these groups, please let me know via email jhegerty@worthington.k12.oh.us.

Chicken Little Group (K-2): We work on how to handle our worries and anxiety over things in our lives. We will be reading chapters from What to Do When You Worry.

Kindergarten Friends Group: We will work on friendship skills, taking turns, waiting, listening, following directions and all the cool behaviors needed in kindergarten.

Family Changes Group (K-6): This group will discuss the changes in family through separation, relationship termination/divorce, remarriage, and new changes in the family.

Friends Group (3rd-4th): We will discuss friendship skills and problem solving using a variety of media.

Da Guys Group (5th-6th): We will talk about anger management in peer situations, making friends and keeping friends.

\$2.00 ParentStore.Com Book Sale

All of ParentStore.com Instant Help Books were re-published last year by New Harbinger Publications, but the company found that they still have inventory on the old versions. The contents of these books are exactly the same, only the cover has changed. Parents can buy these books for just \$2 each, but please be aware that supplies are limited. Topics include: *oppositional defiance, childhood depression, divorce, social skills, anxiety disorders, grieving* and many more. Go to www.parentstore.com/bargains.

Changing A Child's Attitude

Developing a positive realistic and optimistic attitude is an important emotional intelligence skill. As you may know, we are all born with a predisposition to be more positive or more negative, and research tells us that children who are more positive do better in school, have more friends, and tend to be happier and healthier at every stage of their lives. What you may not know is that if a child tends to have a negative outlook about him and the world, he can be *taught* to be more positive.

This emotional intelligence skill is particularly important in today's economic climate when we are all under so much stress--kids included. Optimism is a key ingredient in becoming more resilient and coping with any kind of change. (Dr. Shapiro's Newsletter. Counselingstore.com/ParentStore.Com)

The BIG, BAD 3's and The GOOD 5's

3rd and 4th graders will be learning about the Big Bad 3's and the Good 5's. Ask your 3rd and 4th grader about it:

The Big, Bad 3's: (say it with attitude!)

1. You don't have the right to hurt yourself! (Point at yourself)
2. You don't have the right to hurt others! (Point at someone else)
3. You don't have the right to hurt property! (Move your hands away from each other in a circle)

If someone does one of the BIG BAD 3's, you choose:

The Good 5's: (we smile when we say this)

1. Walk away. (Two fingers walking away)
2. Take deep breaths. (Hand on belly, breath in and out)
3. Count to 10. (Press fingers together, count forward to pinkies and tap again for #6 and then back)
4. Feelings Talk, "I feel....." (Tap your chest with your right hand and your left hand make it talk then add "I feel")
5. Walk away again! (fingers do the walking)

Simple Gift Giving

Here are some ideas for simple gift giving when we find money an issue. Kids, parents, grandparents, friends, and family can benefit from some creative ways of expressing compassion and gratitude.

Here are some make-it-yourself gift ideas to try:

- Decorate a photo frame and include a special photo. You also might frame some tickets from a special occasion, like a great football game or a concert you attended with the person.
- Learn to knit or do a needle craft, such as cross-stitching. Nothing too complex — you don't have much time! Make small gifts showing off your new talent.
- Bake cookies or other holiday treats and package them in pretty holiday boxes or baskets. You also can put dry cookie ingredients in a glass jar as a gift. You layer the

ingredients (such as sugar, oats, chocolate chips) like sand art. It looks pretty and the person can whip up a batch of delicious cookies. Don't put eggs or butter in the jar, though, and be sure to include the recipe!

- Write a poem, letter, or song to the person, explaining why he or she is special to you. You could also include a picture or do a painting, if you like that better. Framing it adds a special touch.
- Plant flowers that will start blooming around the holidays. You can try "paper whites," which are tall, white flowers that don't even need dirt! Decorate the pot for the plant or wrap a bow around it.
- Put names in a hat: Put everyone's name on a little piece of paper and put all the slips in a hat or a shoebox. Then each person pulls out a name and buys a gift for just this person. You can set a spending limit, too, to make it easier to decide what you should buy. It's sometimes fun to be a Secret Santa and keep it a secret that will be buying gifts for whom.
- Give together: Instead of buying gifts for each other, you could decide to pool your money with your friends or siblings and make a donation to a charity. From animals to needy kids, there are thousands of organizations that would love to receive a donation from you. If you don't have much money, you might donate clothing, food, or other basics that charity groups distribute.
- Do lunch, or any other meal: Sharing a meal is a fun holiday tradition. You could go to an inexpensive restaurant with friends and split the bill. Or you could decide to make a big pancake brunch at your house for friends or family. Both way, it won't cost too much and you'll share good times and good food.
- With the coupons, you can give your kids something they really want — like some of your time to play a board game. Or you can give parents something really priceless: a coupon redeemable for chores done!
- Bookmarks can be made and personalized with writing on it what you like best about the holidays or top 3 reasons you like or love the person who you're giving it to.

www.Kidshealth.com website had kids answer questions about what they loved about the holidays. The kids told them how much they love seeing relatives (especially cousins) and sharing special family times cooking, singing, and even having mashed

potato-eating contests! Your mom, dad, or grandparents would love to know what you like about the holidays, especially if it involves family fun and holiday traditions. Make the holidays not about how much money you can spend on children or the lack there of but about the traditions and memories established during this time of compassion and giving. (Adapted from http://kidshealth.org/kid/feeling/friend/gift_giving.html)

Buddy Team and Greeter Team Announcements:

Wilson Hill Buddy Team and Greeter Team is up and running. Children are wearing their lanyards at recess or in the classroom and are proud to greet people in the morning. Announcements have started at Wilson Hill. Greeter Team T-shirts are being worn on the week the student is on duty. So far third graders have been on greeter team and in January 4th graders will move into their duties. I meet with the greeter team students the week prior to give them their packets and discuss their responsibilities.

Brookside will be starting this in January. Students can be on buddy and greeter team if they are not on student council. There will be two-day training for Buddy Team and Greeter Team is selected by students who show interest for it on their application. Buddy team members will be trained on how to help a new student by introducing them, welcoming them, and making sure they have someone to sit/play with during lunch/recess. Wilson Hill has finished its training and Brookside will begin their training as soon as possible. 2nd-6th will also be trained on how to mediate playground problems. They will follow a simple script to help students work out their problems.

Have a safe and happy holiday and new year!