



Nancy R. Bonner
 Principal

Mark S. McNeill, Ed.D.
 Superintendent of Schools

Social, Emotional & Behavioral Concerns in Children

**Is your child expressing feelings of anxiety over things that they cannot control?
 Does your child lack confidence or have low self- esteem?
 Is your child easily frustrated or having behavioral issues?
 Is your child struggling to focus in school or at home?**

Raffle will be held
 Snacks will be served

Date: Thursday, February 7th, 2019
Time: 7:30 pm– 8:30 pm
Location: Highview Elementary School
Guest Speaker: Kristin O'Rourke, LCSW

- Learn how to identify the signs of common social, emotional & behavioral concerns in children.
- Discuss steps you can take to decrease your child's stress level and highlight their strengths.
- Review effective coping techniques and parenting interventions to create a more positive home environment and school experience.



Kristin O'Rourke is a licensed Clinical Social Worker with over fifteen years of experience supporting children and families with anxiety disorders and behavioral issues. She is the owner of In-Home LCSW, PLLC, a private group practice which provides home and office based counseling services to children and families. Kristin recently published the new children's book, "There's a Bully in My Brain" for children struggling with anxiety, shyness and low self-confidence. Read more about her and her practice on www.inhomecsw.com

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Please return in an envelope no later than January 29th
Highview: Homeroom Teacher (envelope addressed to Mrs. Lipson)
Miller: Homeroom Teacher

_____ YES, I will attend the parent workshop on addressing Social, Emotional & Behavioral concerns.

Child _____ Grade: _____ Teacher _____
 Parent/Guardian _____ # Adults attending _____
 Email _____ Phone _____

Home & School

Working Together for School Success

CONNECTION®

February 2019



Highway Elementary School
Nancy Bonner, Principal

SHORT NOTES

A parenting mission statement

Can you name the three most important things to you as a parent? Putting them in writing will help to guide your parenting. Fill in the blank in the sentence, "I'm raising a child who ____" ("is kind to others," "works hard in school").

Find learning treasures

A secondhand store offers more than clothing and household items—you can find learning tools there, too. Help your youngster look for gently used books or board games (check to make sure all the pieces are there). He might also find magnetic letters or numbers, arts and crafts supplies, and small whiteboards or chalkboards.

Practice cursive

If your youngster is learning cursive, suggest creative ways to practice. She could make nameplates for family members' bedroom doors or write greeting cards and thank-you notes in cursive. *Idea:* Encourage her to use cursive when she takes notes in class. It's faster because she doesn't lift her pencil off the paper after each letter.

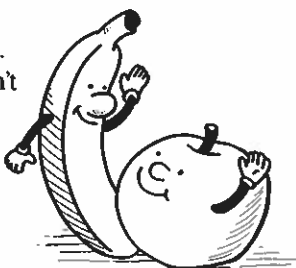
Worth quoting

"Joy is not in things; it is in us."
Richard Wagner

JUST FOR FUN

Q: What did the banana say to the apple?

A: Nothing. Bananas can't talk!



Embrace empathy

When Claire notices a classmate on crutches struggling with his books, she senses his frustration and offers to help. She has empathy—she can understand and share others' feelings. Build empathy in your child with these ideas.

Read feelings

Learning to identify other people's emotions is the first step toward feeling empathetic. Take turns acting out a feeling for family members to guess. For example, open your eyes and mouth wide to show fear. Or slump your shoulders and look down to display sadness. *Variation:* Draw faces on paper plates, and guess the emotions.

Create an "empathy identity"

Notice ways your youngster shows that she cares how people feel. You might say, "I can tell you feel bad that your brother is sick. It was nice of you to bring him a blanket." You could also point out others



showing empathy, too—in real life and in books and movies.

Respond appropriately

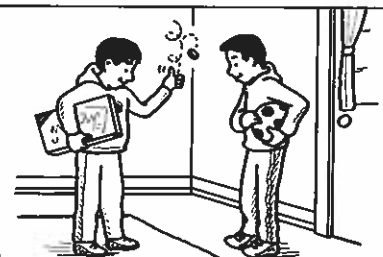
When someone is having a hard time (say, a friend's parents are getting divorced), your child may not know what to say. The good news? Sometimes people just want another person to listen and express empathy. Brainstorm honest responses like "I'm not sure what to say, but I'm glad you told me," or "I'm sorry this is happening. I'm here if you want to talk."♥

Let's collaborate!

Knowing how to collaborate with classmates will help your youngster work well and learn in a group. Try these tips to practice collaboration skills at home.

Balance speaking and listening. During family discussions, give each person a chance to talk. Your child should listen carefully so he can acknowledge what everyone says and build on their ideas. ("I liked what you said about _____. I think _____.")

Encourage compromise. If your youngster has a disagreement with a sibling or friend, such as whether to play indoors or outdoors, think of it as a learning opportunity. Ask them to think of a way they could both feel satisfied, perhaps by doing a jigsaw puzzle outside at a picnic table. Or they might flip a coin to decide which to do first.♥



Mix-it-up study methods

Fresh techniques will breathe new life into your child's study sessions. Share these ways to add variety and help him stay motivated.

Create a mural

Suggest that your child hang a big sheet of paper on a wall. On it, he can write and illustrate facts, concepts, and procedures he's studying. Say his math test includes rounding numbers, he might write the rule ("If a number ends in 5–9, round up") in big orange letters across the bottom and add examples



in green going sideways up the mural. Let him design a new panel for each subject. He'll have a handy study tool—and a colorful piece of art.

Play with clue cards

Encourage your youngster to make and play a card game with a study partner. He could write each concept on a separate index card and list three clues on the back. For "electric circuit," clues might include "path," "current," and "conductor." He can shuffle the cards and stack them clue sides up. Players take turns drawing a card, reading the clues, and saying what's on the other side. Keep the card if you're right—the person with the most cards wins.♥

ACTIVITY CORNER



Write a picture book

Your youngster can use her imagination to retell a familiar story, then preserve her version in a homemade book! She'll practice experimenting with characters, setting, and plot as she writes.



First, let your child pick a story and think of ways she could put her own twist on it. She might write a plot based on *Charlie and the Chocolate Factory* (Roald Dahl) but use herself and her friends for the main characters. Or maybe she'll pick a story set in another country, such as *Madeline* by Ludwig Bemelmans, and have it take place in the United States.

Next, have your youngster write each sentence or paragraph of her story on a separate sheet of paper and illustrate it. Finally, invite her to read her book aloud to your family.♥

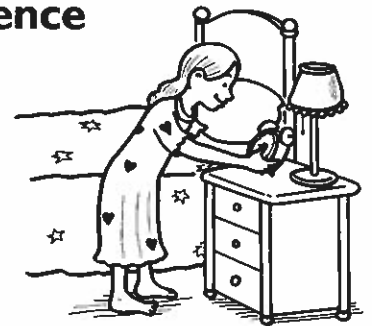
PARENT TO PARENT

Boost independence

Coaxing my daughter, Grace, through her routine on school mornings was no easy task. I decided that she needed to become more independent—and that our mornings could be more pleasant. So I've started having her get ready by herself.

I let Grace pick out an alarm clock and showed her how to set it. Then, on her closet door, we posted a list of her morning tasks, including getting dressed, brushing her teeth, and fixing her hair.

Now when we're both ready, we meet downstairs for breakfast before we head out the door. Our mornings are much easier, and I think Grace is proud of her newfound independence.♥



Q & A Time for a cell phone?

Q: My fourth-grader says some of his friends are getting cell phones, and now he wants one. Are cell phones appropriate at this age?

A: Most kids this age don't really need a cell phone, since they're supervised by adults who carry phones. And owning a phone, especially one with internet access, is a big responsibility. To decide when to give your son a phone, first think about your family's budget. Also, consider how well he

follows safety rules and takes care of his belongings. Those are good indicators of how he will behave with a phone.

If you feel he's ready, you might start with a lower-cost one with limited features. Then, create guidelines. Perhaps he may use his phone only to call or text family members and close friends. Discuss consequences for breaking or losing it. And set times when his phone is off-limits, such as during family meals, in the hour before bedtime, and after lights-out.♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators, a division of CCH Incorporated
 128 N. Royal Avenue • Front Royal, VA 22630
 800-394-5052 • rfeustomer@volterskluwer.com
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NANUET FAMILY RESOURCE CENTER

In partnership with Rockland 21st Century Collaborative for Children & Youth
50 Blauvelt Road * Nanuet, NY 10954 * Phone (845) 627-4889 * Fax: (845) 624-1534

HIGHVIEW HOMEWORK CLUB

Session 2

Where: Highview Elementary School

When: Tuesdays & Thursday

Time: 3:45 - 4:45

Teacher: Ms. Laurenzano

Session: February 5 - April 2 (15 classes) (No class on March 7, $\frac{1}{2}$ day)

Fee: \$150.00 for the session. Please make your check payable to Nanuet FRC

Payment plan available: please call the FRC at 627-4889.

Snack: Students are welcome to bring a snack to eat during HWC.

Transportation: To be provided by parent/guardian

Pick up: Please park your car across the street from the school when picking up your child.

NO parking in the school's driveway. This is a safety concern.

Pick up Time: Your child is to be picked up at 4:45 sharp.

There will be an additional charge of \$10.00 for every 15 minutes you are late.

Please Note: Every family that registers a student for Homework Club must be on the district's K12 Alert. This is how parents will be notified when Homework Club is cancelled due to bad weather or other circumstances. Students will be instructed to go home on their regular dismissal bus at 3:30.

Limited space is available; sign up early

Please return the form below to office at Highview by January 29.

For further information please call the Family Resource Center 627-4889

Student Name: _____ Grade: _____ Teacher: _____

- I will be responsible to pick up my child from Homework Club at 4:45.
- I agree to pay the late fee of \$10.00 for every 15 minutes I am late.
- I will park my car across the street from the school; not in the school's driveway.
- If other arrangements are being made to pick up my child, I will send a note to the Homework Club instructor.
- My family is registered on the district's K12 Alert.
- **Waiver:** If I am unreachable, I hereby give permission to the staff to obtain proper medical care. In case of injury or illness, I agree not to hold FRC, staff or related parties liable and not to make any claims against them. The student's personal insurance company is the primary company on any medical claims.

X _____
(Parent's signature) (Date)

Parent Daytime Telephone Number: _____

Parent Cell Phone number: _____


Parent E-mail: _____


Emergency Contact Number: _____

KELSO'S CHOICES


 **SHARE AND TAKE TURNS** If you and your friends are playing with toys or using materials, make sure you each get a fair amount. When beginning a game ask your friend, "Would you like to go first?" If you go first, make sure you stop after a short time and let your friend have a chance to go.


 **TALK IT OUT** When you don't agree, each person needs to explain their feelings while the other person listens. Then they need to switch. The important thing is for both people to listen to each other.

 **MAKE A DEAL** When you and a friend can't agree, you can make a plan to do a little of what your friend wants and a little of what you want. This is called a compromise. You may lose a little by not getting your way completely, but you gain a lot of fun and friendship.

 **TELL THEM TO STOP** When someone is bothering you, if you really want them to stop, get close to the person, look him or her in the eye and say, in a quiet, but firm voice, "Please stop."

 **GO TO ANOTHER GAME** When you have too many small problems while playing with friends it may be time to leave that activity and play something else.

 **WALK AWAY** If someone is bothering you, you may need to move away from them. Leave the area and find a new place to work or play.

 **IGNORE IT** If someone is bothering you, don't look at him/her or listen to him/her. This is very hard to do. Try to continue doing what you were doing and don't pay attention to them. If you can keep ignoring the person, it may take a long time, but eventually they should stop. Practice doing this with a calm face and a relaxed body.

WAIT AND COOL OFF

 If a small problem has gotten you really upset and the choices you have tried did not work, you can wait and cool off. Go to a quiet spot and think about how you are going to solve this problem. Do not try to talk it out if you are angry. Cool off first.

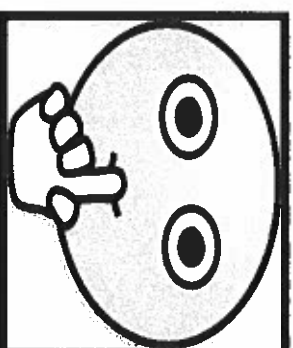
APOLOGIZE

 If you have done something to bother a friend, stop what you are doing and say that you are sorry. When you apologize you should look at the other person with a friendly face and use a nice tone of voice.

B - Be a good listener.



U - Use a quiet voice.



S - Sit safely in your seat.



HIGHVIEW GOLDEN KNIGHTS

EAT & PLAY PROGRAM

E.A.T.

1. Enjoy a relaxing lunch! Enter the cafeteria *quietly*, get your lunch and *be seated*.
2. Always use ***indoor voices*** and *speak nicely* to one another. *For safety reasons, ask permission before leaving your seat.*
3. Treat each other well. No throwing, no running, and no loud noise. Safety first!

**Unacceptable behavior will result in consequences and/or removal from the cafeteria.*

P.L.A.Y.

1. Play safely and respectfully.
2. Listen to the adults in charge.
3. Ask others to play or take a walk and talk.
4. You must *always* keep your hands to yourself.

**Unacceptable behavior will result in consequences and/or removal from the playground.*