

The Counselor's Cubby

Keonsha Bernard, Ross Elementary Counselor
August/September 2009

Side B

Dear Parents,

To help you help your child learn and practice being respectful, a few resources are listed on this page. This list is not inclusive of all resources available at our library or on United Streaming, so feel free to search these and other resources to locate more. Below are a few more tips as well.

- ✓ Ask your child to tell you about our daily character announcements and what he or she learned from them.
- ✓ Talk with your child about the importance of treating other people with respect. Make sure he/she knows that it is important to you, and that it will lead to stronger friendships.
- ✓ Watch a television program together, and talk about the various ways in which the characters acted respectfully or disrespectfully towards one another. Watch for put-downs, insults, and subtle forms of bullying.
- ✓ Help your child become sensitive to his or her own behaviors or language that may be of a disrespectful nature as he or she deals with siblings or friends.
- ✓ Remember that you are a powerful role model for your child. If you treat people respectfully, that is what your child will learn from you.

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Parent Tips: 5 Things You Must Say to Your Kids Tip #1

5 Things You Must Say to Your Kids was written by Dr. Brad Schwall, Creator of the Cool Kids character-building program. You may sign up to view these and more parent tips at <http://www.coolkidschannel.com>.

Communicate these messages not only with words, but with actions.

1. "I am here for you."

Being present physically and emotionally builds trust and intimacy. Even with work and busy schedules, you can make the time you do have with your child quality time.

How to say it:

- ✓ Set aside time to be with your child.
- ✓ Take advantage of morning-time, drive-time, meal-time, and bed-time.
- ✓ Be at as many games, recitals, and performances as possible.
- ✓ Be involved. Volunteer to help with your child's activities. The more you are involved in your child's life, the more you have to talk about.
- ✓ Be there for down time too.
- ✓ Always be there with your full attention.

If you are not present with your child physically and emotionally, your child will come to accept and expect your absence.

Do right, even when no one is looking!

Focus on Character

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Respect (8/24- 10/2)

Ways to treat others with respect

- ✓ treat others nicely
- ✓ use your manners
- ✓ help others belong
- ✓ help instead of hurt
- ✓ avoid put-downs, teasing, and name-calling
- ✓ avoid pushing, kicking, hitting and other physical bullying behaviors
- ✓ get to know others before you judge them
- ✓ Follow "The Golden Rule" – Treat others they way you would like to be treated.

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Side A

Dates to Remember

August 25 - 1st day of school

September 7 - No school: Labor Day

September 9 - Student Council applications due

September 11 - School Spirit t-shirt orders due

September 16 - Student Council Elections

September 28 to October 2 - Education Go Get It! Week

Also refer to your school calendar for other dates not included here.

Think about it:

Have you felt that someone did not respect you? How did it make you feel?

Have you made someone else feel that you did not respect them? How do you think they felt?

What better decisions can be made to make sure you get respect and give it to others?

Building T.R.R.F.C.C. Character

Use the following quotes from Josephson Institute's Foundations for Life program to build better character skills. Think, write, or talk with someone about what you think the quotes mean and how you think things would be different if everyone lived by them.

1. Most people see what is, and never see what can be. -Albert Einstein
2. When life gets you down do you wanna know what you've gotta do? Just keep swimming. Just keep swimming, swimming, swimming. -Dory from *Finding Nemo*
3. Admitting that you were wrong is just another way of saying that you are wiser today than yesterday. - Unknown

BE T . R . R . F . C . C !