

# NWES Counselor's Corner Newsletter

Winter 2020

## Kathy Lewis, Counselor

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Dear NWES Parents:

Happy New Year! The school year is speeding by. This issue of my newsletter is dedicated to sharing information with parents on skills that children need to learn to be successful in life such as social skills and emotion regulation. Take a look at some of the tip sheets for parents in this newsletter and be sure to attend our Piece by Piece Parenting Program to learn about Discipline with smiles, not tears.

Bundle up and keep warm. Spring will be here soon!

--Mrs. Lewis

### How do elementary students prepare for college?

- Talk about college.
- Talk about their dreams and that they can make dreams come true through hard work.
- Talk about what they want to be when they grow up.
- Go on the computer and research careers.
- Talk about how their interests, hobbies, talents can turn into a career.
- Encourage your child to read, read, read and read to him or her.
- Help your child develop good organizational and study skills.
- Monitor their progress in school.
- Start saving for their college education.



### Upcoming Events

- **NW/Monon Food Pantry**

326 N. Market St., Monon  
Open 9-11 am & 3:30-5:30 pm

- **February 18**
- **March 17**
- **April 21**

- **NW Clothing Room**

FREE gently used clothing of all sizes-babies, children, teens, adult men & womens.

Call your school counselor to get clothing.

- **Piece by Piece Parenting Program**

**Topic: Discipline with smiles, not tears.**

**February 26, 2020  
6:00 – 7:00 PM**

**Where: NWHS Shipyard (cafeteria)**

## Regulating Emotions –Help your child learn these skills

Children need to know a variety of feeling words so that they have the vocabulary to express how they are feeling. Teach them as many feeling words as possible.

Proud Frustrated Worried Scared Surprised

Excited Stressed Disappointed Anxious Confused

Shy Uncertain Nervous Disgusted Annoyed

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Teach your child to recognize signs that their body gives to let them know they are getting upset so they can take action to calm down before they get really angry. Here are some of the signs.

- Face gets red \* It is hard to breathe \* Grind teeth
- Make a fist \* Holding your breath \* Eye twitches \* Scowl
- Headache \* Feel nervous \* Feel Hot \* Talking loud

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When your child feels angry he/she needs to engage in an activity that gets their mind off the situation that is making them angry. Some activities that might work are things like:

Count backwards from 100 Read a Book Exercise

Listen to music Jump rope Play a game Draw a picture

Shoot Baskets Ride a bike Write in a Journal Color

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### 5 Step Plan to Calm Down

1. Walk away from the person you are angry with.
2. Take 3 deep breaths.
3. Count backwards from 20.
4. Use positive self- talk .
5. Do an activity to calm down for 10 minutes.



On February 26, 2020, Kelly Hampton from the YWCA will be at North White Elementary doing presentations on friendship with third, fourth and fifth grade students.

In January Mrs. Lewis met with each kindergarten class for social skills development. This lesson was about listening and following directions.

During February and March Mrs. Lewis will be working with all third and fourth graders regulating their emotions and empathy.

In March Mrs. Lewis will be working with second graders on mindfulness and self-control.

“Family is not an important thing, It’s everything.”

--Michael J. Fox

I recently read an article written by Monica Foley entitle **“How to Build Your Child’s Confidence and Self-Esteem”** and thought I would share some of her great ideas.

1. **Love your child unconditionally.** Every child needs to believe their parent is always there for them and loves them.
2. **Help your child set achievable goals.** Goals should be very easy to accomplish so the success increases their confidence.
3. **Encourage persistence.** Praise your child when they stick with a difficult challenge and don’t give up.
4. **Give your child choices when possible.** Start with simple things so they are successful.
5. **Give real praise when it is earned.**

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## **APRIL IS CHILD ABUSE PREVENTION MONTH**

### **“Every Child Matters”**

#### **Know the Warning Signs of Child Abuse**

- **Unexplained or suspicious bruises, welts, burns, or fractures**
- **Unkempt or malnourished appearance**
- **Depression, anxiety, or sudden mood swings**
- **Disturbed sleep**
- **Abrupt changes in behavior(eating sleeping habits, aggression)**
- **Fear of a certain person or place**
- **Self-harm or suicide attempts**
- **Acting out sexually with toys or other children**
- **Wetting or soiling accidents not related to toilet training**
- **Pain during urination and/or bowel movements**
- **Unusual knowledge of body parts or sex**

**Always take seriously children’s talk of being abused.**

**To report suspected abuse call 1-800-800-5556**