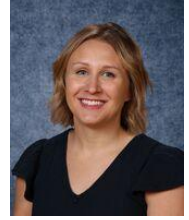


From the Desk of Mrs. Stelling



The 1st quarter of school ended October 12. We were busy in K-6 guidance learning all about emotions. Students learned how to identify their own emotions as well as the emotions others may be feeling. We discussed what coping strategies students could use when they are feeling strong emotions. Some examples were taking a deep breath, using positive self-talk, or walking away. Please try to discuss what coping strategy your child prefers. When you see they are dealing with some strong emotions try to remind them of these skills.

During the 2nd quarter of school, K-6 students will be covering the topic of problem-solving in guidance. Students will learn how to apply their emotion management skills and exhibit strategies for effectively dealing with conflict. We will discuss some examples of times we may need to utilize problem-solving skills. Below are some of the goals for this quarter.

- Say the problem in a respectful way without blaming someone else.
- Learn the problem-solving acronym STEP
 - Say the problem
 - Think of solutions
 - Explore the outcomes
 - Pick the best solution

As always, if you have questions or concerns or would like your child to do some check-ins with Mrs. Martin or me, we would be more than happy to visit with them.