

DECEMBER 2018

Stonegate Elementary

COUNSELING NEWSLETTER



SPEAK UP WE CARE

QUARTERLY THEME | BE KIND

It is a new quarter for the Speak Up, We Care Campaign!

As all of you know, the October - November quarterly theme was Link Up. For the December - February theme, it is **BE KIND**.

The district's goal is to build off of the last theme. Stonegate is teaching students that linking up is a way of making connections and being kind is an important part in building meaningful connections.

Things to Look Forward to This Month!

Kindness Assemblies: Each grade level will have the opportunity to learn how to BE KIND inside and outside the Stonegate community.

Random Acts of Kindness Bingo: Classrooms will have the opportunity to practice doing random acts of kindness for others!

Kindness Wall: Over the next few months, the school will create a "Kindness Wall" to write suggestions of how students can spread kindness in their community.



PARENT WORKSHOP EMPOWERING YOUR CHILD: SELF-ESTEEM

PRESENTED BY WESTERN YOUTH SERVICES

DATE: 12/12/18

TIME: 8:30 AM

LOCATION: LIBRARY

The Parent Workshop for this month is titled, Empowering Your Child: Self-Esteem. This presentation will provide ideas and approaches parents can use in order to improve their child's self-esteem. It will touch upon comparing and contrasting between high and low self-esteem in children, healthy coping skills, and what parents can do to boost their child's confidence.



The presentation focuses on parents with elementary-aged children; however, it is very useful for parents with children of any age as many of the approaches apply to children, adolescents, and adults. We can all use a confidence booster from time to time!

Books on Self-Esteem

The Girl Who Never Made Mistakes / Mark Pett

Zero / Kathryn Otoshi

I Like Myself / Karen Beaumont

Giraffes Can't Dance / Giles Andreae

