

# Counselor's Corner

Johnson City Elementary School

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## October/November 2023



### How Can I Help My Child Succeed in School?

**Stay involved and feel free to contact your child's teacher with any questions or concerns.**

**Ask your children about school and encourage them to talk about their day**

*Read with your child every night.*

**Talk positively about your child's teacher and school.**

*Make sure your child is getting plenty of sleep and is ready for school each day.*

**Teach your child to be responsible for their actions and their schoolwork.**

#### Talk About School!

- What is your favorite thing about school?
- If you could change something about school, what would it be?
- What do you think you're good at in school?
- What is something that is hard for you in school?

### R.O.A.R.



**Respect,  
Organization,  
Achievement,  
Responsibility**



## Celebrate DIVERSITY



### October's Monthly Classroom Challenge

#### BEING AN UPSTANDER

During the month of October, we were busy learning about bullying – what it is and how we can stand up for ourselves and others. Being an upstander means that you take action by telling the bully to stop, getting others to stand up to the bully with you, helping the victim, or telling an adult who can help.

#### Talk About It!

- Why is it important to stand up to bullying?
- Have you ever been bullied? If so, tell me about it.
- Have you ever had to stand up for yourself or others? Tell me how it went.

### November's Monthly Classroom Challenge

#### ACCEPTANCE & DIVERSITY

In November, we learned about what makes each of us special and unique including our families, culture, traditions, skin color, the way we dress, as well as our talents and abilities. We learned ways to practice acceptance and celebrate diversity by inviting others to play, asking kind and thoughtful questions, or learning about another culture.

#### Practice It!

Talk with your child about a person or family that you know who is different than you. Make a plan with your child to reach out to this person/family and invite them to spend time with you. It can be an outing, a meal, or something else. Have your child make and deliver the invitation!

### The Power of Positive Self-Talk

Positive self-talk includes words and phrases we say to ourselves that have the power to help us feel encouraged and empowered to accomplish tough things. It can have a huge impact on how we think and feel. Using positive self-talk trains our brains to build confidence, see the positive in challenging situations, learn from mistakes, and get back up after a set-back.

*What can parents do to build their child's positive self talk?*

Builds Confidence	<b>The Power of Positive Self-Talk</b>	
Improves Attitude	Promotes Self-Love	Helps Cope with Stress
Allows for Taking Risks	Encourages Motivation	Helps Work Through Challenges

1. Model positive self talk – practice positive thinking aloud when talking about yourself and others.
2. Create a list of positive self-talk statements.
3. Practice changing negative thoughts into more positive ones.
4. Talk about real life challenges and situations.

### Story of the Month

**Not Quite Narwhal**  
By Jessie Sima



[Click here to hear Ms. O read!](#)