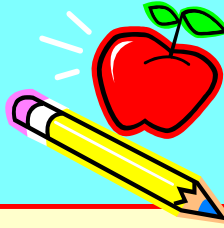


REHOBETH ELEMENTARY



Rehobeth
Counselor
Kala Hamilton (K-1)
January 2011
Volume 1, Issue 2

Counselor's Newsletter

I CAN DO IT!!!!

Parents:

During this nine weeks we will be emphasizing confidence. Children gain confidence by doing things on their own. Show your youngster how to do the following tasks by slowly and carefully doing them while he or she is watching. The more they do for themselves, the more grown up they will feel.

- **Choose their clothes for the next day**
- **Tie their shoes**
- **Answer the phone politely**



DATES TO REMEMBER

Progress Report Feb. 4th

PTO Feb 8th

Report Cards March 11th

Spring Break March 14 -18

WORK IT OUT

Conflict resolution is very important. Let children solve arguments on their own whenever possible. How? When your youngster comes to you with a problem, restate what you hear. Example: "You wish your brother wouldn't make noise while you read." Then, ask him or her what they could do (politely ask him or her to stop, read in another room).

Group Counseling Sessions

"Character Under Construction"



I am in process of organizing a small group counseling session for this nine weeks of school. The purpose of this group is to help children:

- Understand their own feelings
- Focus on strengths
- Communicate their feelings

Remember these sessions are designed to help teach your child about having good character, high self esteem, and an acceptance of others. This will be coupled with having a GREAT TIME!!!!

Researchers have been surprised to learn that, when asked if they wanted more time or money, most people answered, "MORE TIME."

Third Nine Weeks

Small Group

- Responsible Decisions
- Conflict Resolution
- Friendship



Raptor Presentation from
Auburn University
February 18, 2011
WAR EAGLE!!!

Ways Busy Parents Can Help Children Succeed in School

Helpful tips for ways to control your time:

Use time in the car with your child, or other pockets of time, to squeeze in a little more learning.

Set priorities. Decide what is important. (Odds are, it's your kids.) Have a choice between cooking a fancy dinner or reading to your child? Order a pizza and read the book.

Spend one-on-one time. Kids need both "quality" and "quantity" time with you. There's nothing like spending time alone with a parent to make a child feel special

Find your child's "prime time" for studying. This may be a key to his success in school. Work with your child to find the homework time that's best for him

Weekly Character Education Calendar

- January 17- Patience
- January 24- Patriotism
- January 31- Peer Relationships
- February 7- Perseverance
- February 14- Punctuality
- February 21- Respect
- February 28- Respect for the Environment
- March 7- Responsibility
- March 21- School Pride

- Progress reports: February 4
- PTO: February 8: 6:00 PM
- Report Cards: March 11
- Spring Break: March 14 – 18

