

Guidance News.....Guidance News.... Guidance News.....Guidance News.....Guidance News.....

To: St. Alphonsus Family

From: Mrs. de la Houssaye, LPC, NCC – Guidance Counselor

Re: Guidance Update

I would like to share with you how much your children have learned in Guidance for the first semester of this school year. Each grade has worked on different activities but the theme has been building friendship and character.

The children have learned the following:

K – Character building (telling the truth, good manners, and difference between telling & tattling)

1st – How to be responsible, caring, respectful, and helpful

2nd – How to cooperate with friends and understand the feelings of others

3rd – Friendship Focus Group (how to be a friend, how to make friends, gratitude, & respect)

4th – Communication Skills (trust building, verbal & nonverbal communication & active listening)

5th – Understanding Self (morals, values, & choices)

Middle School – friendship, forgiveness, kindness, & faith

Parenting Pointers - The following information will help teach empathy which is the number one method to reduce negative behavior. (Written by YouthLight, Inc.)

1. Involve youth in activities outside of school so that they are exposed to different groups of people.
2. Encourage relationships with adults and other children who appreciate them for who they are.
3. Always be available to listen and talk to your child about what is going on in their life. Do not downplay the importance of an incident.
4. Empathize with your child when they share something they see as important.
5. Teach kindness and model this behavior. Be aware of your own inadvertent aggressive behaviors in relationships.
6. Remember that while youth may tell you about being the victim of an incident, they often won't tell you about being the aggressor. Talk to your child about all sides of the issue.
7. If your daughter or son is the "girl or boy in the middle," firmly but lovingly encourage him/her to take the high road and support the victim, or at least not take part in the aggression.
8. Be a positive role model by helping your child see what makes a healthy reciprocal friendship.
9. If bullying is happening online document what happens, who is involved and if any actions were taken. This may help school act if needed.