

SEPTEMBER 2018

COUNSELOR'S CORNER

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Odem Elementary and Intermediate School



Welcome Back

Odem Elementary and Intermediate Schools have started with a bang.

On August 16, schedules were distributed for the 2018-19 school year. Students gathered at the Jr. High cafetorium to verify registration information and learn their homeroom teacher.

Meet the Teacher Night was Monday, August 20. Students came by to drop off supplies and meet their teachers from 5:30-7:30.

School began on Wednesday, August 22. The first week of school went by fast and furious. It was definitely a success. Start the new school year right by getting to class on time and prepared. Complete all assignments and homework. Parents please make sure you send a doctor's excuse or note with your son/daughter if they are absent.

Students will be off on Monday, September 3 for the Labor Day holiday. September 7 will also be the end of the 3rd six week. Progress Reports will be distributed on September 12.

If you have any concerns, please do not hesitate to call or email me at 361-368-8661 or garciaac@oeisd.org.

Project Turnaround

Project Turnaround is a prevention program implemented by Coastal Bend Wellness Foundation. The collaboration is set to address health and wellness to youth and adults by enhancing protective factors that increase knowledge, skills and attitudes for making healthy choices. It is funded by the Health and Human Services Commission and offered at no charge to participating schools.

Odem Elementary, 1st and 2nd grade, and Odem Intermediate, 3rd and 4th grade, will participate in the Too Good for Drugs evidence based curriculum. Trained instructors will deliver alcohol, tobacco, and other drug presentations to our students. Instructors from Project Turnaround will come in every Tuesday for 30 to 45 minutes beginning September 11 to deliver lessons.



Calming First Day Jitters

It is understandable for children to experience first day anxiety. Imagine what it must be like to suddenly leave the familiar comfort of home and taken to a new place with new people and schedule. Parents and teachers can help alleviate fear and anxiety by using some of these strategies.

- 1) Downplay the milestone by comparing it with something the child is familiar with already. Maybe the child has attended pre school or vacation bible school before.
- 2) Connect school to home by talking to your child about his day at school.
- 3) Try to minimize your own anxiety. Just as it is perfectly normal for your child to feel anxiety, it is normal for you to feel anxious when your child is upset. Remember your child will adjust to the new classroom eventually. It may take some students longer than other, but the fact is it will happen.
- 4) Don't Linger too long. Reassure your child you will be back and say a quick goodbye. Lingering will only make it worse and more difficult for your child to see you go. As wrenching as it is for you to walk away while your child is crying, chances are he/she will be playing happily soon after you are out of sight. Don't sneak out because this may undermine your child's trust and could worsen separation anxiety.
- 5) Identify his/her anxiety. What exactly is he afraid of? Talk to our child and find out his worries. Work with your child and his teacher to find ways to handle them. . Once this is established, you will be able to address his concerns.
- 6) Have faith in the teachers. Your child will not be the only one in the class who has experienced separation anxiety, nor will he be the first one that teacher has had to comfort when the caregiver has left the room. Experienced teacher will be ready with morning routines and activities to get your child in the swing of things while they get adjusted to their new surroundings.

Ultimately each student deals with anxiety differently, and some students will be anxious for a few days, while other will not be anxious at all. The important thing is it takes time to adjust to school and it will vary from one child to another. Before you know it , your reluctant student will look forward to seeing his friends at school and participating in the activities and games in class.



Up and Coming Events

September 3– No School

September 11– Project Turnaround 1st– 4th grade

September 12 – Progress Reports

September 18—Project Turnaround 1st– 4th grade

September 25- Project Turnaround 1st– 4th grade

September 28 - End of the 1st Six Weeks

Technology Is on Our Side

Parents take advantage of technology. Our teachers use a number of apps and software to keep you up to date with your student. Including email addresses which are usually the teacher's last name and first initial for example garciac@oeisd.org .

Teachers are using Living Tree to get out information to parents. Please be on the look out for it.

Students grades can be accessed through TxEIS using last years username and passwords.