

COUNSELOR'S CORNER

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www.oeisd.org



Odem Elementary and Intermediate School

Report Cards

Odem Elementary and Intermediate Schools will receive their 2nd six weeks report cards on November 9.

The third six weeks begins on November 5. Progress Reports will be distributed on December 5. Parents please make sure you are communicating with teachers. Teachers can be reached by email using their last name and first initial, for example garciac@oeisd.org. November 2 is a staff development day.

If your student is absent please make sure a doctor's excuse or parent note is sent with your son/daughter.

Kindness Count Activities

October was Anti Bullying and Kindness Counts month. Students showed their unity by wearing orange on Wednesdays during October. The district had a Unity Rally on Wednesday, October 24, 2018. High school and junior high cheerleaders performed. The guest speaker was Jillian Williams, a former Odem student and Ewing's Sarcoma survivor. The district also raised over \$1000 to donate to William's foundation Live N Leap. Mrs. A. Roger's class donated the most money and winning a popcorn and pickle movie time.

Project Turnaround

Project Turnaround will continue at Odem Elementary, 1st and 2nd grade, and Odem Intermediate, 3rd and 4th grade. The students are participating in the Too Good for Drugs evidence based curriculum.

Trained instructors are delivering drug prevention to our students. Instructors from Project Turnaround will come in every Tuesday for 30 to 45 minutes delivering lessons.

Raising Mentally Strong Kids

Mentally strong kids are prepared for the challenges of the world. They're able to tackle problems, bounce back from failure, and cope with hardships. To be clear, mental strength isn't about acting tough or suppressing emotions. It's also not about being unkind or acting defiant.

Instead, mentally strong kids are resilient and they have the courage and confidence to reach their full potential. Helping kids develop mental strength requires a three-pronged approach:

- ✓ teaching them to replace negative thoughts with more realistic thoughts
- ✓ helping them learn to control their emotions so their emotions don't control them
- ✓ showing them how to take positive action

TEACH SPECIFIC SKILLS. Discipline should be about teaching your kids to do better next time, not making them suffer for their mistakes.

LET YOUR CHILD MAKE MISTAKES. Teach your child that mistakes are part of the learning process so he doesn't feel ashamed or embarrassed for getting something wrong.

ENCOURAGE YOUR CHILD TO FACE FEARS HEAD-ON. If your child avoids anything scary, she'll never gain the confidence she needs to handle feeling uncomfortable. Cheer her on, praise her efforts, and reward her for being brave and she'll learn that she's a capable kid who can handle stepping outside her comfort zone. Parts taken from an article in: <https://www.verywellfamily.com/tips-for-raising-mentally-strong-kids-1095020>



5 Tips for Raising “ Happy “ Successful Children

Without a doubt, parenting is simultaneously the most rewarding and difficult job we have as adults. As a child psychiatrist and mom, I am always asked if I find it easier to parent given my profession. I always respond by saying, “I was the perfect parent until I had children!”

I am also universally asked about how to raise “happy” children. I always pause before I attempt to answer this question. Happiness is fleeting and one of the best things we can do as parents is to allow our children to experience and cope with negative emotions such as sadness, anger, disappointment, and frustration. The real question, I believe, is how to raise successful children with a good sense of self worth.

Here are my top five tips for raising a “happy” successful child!

1. Ensure that your child feels loved & valued. Give hugs generously. Be patient. Be attentive. Have a warm attitude. Appreciate the uniqueness of your child. Offer support and structure to provide security. A child that feels loved and valued is a child that feels understood, acknowledged, and respected. This creates a connected child who will be able to foster relationships with peers and the community.
2. Lead by example. Studies have shown that parents are the most significant influence on the emotional and moral development of their children, and our children listen and observe all that we do. Be the best person you can be as a parent and model integrity. Show empathy and help your child label and validate their own emotions. Your child’s capacity for empathy and his or her ability to effectively communicate feelings with others will be invaluable for future success.
3. Focus on building resilience in your child by allowing for success and failure. When your child does something well, praise something within the child’s control. Compliment your child’s effort and perseverance, as opposed to the achievement itself. Mastery of new skills builds more self-esteem than praise. Also, allow your child to fail, and even to feel disappointment. Allowing for mistakes provides your child with the opportunity to learn creative solutions, have the courage to face problems, and have the confidence necessary to take risks.
4. Focus on your child’s physical health. Healthy eating habits and physical activity are essential components of a healthy, successful lifestyle. As a parent, be a role model of healthy eating and physical activity. The future success of your child depends not just on social-emotional development, but also on healthy physical development.

5. Encourage creative play. Kids of all ages love to play, and play is vital for healthy brain development. Young children learn best through meaningful play experiences. These experiences promote creativity, problem solving, and communication. For older kids and teens, play is important for promoting independence, developing competence, and relieving stress. Playing is also fun, and fun is essential for true success .

Vanita Braver, MD is a mom, a Child & Adolescent Psychiatrist, children’s book author of the “Teach Your Children Well” (see www.drvanitabraver.com)



Up and Coming Events

October 29-November 2– Red Ribbon Week
November 2 – No School– Staff Development
November 19-23—Thanksgiving Break

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 garcia@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.