

COUNSELOR'S CORNER

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Odem Elementary and Intermediate School

Report Cards

The first semester is coming to an end soon. Odem Elementary and Intermediate Schools will receive their 3rd six weeks progress report on Wednesday, December 5.

The third six weeks will end on December 20. Reports will be distributed on January 11. 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.

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

Smart Discipline

Disciplining your child is all about guidance. You're training your child to follow rules and behave in an acceptable way- without your nagging or yelling. Consider these strategies to make discipline easier and more effective.

Stay positive

Rather than telling your youngster what he/she can do, try explaining what they can do. Instead of "Don't shove your brother," you might say, "Keep your hands to yourself, and politely ask Billy to move out of the way." Giving your child clear instructions will inspire him/her to cooperate.

Watch Body Language

When you correct your youngster, speak face-to-face rather than calling to the child from across the room or another part of the house. You could get down on her level, gently touch his/her shoulder, and speak softly.

Sensing that you're in control of yourself will keep him/her calm so he/she can focus on what you're saying.

Be consistent

If your child breaks a rule, announce a consequence right away. This helps her see cause and effect. For example, if the child eats in the living room and that's not allowed, ask her to vacuum up the crumbs right away. Tip: Being consistent with consequences shows that you're serious. If your child knows you won't change your mind, she'll be better about sticking to the rules.

Educators, R. f. (Ed.). (2018, December). Home & School. *Smart Discipline*, pp. 2.

Facing Challenges

Children and adults may believe they should be able to easily do whatever they try right away. Understanding that setbacks are normal will help your child develop grit, or perseverance toward long-term goals.

Talk about times when you were successful even though you struggled at first. Maybe you were afraid to put your face in the water but you learned to swim by taking lessons and working hard to overcome your fear.

Then, consider having a "family grit challenge." Each person can choose one thing to tackle that is hard for him and requires persistence, such as following a fitness routine or cutting back on screen time. Compare notes after a month, and then set your next goals.

Educators, R. f. (Ed.). (2018, December). Home & School. *Smart Discipline*, pp. 1



14 Ideas to Encourage Your Kids to Get into the Spirit of Giving during the Holidays

Giving makes us happy. The act of giving is the universal way we show appreciation, gratitude, compassion, and strengthen bonds with others. We learn early in our lives that it feels good to give. Who doesn't enjoy seeing a person's eyes light up and their smile widen with joy as we give them a gift?

A recent poll has shown that most Americans truly want a holiday season with less materialism, and more focus on family and caring for others, not giving and receiving gifts. In our consumer-driven society, the push has always been for us to buy and give more "stuff". How can you encourage your kids to get in the spirit of giving back to others during the holiday season? Here's a list of fun and heartfelt ways you can encourage your kids!

1. Give a heartfelt gift to local first responders. Take handmade goodies, like cookies or a pan of brownies to a local fire, police, or EMS department in your community. Show your appreciation for the men and women who help us in our hours of greatest need!
2. Take a meal to a family in need. Do you know of anyone in your neighborhood or place of worship who could use a nice hot home cooked meal or be treated to some great takeout? Think of families that have just had a new baby, or someone struggling with illness, or who have recently experienced a loss (via momentsaday.com).
3. Write a card to servicemen overseas. This can be a great opportunity to share the important concepts of freedom and the military with young children.
4. Go caroling at a local retirement or nursing home. Always call before you go, but most homes are happy to have children come entertain, give smiles, and hugs to the residents.
5. Create a family giving box. Designate a cardboard box or plastic container that your kids can fill with toys, clothes, and books that they've outgrown. Donate the items to a local shelter, the Salvation Army or Goodwill.

6. Have animal lovers in your house? Offer to walk or give a bath to an elderly person's dog. As a family, volunteer at a local pet shelter or donate handmade cat and dog toys.

7. Offer to pick up groceries for a neighbor. Who doesn't know a neighbor or family who could use a little break? A single mom, a homebound widow, a family going through a difficult time. If you can't think of anyone, ask your place of worship, a shelter or local clinic who could use a little extra help! Have your kids help check off the lists, placing items in the cart, and unloading the car.

8. Pick up litter. Call your local parks and recreation or just find a street in your town that could really use a little tidying up! This makes a great outdoor family project. Just make sure you do it safely and carefully.

9. Make homemade cards and pictures. Get out the markers, crayons and paper and make homemade cards or just have the kids color pretty pictures. Drop them off at a rehabilitation center or hospital.

10. Grab a broom, shovel, or rake! Give your kids a broom, shovel or rake and put them to work! Sweep porches, rake leaves, or shovel snow for the elderly, the sick, single moms, or those experiencing illness.

Author: Julie Welles Excerpt from original article posted on SparkMission.com



Up and Coming Events

December 20—End of the 3rd Six Weeks
December 21– January 7– School Holiday
January 8– Beginning of 4th six weeks
January 11– Report Cards distributed
January 30– Progress Reports

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 graciac@oeisd.org.