



Mulvane Grade School Newsletter

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October 2022

Capturing Kids' Hearts: Self-Direct: Think, Choose Act

What does self-direct mean?

“Self-Direction is the ability and learned skill to cast a vision of future goals and then take intentional steps toward who, where, and what we want to be. Instead of focusing on things to control or avoid, we emphasize our responsibility to make positive choices related to our emotions, attitudes, and actions.”

Why Focus on Empathy?

- "Self-direction strengthens relationships. Self-direction helps to grow social skills and develop meaningful, positive relationships with others.
- Self-direction teaches personal responsibility. Self-direction teaches personal responsibility. Learning to self-direct teaches students to take responsibility for their own actions.
- Self-direction helps us to regulate emotions: Self-direction helps us to regulate emotions: Self-direction empowers students to regulate their impulses and emotional responses to situations and circumstances in their life."

Upcoming Events:

- **Oct 12: Picture Re-take**
- **Oct 14: Teacher Professional Learning: No School**
- **Oct 17&18: Parent/Teacher Conference: 4:00pm-7:00pm**
- **Oct 20: No School Students: Parent/Teacher Conference: 7:30am-11:00am**
- **Oct 21: No School**

Watch D.O.G.S. Program

Who are WatchDOGS (Dads Of Great Students)?

WatchDOGS are fathers, grandfathers, uncles, and other father-figures who volunteer for at least one day each year at an official WATCH D.O.G.S. ® school. During the day, WatchDOGS may read and work on flash cards with students, play at recess, eat lunch with students, watch the school entrances and hallways, assist with traffic flow and any other assigned activities where they actively engage with not only their own students, but other students as well.



****Program will begin after parent/teacher conferences. Sign up will be available during conferences.****

Mrs. Miller's Counselor Corner

Technology and screen time have become a part of everyday life for many adults. This is true for our students as well, especially the past few years. As parents, you decide the type and amount of access your child has to technology. I encourage you to establish rules that limit their use of digital media. In an article called "Healthy Lifestyle, Children's Health," The Mayo Clinic offers the following tips:

- Encourage unplugged, unstructured playtime.
- Create tech-free zones or times, such as during mealtime or one night a week
- Discourage use of media entertainment during homework.
- Set and enforce daily or weekly screen time limits and curfews, such as no exposure to devices or screens one hour before bedtime.
- Consider using apps that control the length of time a child can use a device.
- Keep screens out of your child's bedroom and consider requiring your children to charge their devices outside of their bedrooms at night.
- Eliminate background TV.

If you are interested in the full article, the link is included here.



<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952#:~:text=Developing%20screen%20time%20rules,and%20avoid%20solo%20media%20use>

Another excellent resource on the topic is a blog called **Tech Talk Tuesday** from <https://www.screenagersmovie.com/blog>. Parents can sign up to receive weekly articles on a variety of technology-related topics. I enjoy these articles because they are relatively short and give parents ideas to guide them as they help their children navigate the world of technology. Questions to help start discussions are also included weekly. While this resource is written for parents of middle and high school age, I usually find something that applies to our kiddos too.



Think, Choose, Act

Lead yourself to who you want to be.

This month, we're challenging students to envision future goals and then take intentional steps toward who they want to be. We are partnering with you to grow and develop your child's ability to self-direct. We can model self-direction by celebrating the positive in each day, seeking the good in others, and emphasizing our responsibility to make positive choices.

1 ENGAGE: Find the Good!

Self-direct your thoughts and each day share Good Things as a family. After school, around the dinner table, or before bed, ask each member of your family to share something good from the day. We often see what we seek! Let's focus on finding the good.



2 EMPOWER: Make a Plan

If your student doesn't already use a planner, empower them to start using one to better manage their time. Have a meeting once a week with your students for them to share what they have added to their planners. You can help them add family gatherings, school events, and due dates.



3 EXCEL: Affirm Daily

Practice growing as a family through positive affirmations. At dinner, or at some point during the day, give affirmations to each other and share the good things you see. Take it to the next level and think of someone outside of your family who you could affirm. Challenge each member of the family to affirm or thank a different person every day this month for something they do or who they are. You can even handwrite a note to thank that person and send them the note in the mail.



Conversation Starters

- ♥ What is one way you can be more responsible at home or school?
- ♥ What is an activity you want to continue to improve in?

- ♥ How do you feel when you finish a project?
- ♥ What is something you want to learn to do?