



Mulvane Grade School Newsletter

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March 2023

Capturing Kids' Hearts: Courage: Step up

What is Courage?

“Courage is the ability and strength to face something that may be difficult or challenging. Courage is not the absence of fear, but rather perseverance in the presence of fear and the willingness to stand up for what is right or try something new even though it may be uncomfortable or uncertain.”

Why Focus on Courage?

- "Courage encourages engagement. Courage helps students raise their hand, participate, try new things, and voice their opinions."
- "Courage builds self-confidence. Courage is the choice to act. By doing something, students increase their belief in themselves and their ability to do difficult or challenging things."
- "Courage can help reframe a negative. When something does not go as planned or a student gets upset about a mistake or failure, courage can help reframe the event in a positive light."

Upcoming Events:

- **March 9th: Read-A-Thon**
- **March 10: No School**
- **Parent Teacher Conferences:**
 - **March 20th & 21st: 4:00pm-7:30pm**
 - **March 24th: 7:30am-3:00pm**
- **March 27th: Cubs Club**

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 has begun! Please message your students teacher if interested in being a Watch Dog.****

Mrs. Miller's Counselor Corner

Anxiety is a normal reaction to stress or fear. Having anxious feelings now and then is normal and can keep us safe at times. The following suggestions might help if you notice that anxious thoughts are keeping your child from participating fully in activities, or are causing physical symptoms. Encourage your child to:

- **take a few (or several) slow, deep breaths.**
- **acknowledge the anxious feeling without judgment.**
- **focus on what is within their control.**
- **try grounding, a technique that uses the 5 senses together. Have them name 5 things they can see, 4 things they can touch, 3 things they can hear, 2 things they can smell and 1 thing they can taste.**
- **do a preferable activity such as drawing, singing, listening to music, journaling, or exercising.**
- **get adequate sleep. It is recommended that grade-school age students get from 9-12 hours per night.**

For more information on anxiety, the following websites may help.

<https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression-children.html> <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>

"All our dreams can come true if we have the courage to pursue them." ~ Walt Disney

Step Up

Develop strength to face something difficult.

This month we are focused on helping students understand that courage is not a magical remedy for fear. Instead, courage is a choice to push through fear, self-doubt, and anxiety to do things that feel hard or frightening. We are partnering with you this month to grow your child's courage. This month's activities will help your child understand that courage can equip them to make a positive impact at home, in school, and in the community.



1 ENGAGE: Courage Role-Play

Discuss having the courage to do the right thing. As a family, role-play situations with your child where they might have to demonstrate courage. For example, role-play what it would look like if they saw a friend being rude to someone else at school. What would they do? How can courage help them stand up for what is right?



2 EMPOWER: Roles at Home

Create a list of household chores. Assign the various chores to each family member. Discuss any additional tools or support needed to accomplish each job. Have a weekly family check-in to celebrate success in completing each job by taking turns giving each family member an affirmation. Rotate chores and ask what additional support is needed.



3 EXCEL: Try Something New

Ask each family member to share something positive they want to do but have been afraid to try. Discuss what fears are getting in the way and steps to overcome those fears. Encourage everyone to try something new this month. Don't forget to celebrate each family member when they do!

Conversation Starters

♥ Think of a friend at school you consider to be courageous. What are some ways they show courage?

♥ Describe a time when you were fearful at school, but you were able to overcome it because of your courage. What helped you to be courageous?

♥ Think of a recent failure at school. What was a lesson you learned from this experience?

Adelántate

Desarrolla las fuerzas para enfrentar algo difícil.

Este mes estamos enfocados en ayudar a los estudiantes a comprender que la valentía no es un remedio mágico para el miedo. En cambio, la valentía es una decisión a avanzar a través del miedo, la inseguridad, y la ansiedad de hacer cosas que se sienten difíciles o aterradoras. Estamos colaborando contigo este mes para desarrollar la valentía de tu niño. Las actividades de este mes van a ayudar a tu niño a entender que la valentía puede equiparlo para hacer un impacto positivo en la casa, en la escuela, y en la comunidad.



1 CAPTAR: Juego de Roles de Valentía

Discute lo que es tener valentía para hacer lo que es correcto. Como familia, haz un juego de roles de situaciones en que tu hijo tuviera que demostrar valentía. Por ejemplo, actúen como fuera si tu hijo viera a un amigo siendo rudo a otra persona en la escuela. ¿Qué haría? ¿Cómo podría la valentía ayudarlo a defender lo que es justo?



2 EMPODERAR: Roles en la Casa

Crea una lista de quehaceres de casa. Asigna los varios quehaceres a cada miembro de la familia. Discute el apoyo o herramientas adicionales que podrían necesitar para cumplir cada trabajo. Ten una junta de familia semanal para celebrar el éxito de haber cumplido cada trabajo y háganlo tomando turnos en dar una afirmación a cada miembro de la familia. Alterna los quehaceres y pregunta cuál soporte adicional es necesario.



3 EMPLEAR: Intenta Algo Nuevo

Pídele a cada miembro de la familia que cuente algo positivo que quiere hacer pero ha tenido miedo de intentar. Discute qué miedos están entremetiendo y los pasos para superar estos miedos. Anima a cada uno que intente algo nuevo este mes. ¡No se olviden de celebrar a cada miembro de la familia cuando lo hace!

Iniciadores de Conversación

- 💡 Piensa en un amigo en la escuela que consideras como alguien valiente. ¿Cuáles son unas maneras en que demuestra valentía?
- 💡 Describe una ocasión cuando fuiste tímido en la escuela, pero pudiste superarlo por causa de tu valentía. ¿Qué te ayudó para ser valiente?
- 💡 Piensa en un fracaso reciente en la escuela. ¿Cuál fue una lección que aprendiste de esta experiencia?