

# School Counselor Newsletter

PARENT  
EDITION

## *Counselor Classroom Activities*

December - Conflict Resolution (I-Statements)

This month students will learn about conflict resolution and problem solving. Lessons include activities that help students learn how to be assertive by using I-statements. With these lessons students will be able to practice using their "Big Voice" to tell others "I don't like it when \_\_\_\_\_, please \_\_\_\_\_." Students also learn how to STAR (Stop, Think, Act, Review) in order to help them resolve conflicts they have with others and to use the Time Machine to go through the steps of conflict resolution.

[Conscious Discipline Time Machine Video](#)

## **TIP OF THE MONTH:**

Children acquire valued skills and feelings of personal empowerment, self-worth, and belonging by contributing to the family welfare.

## **UPCOMING REMINDERS/DATES**

Conscious Discipline Trait of the Month  
*Encouragement*

Stonegate Holiday Shop  
*December 16-18*

## **Do you need educational information sent to your doctor?**

When information is sent to anyone outside the school, a Consent for Release of Information must be filled out by the parent. This allows us to communicate with the doctor.

All records will be sent directly to the doctor.

If you would like a copy of the information, please request it from the doctor.

## *Conscious Discipline Tip of the Month*

[Ways to be helpful](#) - Here are some tips that you can try to help show your children how to be helpful. Take a tour through Shubert's bedroom and view the six different social skills that he is working on that will show him different ways to be helpful.