

Making Connections!

School Counselor's Corner

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Making Positive Connections

We make many connections throughout our lives...with our families, our neighbors, and the cashier at our local convenience store. The connection we make is hopefully a positive one, linking us to the person we are relating with. Occasionally it is not, and the relationship is lost or broken until a new connection is made.

We also connect with technology. We see our children connecting with others via cell phones, text messaging, and computers. Parents often wonder if video games have become our children's closest friend. This newsletter will focus on the meaningful connections we want to make with our children and want our children to make with others. Positive connections help to improve our relationships with others and enhance our lives.



CONNECTING WITH YOUR CHILD

Connecting with your child does not have to be an expensive trip or extravagant plan. It can be simple and free! Here are some ways to connect with your child.

- ◆ **Morning:** Begin the morning off right by being organized the evening before. Be sure that your child has his/her backpack packed and ready for school the night before. No one wins when the day is started out with rushing and harsh words. Instead, plan to make time for breakfast together so you can discuss the upcoming day.
- ◆ **During the day:** Tuck in a special note. Sending a special message in your child's lunch box or backpack lets your child know that you are thinking of them. For the child having a tough time being away from you, send a family photo so he/she can take a peek when extra reassurance is needed.
- ◆ **After School:** Take time to really listen to what your child has to say about their day. Ask your child what they liked best about their day. It is also important to discuss their daily challenges, but always try to end with the positive. Let your child know how proud you are of any accomplishments-even the small ones.
- ◆ **Evening:** Relax together...Eat dinner together at the table, read a book, play a game, or enjoy a favorite family program together. By slowing down and unwinding together, your family may feel more connected.
- ◆ **Weekends:** This is the perfect time to share time as a family. Play outside, cook together, do a craft, or visit with extended family members. Life is hectic, so take time to enjoy each other during the weekend. Time together is priceless!

Family Connections

- ◆ Eat dinner together & discuss your day
- ◆ Try something new together
- ◆ Play Games
- ◆ Do homework together
- ◆ Limit TV & electronic time
- ◆ Have fun & laugh together



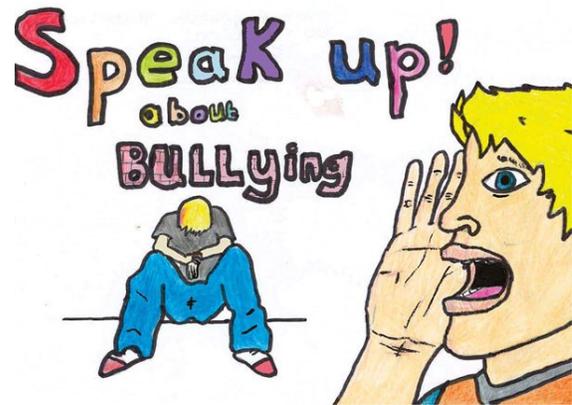
Do You Want To Give Your Child A Good Start To The Day?

Be sure that your child arrives at school on time! Teachers begin each day with required morning work. This helps to prepare students for their day and eases them into the routine of the school day. A child who is late for school begins his/her day behind his/her classmates. Make school a priority and have your children at school on time. Being a positive role model and setting an example of the importance of punctuality is an essential life lesson.



Anti-Bullying Week 2017

Our goal at CES is to make bully behavior unacceptable for everyone everywhere! Children and young people have more chance of achieving their full potential without bullying. At CES, we know that bullying leads to children missing school, failing tests, dropping out of sports, staying away from extra curricular activities, and limiting their life choices. It is time that this stopped! CES will be conducting activities throughout the week of November 14-17th that focus on creating a bully-free community here at school.



Resources For Your Child and Family

There are several online games designed to entertain as well as teach children important lessons about bullying. McGruff.org's Shrink the Cyber bully is an animated question-answer game that quizzes children about appropriate responses to handle growing numbers of cyber bullies. Stop Bullying Now! and PBS Kids websites also contain animated games that test children's knowledge of the best ways to "beat the bully."

- ◆ pbskids.org/itsmylife/games/bullies_flash.html
- ◆ Stopbullying.gov

