

Raising Resilient Children

Each month, we are working to include in our building newsletter tips for parents on talking with and supporting their children by specifically focusing on tips/language from the book *Raising Resilient Children* by Robert Brooks, PH.D, and Sam Goldstein, PH.D. So far this year, we have overviewed the guideposts embedded in the mindset of parents who foster resilience in their youngsters and then most recently began digging in, looking at *Being Empathic*. This month (below) we are focusing on *Communicating Effectively and Listening Actively*.

“Developing effective communication skills is more than communicating about problems between our children and us; it encompasses the quality of our communication minute-to-minute, hour-to-hour, day-after-day, across all types of situations. It is these daily communications that foster resilience.”

3 key obstacles can prevent even well-meaning parents from communicating effectively with their children:

- (1) We practice what we learned. (2) Anger clouds effective communication. (3) We sometimes believe that our children’s goal is to wear us down.

10 Steps for Effective Communication: To Listen, to Learn and, to Influence:

“We are much more likely to influence our children in positive ways when we listen, learn, and understand their point of view, when we have our goals and priorities clearly in mind, and when we know how to communicate effectively. Achieving the goal of effective communication begins with the following strategies for listening to and validating what our children say, and responding honestly, consistently, and proactively.”

1. Begin at Birth
2. Be Proactive (Including establishing a weekly time to discuss family problems and solutions.)
3. Become an Active Listener (Truly attempting to understand the verbal and nonverbal messages conveyed by our children.)
4. Make sure you say “I Heard You” (You must validate and confirm you are hearing your child. This doesn’t mean agreeing with them, but rather acknowledging their perspective.)
5. Do Unto Others...
6. Use Nonjudgmental and Nonaccusatory Communication/Statements
7. Communicate Clearly and Briefly (Simple focused messages)
8. Serve as a Model of Honesty and Dignity
9. Accept Repetition (Children need repetition and we have to be prepared to repeat what we want them to learn.)
10. Make Humor an Integral Part of Your Communication (Humor, not sarcasm can help break the ice and create a warm environment to further communication.)



Pajama Day

December 21st, our last day before the holiday break, will be Pajama Day at Whipple Heights Elementary. You have just a couple of weeks to find just the right pair of pajamas to wear.



From: Whipple Heights Staff

Upcoming Events

Below is a listing of specific events scheduled for this coming month!

Wednesday	December 5 th	Senior Citizen Luncheon at Edison 12:00pm
Thursday	December 6 th	Kindness Club in Gym 3:45pm
Tuesday	December 11 th	Boy Scouts in Cafeteria/Gym 6:30pm
Tuesday	December 18 th	Boy Scouts in Cafeteria/Gym 6:30pm
Thursday	December 20 th	Kindness Club in Gym 3:45pm
Friday	December 21 st	Positive Behavior Party #4

IMPORTANT-Standard Form Attendance Letters:

Recent changes to Ohio Revised Code (made last year) have schools monitoring student attendance more closely than ever. We are now required to send letters to ALL families at specific increments regarding absences (both excused and unexcused). The big change here is relative to **excused** absences, as in previous years we were only required to focus on those that were unexcused.

Please do not be alarmed if you receive one these letters. They are standard form letters. We fully understand young children get sick from time-to-time and need to remain at home. The only time you should be alarmed is if your child reaches a point of habitual truancy. That said, prior to such a point you will hear from me, Mr. Hug, directly via a phone call, as well as be sent a letter via certified mail. This is very rare at the elementary level. So, please again do not be alarmed if you receive one of our standard form attendance letters.



A huge THANK YOU to all of our Whipple Heights Families for their support during our November Charity Month. We collected boxes and boxes of food and toiletry items, which we sent directly over to Perry Helping Perry (PHP). PHP is our non-profit community based organization that works to provide support (food, clothing etc.) to Perry residents in need. We also raised/sent over to PHP \$850 and provided our I-Care Team an additional \$300 to support their Adopt-A-Family efforts.

General Housekeeping...

- If visiting your student for lunch, please remember **NO** outside food is permitted in the cafeteria except a home packed lunch. Also, please call prior to 9:30am so we can plan on you coming.
- When sending a note or calling your child off from school, please make sure to include the following information: your name, your child's name, and the classroom teacher's name.
- If you pick up/drop off your child from a doctors or dentist appointment, please provide a slip signed by the doctor.
- Many of you have been receiving form letters regarding attendance. This is a part of our policy at Perry Local. At strategic points of the year we issue these for students who have accumulated 3 or more absences. Please make every attempt to obtain a medical excuse whenever your child is absent due to illness.

Vacation Policy

Sometimes it is necessary for a student to be out of school to go on vacation with their family. When this occurs, a vacation form must be filled out in the school office one week prior to the vacation. These forms are available in the office. Remember our vacation policy is limited to **5** school days and students are not permitted to use these days during any Ohio State Testing.

It's Time to Bundle Up...

Winter is quickly approaching! That being said, here are some quick tips to help you prepare:



Make sure your students are dressed appropriately for school & outside recess. Layers are best!

We typically go out for recess unless the temperature (chill factor) falls to 20 degrees or below. Students who are not dressed appropriately may be required to stay in.

If you suspect a school closing, please make sure to listen to the radio and check your television for Perry Local in **STARK** County. There is another Perry school district in Northeast Ohio. Additionally, closings will be posted online and a REMIND sent out via the school account.

COUNSELING CONNECTIONS



In the Month of December we are all busy pulling together and supporting our Whipple families during this holiday season. We are excited to use the community monetary, gift and food donations provided to us to support our families in need and make their holiday season and little brighter.

If you are wanting to contribute, please feel free to reach out to either myself or Kim Matasich (kim.matasich@perrylocal.org) by Friday, 12/7/18. Much Thanks!!!

Happy Holidays and a Joyful New Year!! Best Wishes and safe travels this season!!

Please contact me if I can be of any assistance.
Heidi Giok, School Psychologist
heidi.goik@perrylocal.org

Thank you to everyone who has sent in Box Tops! It is amazing how something so small can make such a BIG difference to our school.



We will be counting November and December together so keep sending these in and be on the lookout in January for our next update!!!

Mandy Dale
Collections Committee Chairperson

PTO NEWS

NEWS FROM THE PRESIDENT

Happy Holidays. I can't believe Christmas break is so close. My wish is that you enjoy time with your child(ren); making memories that will last!

November was a busy month. I would like to thank Marisa Ullum (Bake Sale), Tracey Evans (Father/Daughter dance) and Jen Catazaro (Grandparents Day). I would also like to thank all the cookie bakers and volunteers for these three events. We couldn't do what we do without all the support from you!

I would also like to thank you all again for the support of the Fall Fundraiser. If you haven't yet seen the videos from the teachers being Slimed, check out the Whipple Elementary Facebook page. Shout out to Mr. Snyder for all the work he did in setting up that and the walk-a-thon itself!! The earners also enjoyed the Limo Ride to CiCi's Pizza and all of the individual prizes have been sent home.

Our next PTO meeting is scheduled for Tuesday, January 9th at 6:00pm in the Whipple Library. All are welcome and encouraged to come. You will stay informed about the rest of school year news.

Happy Holidays,
Jamie Dulcie
WHPTO President
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