



Counselor's Corner

Ms. Casey Ruhland, School Counselor

"In the end we remember not the words of our enemies, but the silence of our friends." MLK, Jr.

At Waubesa our staff is dedicated to creating an environment that is safe and welcoming for all of our students. One term that our staff and students use regularly is ALLY, which refers to someone who supports and befriends others. My approach as school counselor is to focus on the prevention of bullying behavior (or simply meanness) by promoting acts of kindness and acknowledging Ally behavior.

Ask your child: Are you an Ally to your friends and classmates? What can you do to help others?

Allies show bravery, just like Martin Luther King, Jr.

January Character Trait

Bravery: the quality that allows someone to do things that are dangerous or frightening.



Ring in the New Year with Organization!

Now is a great time to teach your child an excellent life skill. Begin by clearing clutter and finding places for all of your child's belongings. Keep backpacks, coats, clothes, and books easily accessible. Using baskets and bins to group together similar objects in your child's room is a great way to keep it neat and to help your child know where to put things. Organize WITH your child, instead of for them. Doing this project with your child will help them take ownership of the process and it will give you something fun to do together! Organization is not something that only happens once. You will need to set aside a few times a week to tidy up. Stick to a routine, and your child will start to do it independently. Also, choose a time every day to clean out your child's backpack. Make homework and picking up a part of your evening routine. Remember patience when teaching a new skill!

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Connecting With Your Child

Teaching Your Child Good Behavior:

- ☺ Set clear rules and limits for your child, and stick to them
- ☺ Keep your rules fair
- ☺ Make the consequences fit the rule
- ☺ Be very clear about what happens when a rule is broken
- ☺ Praise your child for using appropriate behavior and following the rules