



Counselor's Corner

Ms. Casey Ruhland, School Counselor

"Today you are You, that is truer than true. There is no one alive that is Youer than You." Dr. Seuss

The 3rd graders at Waubesa have been learning about Self Esteem during Lifeskills. After reading *I'm Gonna Like Me* by Curtis and Cornell, we brainstormed what High and Low Self Esteem look and sound like. Most importantly, though, we thought of ways to build our own self esteem and the self esteem of others. We can increase our self esteem by respecting our abilities and inabilities, surrounding ourselves with positive people, and being kind to others. We can build the self esteem of others by being kind, cheering them on, and simply spending time with them. Each classroom now has a Self Esteem Chain that has each child's strengths. Some were written about themselves, and others were written by classmates. Check them out!

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Connecting With Your Child

Have Parent-Kid Time Each Day

- ☺ If you have more than one child, look for time alone with each.
- ☺ Walk with your child to the bus or chat on the drive to school
- ☺ Invite one child to help prepare dinner each evening
- ☺ Have a special book that you read with each child every night
- ☺ Ask open-ended questions instead of "How was your day?".

March Character Trait

Perseverance: Continued effort to do or achieve something despite difficulties, failure, or opposition.



Healthy Choices with Technology

Here are some practical tips to keep kids' screen time productive and safe:

- ⇒ TV: Limit the number of hours. Do not allow your child to watch TV while doing homework. Treat TV as a privilege that your child can earn. Watch TV with your child and preview programs to ensure they are appropriate.
- ⇒ Video/Computer Games: Look at the ratings AND preview. Use game time as a privilege and reward.
- ⇒ Internet Safety: Keep the computer in a common area. Set reasonable rules for use and post them. Spend time together online. Warn your child not to give out personal information.

March Lifeskills Focus

3rd Grade: Empathy and Skills for Learning

4th Grade: Problem Solving

5th Grade: Empathy and Skills for Learning