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Our Kindergarten Registration will begin on March 15th. Information will be on the website for families to register.

For most children, kindergarten is the start of formal classroom education. Even for children who have been in a preschool or child care setting, the transition is big. You might wonder - is your child ready?

Kindergarten readiness, or school readiness, is a term used by schools, policymakers and child development researchers. Definitions of readiness vary, and what readiness means may differ in individual schools.

### COUNSELORS CORNER

According to Psychology Today: "People often use the terms worry and anxiety interchangeably, but they are very different psychological states. Although both are associated with a general sense of concern and disguiet, how we experience them is guite distinct—as are the implications they have for our emotional and psychological health." If you are concerned about your child's level of worry or anxiety, reach out to your Pediatrician or contact me. The Student Assistance Program can help get your child the help they need.

#### WORRY on ANXIET Confident -relatively temporary -happens sometimes -pervasive -can be more diffuse or -about more specific vaque things -strong emotional -mild emotional response

-doesn't prevent functioning or action -can lead to problemsolving -more realistic concerns

response -can prevent functioning or action -difficult to problemcan be less realistic

### PATHS LESSONS

This month, PATHS lessons will focus on Responding to Bullying and being an Upstander for 5th and 4th grade. Playing Fair and getting along with friends for 3rd grade. Making Friends and Sportsmanship for 2nd grade. Reviewing Self Control Steps and Problem Solving for 1st grade and Exploring different types of feelings for Kindergarten.

#### What is school readiness?

School readiness isn't easy to define. Typical development can vary significantly among children around the ages of 4 and 5. And a child's development in one skill doesn't necessarily translate into development in others.

However, there are milestones in childhood development that can help make the transition to the kindergarten classroom more successful. Children are likely to have some readiness in:

- Demonstrating a curiosity or interest in learning new things
- Being able to explore new things through their senses
- Taking turns and cooperating with peers
- Speaking with and listening to peers and adults
- Following instructions •
- Communicating how they're feeling
- Empathizing with other children
- Controlling impulses
- Paying attention
- Limiting disruptive behaviors

These skills develop over time, depending on the individual child's abilities and experiences. As a result, school readiness might best be understood not as a single goal but as a process providing early childhood experiences and an environment that prepares them to learn. We look forward to meeting all the new Kindergarten students at Elroy.

Dr. Pagan

## Small Group Counseling

Small Group Counseling is happening virtually and in person for the month of February. If your student is interested in joining a small group online or in school, to learn new coping skills, work through grief, or learn to make friends, please email me at any time.





https://sites.google.com/vie w/bbsd-elementary-counse ling/home

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## SPOTLIGHT ON SECOND GRADE

Second Grade has been marking off our calendar since the first day our students entered our classroom and now it is here: the 100th day of school! We honored and acknowledged this special day with several fun activities. We used our counting skills and counted out 100 pieces of cereal to make necklaces. We even drew pictures of what we will look like when we turn 100 years old!

Our classes drew 100 of things they would like to have such as, 100 puppies, 100 dollars, and even 100 frogs! Together we agreed that we would not like to have 100 zombies, 100 assignments, or 100 bugs! We all enjoyed the activities and recognized that we are 100 days smarter and stronger!





In Media Literacy class students have started learning about digital citizenship and how to responsibly use technology to learn, create, and participate. The lessons teach students to think critically and develop habits that will help them learn how to navigate digital dilemmas in their everyday lives. Our lessons our based on the Common Sense Media's Digital Citizenship Curriculum and focus on six topics of digital citizenship. Each lesson is age and grade appropriate and explore the topics in a fun and interactive way!

The topic of Media Balance and Well-Being focuses on teaching students how their digital lives can impact their well-being and their relationships with others. We also learn why balance media is important and how to find it in our everyday lives. In Privacy and Security, students learn the difference between private and personal information and why it is important to care about everyone's privacy. The topic of Digital Footprint and Identity helps students understand the benefits and risks of online sharing and explores how this can affect their sense of self and relationships. In Cyberbullying, Digital Dramas and Hate Speech students explore tough topics. Our lessons focus on learning how to build positive and supportive online communities and combat online cruelty by being an active upstander.

The topic of Relationships and Communication discusses the importance of building positive relationships, avoiding inappropriate websites or media, and knowing the steps to take if they feel uncomfortable online.

Finally, News and Media Literacy, discusses how to identify credible and trustworthy information sources and reflect on their responsibilities as thoughtful media creators and consumers.

