MARCH CHARACTER TRAIT OF THE MONTH: FAIRNESS

Definition of Fairness: Everybody getting what they need in order to be successful.

Student Tips: Treat others the way you want to be treated, share, take turns, and follow the rules. You should respect people that are different than you and include others in games and activities.

Parenting Tips: According to Parenting.org, parents should clearly outline rules, expectations, and consequences when teaching fairness. Parents should also remind their child/children that fair does not mean the same, but depends on needs of the situation. Fairness can also be taught by modeling and pointing out examples of what is fair and unfair. Giving children praise when they act fair is also another strategy that can encourage children to act fair.

AWARENESS CALENDAR

IMPORTANT DATES
March 1: Self Injury Awareness Day
March 2: Raad Across America Day
March 8: SEL Day
March 8: International Women’s Day
March 21: International Day for the Elimination of Racial Discrimination
March 21: World Down Syndrome Day

COPING SKILL SPOTLIGHT

READING
VeryWellFamily.com says that reading serves as a coping skill by creating a temporary distraction. Students that love to escape by reading a good book often feel calm, allowing them to be better equipped to handle the situation.

INTERESTED IN YOUR CHILD MEETING WITH THE COUNSELOR

Please scan the QR Code and fill out the SAF (Student Assistance Form). I can offer assistance with:
- Individual Counseling
- Group Counseling
- Referrals

Office: 713.924.1670 Ext. 192210

E-Mail: Sabrina.Reyes@houstonisd.org