

DEC '20

ASHFORD ELEMENTARY

WELLNESS NEWSLETTER

MS. SMALL

School Counselor

lsmall1@houstonisd.org

MISSION STATEMENT

Our mission is to enable every child to grow as a problem solver, to point out that each child is special, to guide them through some of life's changes, and to help them plan and think about their future.

We will collaborate with parents, staff, and community members to promote student achievement.

DECEMBER NOTES

December's character traits are kindness and compassion, and this holiday season, we encourage all of our families to practice these traits!

How do you practice kindness with your children?

As a family, you can each write down one nice thing that you love about another family member. You can put these notes under your tree or in each person's stocking!

You can also model kindness by holding the door open for a stranger or by saying "Thank you!" when someone does something kind for you.

You can model compassion by asking a friend or a stranger, "How are you?" and taking the time to fully listen to their response. Another way to model compassion for children is to reach out and help someone that is going through a tough time.

You can put yourself in their shoes and think about how they must be feeling.

You can talk to your child about these feelings, too!

You can also have your child donate a few of their unused toys to children that could use them. All of these things will help your child understand the real gifts of the holiday season: joy, generosity, kindness, and compassion!



KINDNESS BINGO



name _____

Complete all 16 kindness activities. Have your adult initial each box as you complete them.
Return your bingo card before December 18th to Ms. Small to receive an awesome prize!

Share a toy	Leave a friend a kind note	Offer to help someone without being asked	Give a kind compliment to a friend
Write your teacher(s) a nice letter	Say "HI!" to someone new	Draw someone a nice picture	Ask someone "How are you?" Take the time to listen to their answer
Say "Good morning!" to 3 people	Tell someone know why they are important to you	Let someone else go first	Play with a new friend at recess
Write down 5 things you love about yourself	Help someone having a tough day	Hold the door open for 2 people	Tell someone "Good job!" when they do something well



DECEMBER'S CHARACTER TRAITS:

kindness & compassion

being friendly, generous, and considerate

showing concern for others and stepping up to help

JANUARY REMINDERS



MONDAY, JANUARY 4 NO SCHOOL!
TUESDAY, JANUARY 5 Return to School
FRIDAY, JANUARY 15 National Hat Day
MONDAY, JANUARY 18 MLK, Jr. Day - NO SCHOOL
MONDAY, JANUARY 25 Give a Compliment Day