

SOCIAL EMOTIONAL NEWSLETTER

March 7, 2022

Parenting quick tips of the week¹:

Ten ways to raise kids with character:

1. Be a role model for the behavior you want to see in your child. This includes social media!
2. Encourage empathy and perspective taking. Ask children to see things from another's view or take a walk in their shoes.
3. Take time to say thank you. For bigger "thank you's" you can even revisit the lost art of thank you note writing!
4. Help children understand consequences. Are you helping your student understand the consequences of the decisions they make? Don't enable them to develop bad practices and blame others. There will always be rules and laws in life so it is important for young people to understand their choices have consequences.
5. Support volunteerism.
6. Emphasize good sportsmanship. It isn't always about winning; sometimes it is about effort. Encourage your youth to shake hands with their opponents.
7. Showcase character-rich movies and TV shows. The days of Sesame Street may be long past for your family, however, it is important to select media with positive messaging which can enable important family conversations.
8. Share uplifting stories
9. Monitor language offline and on
10. Encourage dedication and practice. CMAS testing is coming up! It's never too early to talk about the pride of doing your best and demonstrating the learning they've worked so hard on.

SEL Lesson Connection

A Day Without Hate is a student-led, grassroots organization promoting nonviolence, unity, and respect in our schools. This year's A Day Without Hate will be held on April 29, 2022. If you would like to purchase a shirt for \$6 please return your [order form](#) with payment (checks payable to West Jefferson Middle School) by March 11, 2022 to Ms. Jessee in the main office.

This week students learned about recognizing their character strengths. They were asked to write about someone they admire and think about what character strengths that person demonstrates. Ask your student who they wrote about! Students then thought about their own character strengths and shared them in small groups. Ask your student what they believe are their character strengths.

Need more support?

The [WJMS Mental Health Team](#) understands raising pre-teens and teens can be challenging at times. We are always here to help! Please feel free to reach out for more tips, direct support, community mental health resources, and much more! ¹

¹Stephen Ferraro, LCSW. "Want to Raise a Kid with Good Character? Here's What You Need to Know." *NYMetroParents*, NYMetroParents.com, 24 Aug. 2018, <https://www.nymetroparents.com/article/how-to-raise-a-kid-with-character>.