

Burger's Bulletin

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It's that time of year again where the seasons are changing, we're seeing glimpses of summer and the end of the school year draws closer and closer. I hope that each of you have the opportunity to spend quality time with your families over the break and are ready to end the school year strong! Something that we've been working on a lot this year with our students is the connection between how we think and how we feel. More specifically, how we think about ourselves can impact how we feel about ourselves. I hope the strategies in this newsletter will help you and your family learn more about the importance of positive thinking and positive self-talk as we continue to work hard and end the year strong!



Contact Me! Marie Burger 716.694.6805 ext 1745 mburger@tonacsd.org Remember, our thoughts and feelings are connected to our behavior and how we see the world around us (and not just for adults!)!

Positive self-talk, especially in children, can be a really important tool to reinforce to help your child grow a sense of self-worth and build their self-esteem.

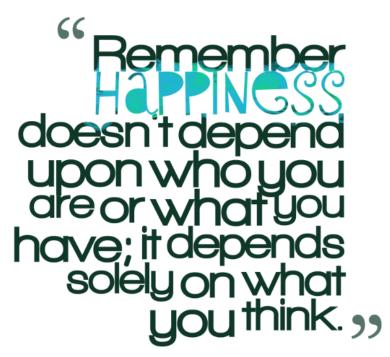
While negative self-talk can be subtle in our kids, pay close attention to how they choose their words and the meaning they give to what they say. Sometimes even the smallest thing can really hold a lot of power over our kids' lives. Below are some strategies to help reframe negative self-talk to promote positive thoughts and positive self-talk.







Quote of the Month:



Dale Carnegie

Please Note:

I am at Riverview School on Thursdays from 9am-12:30pm where I can be reached by calling 694-7697 ext 1235. I can be reached at Mullen by calling 694-6805 ext. 1745. **Email is preferred** and the quickest way to reach me!

Have a happy and safe April!

Remember to check out my website for helpful links: https://sites.google.com/tonacsd.org/tcsdschoolsocialwork
You can also join my Remind: Text @burger2020 to 81010

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