



March 5, 2021

|                                |                   |
|--------------------------------|-------------------|
| March 17 <sup>th</sup>         | St. Patrick's Day |
| April 4 <sup>th</sup>          | Easter            |
| April 5 <sup>th</sup> -April 9 | Spring Break      |



Kindergarten Registration  
Now Open  
Pick up Registration  
Packet  
In the Office  
For the  
2021-2022 School Year

## Caring Corner

This month in purposeful people we are talking about the social-emotional skill of Empathy. Empathy is the ability to understand and connect to the feelings of another person. Empathy is a crucial and powerful skill for developing connections within the community and in our personal relationships. Through empathy we become aware of knowing how we feel (and having language to describe those feelings!), understanding what others are feeling, and listening to others well so that we can connect in more meaningful ways. This month, challenge yourself to check in on a family member or neighbor who you don't typically get to spend much time with. Ask them how they're doing, what's going well, and/or what they're struggling with. Step into their story for a moment and practice listening to understand rather than to respond. See how Empathy feels as you simply connect with care.



Has your number or address changed recently?  
Please update your information with the office.  
We want to make sure that we have the most up to date information for all of our students.  
Thank you!

Attendance Line  
354-4242



Please call when your child  
will not be attending

**Everyone coming to Stevens must complete a Health Check and be wearing a mask prior to entering the building**

# Counselor's Corner

Often, I have parents coming to me asking for parenting help. Many feel out of control as parents, and feel that their children have far too much control. They want to know how they can be in control of their children. In reality, regaining control as a parent means developing control over themselves and how they respond to their child.

In each month's Counselor Corner, I will be sharing some valuable **Parenting Rules of Thumb** that I teach in CPRT (Child Parent Relationship Training) classes at Stevens.

The first Rule of Thumb is: **Be a thermostat, not a thermometer, in your child's life.** What is the difference between a thermometer and a thermostat? Thermometers simply react to the temperature: the temperature goes up, the thermometer goes up - it doesn't do anything to regulate or help the situation (room temperature). On the other hand, thermostats respond to the slightest change in temperature, taking immediate action to respond in a way to help the situation (room temperature). Thermostats create an environment that is more comfortable and pleasant.

*Respond (reflect) rather than react. Your child's feelings are not your feelings. When your child's feelings and behavior escalate, you can respond in a helpful way, rather than simply reacting and allowing your feelings and behavior to escalate, too. In-control parents are like thermostats in their child's life. Out-of-control parents are like thermometers. They only react to what is there.*

If you need parenting help or ideas, please don't hesitate to call or email to schedule an in-person or virtual appointment. Your school counselors are here to help!

Partnering with you,

Fondra Magee, School counselor  
509-354-4218



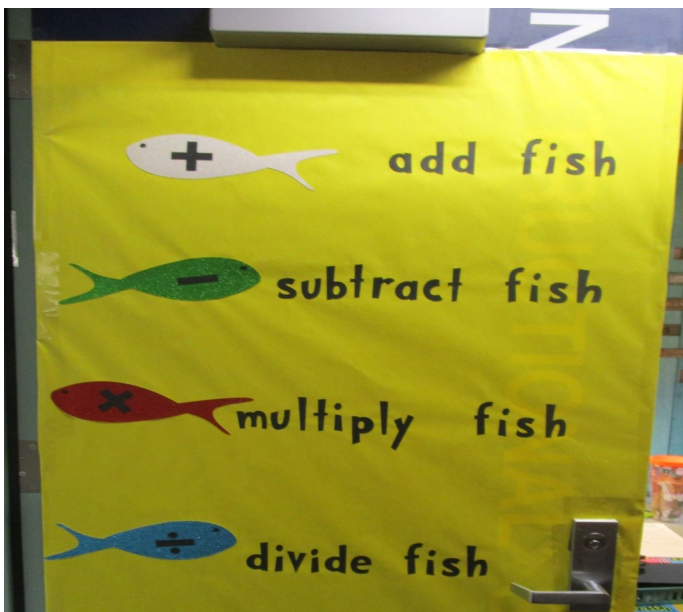
Please remember that the main parking lot is closed to **ALL** vehicles other than employees for student safety. Be aware of your surroundings when in a school zone, especially when students and families are crossing. We do stop traffic from all directions when crossing at all intersections. **Safety is our number one priority, please help us keep students safe.**

## February Student of the Month

|              |             |
|--------------|-------------|
| Sofia, K     | Dante, 4    |
| Jayden, K    | Kyna, 4     |
| Tamara, 1    | Michael, 4  |
| Rodriguez, 1 | Malia, 5    |
| Izavion, 1   | Amiyah, 5   |
| Arthur, 2    | Serenity, 5 |
| Vanessa, 2   | Tristin, 6  |
| Sophie, 2    | Angel, 6    |
| Brandon, 3   | Rahel, 1    |
| Harmony, 3   | Logan, 3    |
| Anthony, 3   | Rosella, 1  |
|              | Malek, 2    |

## Community Resources

Parents interested in a before and after school program at the North East Youth Center, please contact Ms. Rizz at 354-4186. NECC would provide transportation, but, parents would be responsible for the cost of the program.



## Kidz Jokes

1. Why is Cinderella so bad at soccer?
2. Why is Peter Pan flying all the time?
3. What's a banana peel's favorite type of shoe?
4. Where do polar bears keep their money?
5. Why was the broom late for school?
6. Which fruit is a vampire's favorite?

1. Because she always runs away from the ball. 2. He Neverlands. 3. Slippers. 4. A snow bank. 5. It over-swept 6. Neck-tarine

