



April 21, 2021

Apr. 28th All Students in Building
National Superhero Day!

Wear your costume!

Apr. 29th- Picture Day, K-6



Caring Corner

We are discussing the trait Responsibility at school this month. Responsibility is to take action and understand how our choices affect others, ourselves, and the world. Here is a family activity that will promote responsibility and help out everyone in the home. Create a Responsibility Race at home! Make sure everyone has 3-5 chores to accomplish and set a timer to see who can do them the fastest/most creatively/most thoroughly. Establish a prize for the winner and make it into a weekly game!

Attendance Line
354-4242



Please call when your child will not be attending school

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

**Stevens
Eagles Choose
To Be Great!!!**

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



Counselor's Corner

Limit Setting: A-C-T Before It's Too Late!

Acknowledge the feeling **Communicate the limit** **Target alternatives**

Providing children with consistent limits helps them feel safe and secure. In this month's Counselor Corner, I am excited to share a method of limit setting that literally changed the way I parented my own children when I learned it! This method, A-C-T, teaches children self-control and responsibility for their own behavior by allowing them to experience the consequences of their choices and decisions. Setting limits helps children practice self-control and begin to learn to stop themselves in the real world! Three Step A-C-T Method of Limit Setting: Scenario: Your 6-year-old child, Olivia, wants a My Little Pony stuffed toy from the "claw" game at the movie theater. The rest of your family is walking into the theater and Olivia is standing cross-armed, insisting on playing the game. 1. Acknowledge your child's feelings or desire (your voice must convey empathy and understanding). "Olivia, I know you really want to play that." Child learns that his feelings, desires, and wishes are valid and accepted by parent (but not all behavior), just empathically reflecting your child's feeling often defuses the intensity of the feeling or need. 2. Communicate the limit (be specific and clear-and brief). "But, it's not game time: It's movie time!" (this response may be enough to help Olivia bring self under control and go into the movie with you) 3. Target acceptable alternatives (provide one or more choices, depending on age of child). "You can choose to walk with me into the movie or you can choose to walk with Daddy and Joey into the movie." (If you are not okay with her playing the game at all.) OR "You can choose to play that after the movie." (If you are okay with her playing the game.) The goal of targeting alternatives is to provide your child with acceptable alternatives-ones that are acceptable to your child and you (parent), and ones that you believe will help child get her needs met. In the above example, Olivia wanted to do something fun and also maybe wanted to decide how things went that day. With the alternatives presented, Olivia's need for fun and decision making power were both met (movie and choice.) 4. If Olivia starts walking away, even slowly, parent may state: "That was a hard decision for you. Looks like you are choosing to watch the movie now and play the game later." If Olivia does not choose, parent may state, "If you choose to not choose, you choose for me to choose for you." If Olivia continues to insist on playing the game now, parent can state: "I see you've chosen to stay out here with me and to not play the game later." If you try this method with your child(ren), I would LOVE to hear about it! IF you have questions or want more information, I have Practice sheets and handouts I can give you! Let's talk!

Fondra Magee, school counselor

Fondram@Spokaneschools.org 509-354-4218



**April 29,
2021**

Toothsavers Is Coming To Your School

Tooth decay is a Serious childhood disease...
We Can Help!!

Sealants: A Paint on shield to protect your
teeth

Fluoride: Vitamins that make the teeth stronger
Free toothbrush and prize
100% Pain Free

***Medicaid Covers 100% of Services**
No Child is turned away if unable to Pay!

Clinic will be here May 11th and 12th
509-981-9370

Kidz Jokes

1. What did one Dorito farmer say to the other Dorito farmer?
2. Why do sharks swim in salt water?
3. What has hands, but cannot clap?
4. Why did the teacher put on sunglasses?
5. What kind of room doesn't have doors?
6. What do you call a pig that knows karate?

1. Cool Ranch 2. Because pepper water makes him sneeze 3. A clock 4. Because her students were so bright! 5. A mushroom 6. A pork chop

March Student of the Month

Jamie, K	Stephen, 4
Javier, K	Odin, 4
Ratson, K	Kaydin, 4
Brooklin, 1	Emory, 5
Alesia, 1	Khalil, 5
Kaisher, 1	Cesar, 5
Sophia, 1	Marie, 5
Jace, 1	Mary, 6
Jadelynn, 1	Alise, 6
Jossilynn, 2	Joseph, 6
Goldson, 3	Jakob, 6
Leobardo, 3	
CJ, 3	
Marquise, 3	

Make
Today
Amazing



No eating
or drinking
on school
bus