



COUNSELOR'S CORNER



St. Clement
Catholic School

October 2011

Fall Into Some Great Habits!

What a Great Start!

The Monthly Virtues Program is off to a great start! Fun Lunch Bunches for K-5 are wrapping up and small group counseling will begin at the end of the month. Middle School group counseling will also begin at the end of the month. If you are interested in having your child meet with Mrs. Polan individually or in a small group, please call, email or FastDirect.

Red Ribbon Week October 24-28

Red Ribbon Week serves as a way to help communities and individuals make a commitment towards drug prevention and education. We are also able to make a personal commitment to live drug free lives. The ultimate goal is to create a drug free America.

During Red Ribbon Week, St. Clement students will have the opportunity to sign a pledge to remain drug free and will receive a red bracelet to wear during the week as a reminder to stay drug free.



Homework: Don't let your child FALL behind!

- **Show that you think education and homework are important.** If your child knows that you care about what is happening at school, he or she will have a good reason to complete assignments on time.
- **Set a regular time for homework.** The best schedule for homework is what works best for your child and your family.
- **Provide an area for your child to do homework.** Make sure the area is well-lit and has minimal distractions. Provide the necessary supplies.
- **Look over completed assignments before they are turned in.** Read the teacher comments when they are returned.
- **Show your child that the skills he or she is learning are an important part of the things adults do.** Let your child see you reading, writing, or using math. Talk to your child about what you do at work.

October is RESPECT Month

How to be a Respectful Person

- Treat other people the way you want to be treated.
- Be courteous and polite.
- Listen to what other people have to say.
- Don't insult people, or make fun of them, or call them names.
- Don't bully or pick on others.
- Don't judge people before you get to know them.

Respect at Home

- Talk with your child about the importance of treating other people with respect. Make sure he/she knows that it is important to you, and that it will lead to stronger friendships.
- Watch a television program together, and talk about the various ways in which the characters acted respectfully or disrespectfully towards one another. Watch for put-downs, insults, and subtle forms of bullying.
- Help your child become sensitive to his or her own behaviors or language that may be of a disrespectful nature, as he or she deals with siblings or friends
- Remember that you are a powerful role model for your child. If you treat people respectfully, that is what your child will learn from you.



Your Child Can Show Respect By

- Being kind to a brother, sister, or friend when angry.
- Sitting down and talking with a grandparent.
- Answering his or her teacher politely.
- Not talking when someone else is talking.
- Not using foul language.

Encouraging Respect

- Answer your child's questions with respect, and expect your child to do the same with your questions.
- Catch your child doing something respectful and give him or her praise.
- Remind your child to say "please" and "thank you."
- Encourage your child to talk to grandparents, neighbors, and others in a polite tone of voice, and comment when he or she does.
- Point out that when people are respectful, it's easier to understand each other.
- Give your child an example from your day of how someone was respectful and how that made you feel.

Contact Information

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