

Happy New Year! We hope you and your families enjoyed the holidays and are ready to finish the school year strong!

During the month of January all of our students will be learning how to effectively solve problems! Part of this process is to think of all the solutions possible to solve the problem. This includes thinking of some consequences that may be associated with our actions. The end goal is to have students choosing the best solution to the problem! Students refer to this process as S.T.E.P.

S - Say the Problem

T - Think of Solutions

E - Explore Consequences

P - Pick the Best Solution

As teachers and staff at New Bridge, we are constantly striving to help students problem solve. When students report a problem to an adult at school we encourage that they use language that is calm, respectful, and non-blaming. This means avoiding statements such as, "You always..." or "She never..."

As parents and teachers, it's important that if our students use blaming terms, we encourage them to rephrase what they are saying into something more positive, such as, "We both want to play on the monkey bars." or "We disagree about who is 'it'." This avoids putting any blame on somebody else and helps us avoid conflict with others.

Once our students feel confident in their ability to state the problem, it's now time to explore the best solutions to the problem and what the outcome of that solution may be including if any consequences would be associated with one of the solutions. Exploring all solutions helps us make the best choice possible!

We are excited to see how our students incorporate this into their lives to help them have successful interactions with others!

Happy January!