

# Counselor's Corner



## Talking to Your Kids about Growth Mindset

Being back at school is a big transition for many students after all of the changes they had to adjust to during quarantine. Jumping back into things has caused some students to feel behind, or like they cannot do it. We all know that is not true, and that our children will re-adjust beautifully, it just takes time. In light of this, now is the perfect time to talk to your student about Growth Mindset or the Power of Yet. For example, teach them that instead of thinking, "I'm not good at math," they could think, "I'm not good at math...yet." Growth Mindset is a major part of our Habits of Success, a school wide use of ideals and language that teaches students how to persevere, overcome challenges, and be successful. Here is how you can help:

1. Talk to your kids about your own struggles; let them know mistakes are okay. They even help us grow!
2. Provide naturalistic corrections when your child is demonstrating a fixed mindset. Remind them to rephrase or rethink because they just do not have it YET.
3. Have conversations about growing your brain. The plasticity of a child's brain is amazing, and we want to capitalize on that in conversations. Learning really is helping their brain grow!
4. Provide positive reinforcement when they show a growth mindset and choose to keep trying and when it is hard.

Thank you for your constant support and collaboration! We love our King Cougars, and we are always here to support in any way we can. Please feel free to reach out via phone (719) 391-3458 or email [stebbinsc@wsd3.org](mailto:stebbinsc@wsd3.org) with questions if you need further assistance.

Mrs. Stebbins, School Counselor

## Attendance & Tardies



Please honor our hours and keep your child(ren) in school for the entire day.



**School hours are 8:20 a.m. to 3:20 p.m.**

(1st bell is at 8:15)

- Please try to schedule appointments outside of school hours.
- Please call the school 719-391-3456, or text 719-482-6446 before 9:00 a.m. if your student(s) are going to be late or absent.
- Any student who is not in attendance, and we have not heard from a parent or guardian, will be contacted by phone.
- **Students arriving late (after 8:25) will be counted as tardy. Leaving early (after 2:50) will be counted as a reverse tardy on attendance records.**
- **Our Renaissance program will not include attendance this year.**
- **There will be NO early checkout after 3:00 pm!**

If your student is out sick please understand that we will ask you these following question:

**"Are they running a fever?"**

**"What symptoms do they have?"**

**"When did the symptoms start?"**

**"Are other people in the house sick too?"**

**"Have they or anyone in the family been exposed to COVID?"**

If you are texting in their absent due to sickness include student name, parent name and answer all above question.

**Students may arrive at school at 8:00 a.m. in the morning and should go directly to their classroom or breakfast.**

Students who eat breakfast need to enter through the cafeteria doors on the backside of the building.

*Thank you for your support in this matter.*