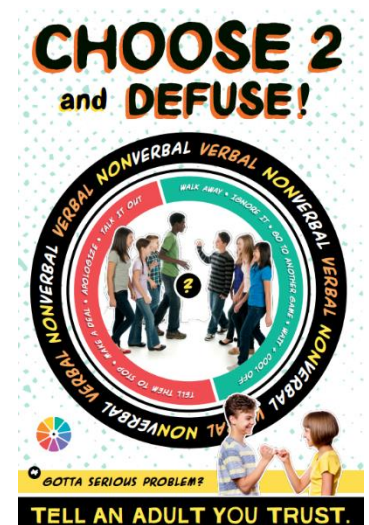


Hello Sunny Hills Families,

I am excited to begin teaching our conflict resolution curriculum, Kelso's Choices, that was introduced to our school last year! This curriculum teaches specific conflict resolution strategies that empower students to solve their own problems. I, along with my intern, Janae Muhlestein, will teach these lessons school-wide in October and November.

Conflict or disagreement is normal and often happens when children get together. However, hurtful words, gestures, or physical fights are unacceptable ways to deal with conflict and disagreement at school. We start out by teaching the important difference between **big problems** (problems that are dangerous or destructive) and **small problems** (problems that can make us feel annoyed, hurt, or frustrated). Our goal is to teach students several positive ways to deal with small problems, and encourage them to report big problems to the nearest adult. Students learn the following verbal and nonverbal strategies from the wheels below (4th and 5th graders will use the "Choose 2 and Defuse" wheel):

1. Go to another game or activity.
2. Respectfully talk it out and listen to each other.
3. Walk away from the problem.
4. Ignore the problem behavior.
5. Tell the person to stop the problem behavior.
6. Apologize.
7. Make a deal or compromise.
8. Wait to cool off.
9. Share and take turns.



When students go to a staff member for help with a peer conflict, the staff member will encourage students to try two Kelso's Choices. If the problem persists, the staff member will help solve the problem. Of course, the staff member will immediately handle any serious conflicts (such as bullying or physical aggression) that cause a child to feel threatened, unsafe, or physically hurt.

By using these choices, we believe that our students will develop effective problem-solving skills that will help them manage conflict in a positive manner and reduce the number of conflicts at school and home (these strategies can also be used for sibling arguments). The colorful posters above illustrating ways to deal with conflict, are posted around the school so all children will know their choices. We encourage you to become familiar with this visual and use it at home. By working together, we can develop a healthy life skill for students to use for life. Additional information about Kelso's Choices is available at <http://kelsoschoice.com/community/parent-page/>.

Feel free to email me if you would like a copy of the Kelso wheel to use in your home, or if you have any questions!

Sincerely,

Celina Schulenberg M.Ed., NBCT
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(Janae Muhlestein, School Counseling Intern, SPU)
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[Ms. Schulenberg's Website](#)