March 2023

THE COUNSELORS' CONNECTION

The Newsletter of the
Elementary Counseling Department

What's in this month's issue:

- **HOW TO HELP YOUR CHILD BE A GOOD SPORT**
- **TRY IT AT HOME!**
- **NATIONAL SEL DAY**
- **SOCIAL STORY ABOUT SPORTSMANSHIP**

HOW TO HELP YOUR CHILD BE A GOOD SPORT

Many adults and kids alike love games and sports, and it's easy to get caught up in a game and focused on winning. Yet there's much more to be gained from the sports experience than winning a game or competition. When children are involved in sports they are able to learn and put into practice values that will stay with them for the rest of their lives.

Good sportsmanship builds teamwork and character; and teaches respect, kindness, inclusion, resilience, perseverance and more. However, kids cannot win at everything every time, no matter how much they would like to! Therefore, it's crucial we teach our children the importance of learning to deal with defeat.

According to Nemours Children Health, here are some important principles to instill in your children:

- **Everyone should have a chance to play**. In youth sports, it's important to encourage even those players who are the least skilled to have fun playing in the game.
- **Respect the other team.** Whether your team wins or loses, it's important to show respect for the effort of the other team. If the other team wins, accept defeat, acknowledge their abilities, and move on.
- **Encourage teammates.** Team sports work best when each individual supports the team. Praise teammates for what they do well and encourage them when they make mistakes.
- **Keep losing in perspective**. Youth sports are a learning experience. Very few wins and losses are remembered, even a short time later.
- **Keep winning in perspective.** Winning doesn't mean you were perfect or that you will win again. Celebrate your win, but celebrate with humility and class, and have empathy for the team you defeated.

Also, it's important to keep in mind that kids learn how to be a good sport from the adults in their lives, especially their parents and coaches. Adults are important role models, so let your children see you upholding these principles! Parents can also look for examples of good sportsmanship (and poor sportsmanship as well) in professional athletes and point them out to your kids.

This article was adapted from the following links:
https://kidshealth.org/Nemours/en/parents/sportsmanship.html
https://www.stanfordchildrens.org/en/topic/default?id=teaching-children-good-sportsmanship-1-4524

DID YOU KNOW?

The SEL classes include lessons about how to win and lose graciously, why rules in games are important, and how to resolve conflicts in games and sports.

TRY IT AT HOME!

How do I model a healthy competitive spirit?
Structure household competition so that kids compete against themselves, not against each other. Teach them to say, "Did I do better than last time?" instead of, "Did I do better than you?"

What if my child is not competitive?
Encourage your child to say, "I like to play for fun!" instead of, "I don't like sports."

Should I let my child win all the time?
No. Instead, model how to be a good sport regardless of winning or losing.

SOCIAL STORY ABOUT BEING A GOOD SPORT

BEING A GOOD SPORT

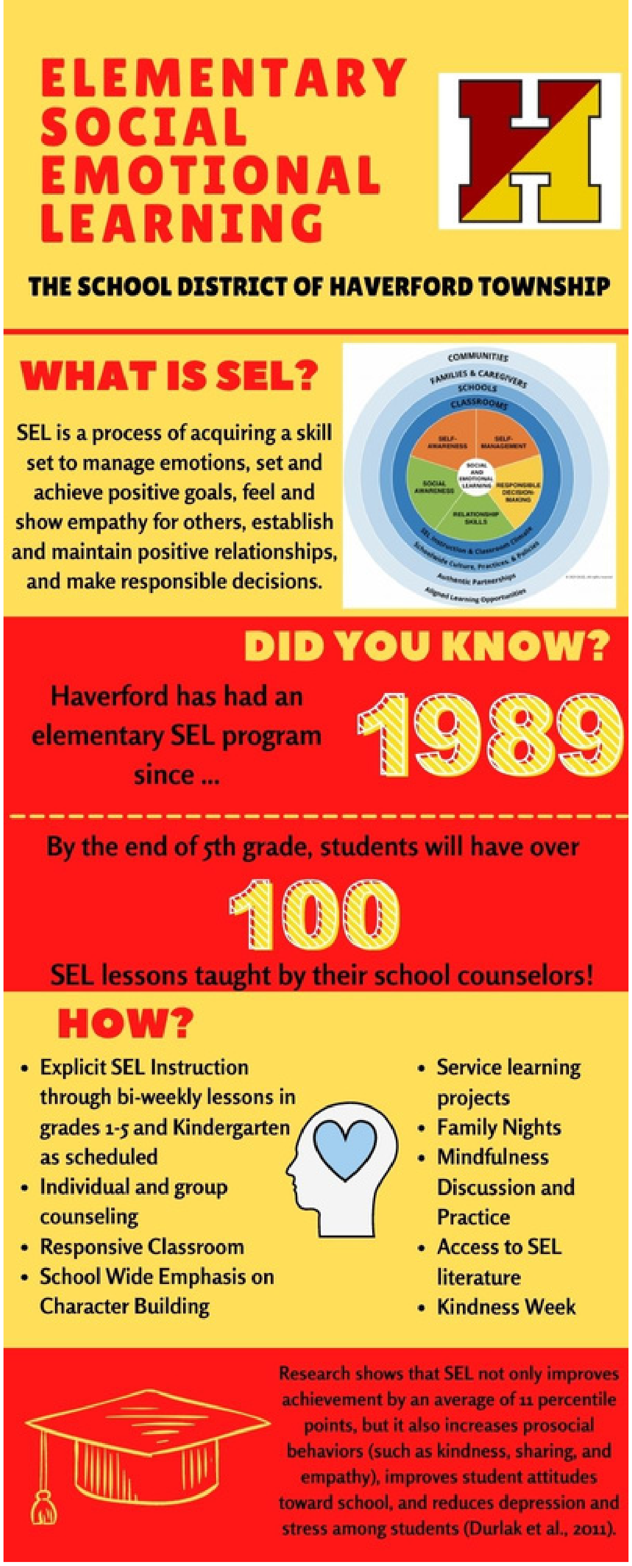
A social story about sportsmanship

Click Here to view the Being A Good Sport social story

MARCH 10TH IS NATIONAL SEL DAY!

Social emotional learning (SEL) changes lives—studies show that SEL improves well-being and academic outcomes, builds a positive school climate, and provides children with the necessary skills to excel in today's workforce.

Here are some facts about SEL and Haverford's Elementary SEL program:



ELEMENTARY SOCIAL EMOTIONAL LEARNING

THE SCHOOL DISTRICT OF HAVERFORD TOWNSHIP

WHAT IS SEL?

SEL is a process of acquiring a skill set to manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

DID YOU KNOW?

Haverford has had an elementary SEL program since ... 1989

By the end of 5th grade, students will have over 100 SEL lessons taught by their school counselors!

HOW?

- Explicit SEL Instruction through bi-weekly lessons in grades 1-5 and Kindergarten as scheduled
- Individual and group counseling
- Responsive Classroom
- School Wide Emphasis on Character Building
- Service learning projects
- Family Nights
- Mindfulness Discussion and Practice
- Access to SEL literature
- Kindness Week

Research shows that SEL not only improves achievement by an average of 11 percentile points, but it also increases prosocial behaviors (such as kindness, sharing, and empathy), improves student attitudes toward school, and reduces depression and stress among students (Durlak et al., 2011).