

Glendale's Social-Emotional Team News

March 2023

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LeaderinMe®

The 7 Habits of Happy Kids

Glendale participates in the Leader in Me program and focuses on the program's 7 Habits of Happy Kids. Please refer to the attached pages of this and upcoming newsletter for information for families about this program.

This month's information includes a summary of Habit 6: Synergize, as well as information for tips on how to synergize at home.

Counseling Support in School and in the Community

Should you be interested in counseling for your child, individual or group counseling may be available. In-school counseling is intended to be short-term and solution-focused to address issues that may be affecting the school day.

Additional assistance, such as long-term counseling in the community, is available through the **Sweet Home Family Support Center** (FSC). The FSC can also help with information regarding immediate needs resources, among other things.

Please contact us if you are interested in in-school counseling, or if we can be of assistance in making a referral to the FSC. The FSC may also be reached directly at (716) 250-1229.

Community Supports/ Programs

Please see the following pages for flyers for upcoming community supports or programs.

"Soup"-er Bowl Food Drive

Thank you to all families and staff that donated to our "Soup"-er Bowl Food Drive to benefit the (SHEF) Sweet Home Education Foundation Weekend Backpack Food Program. We appreciate the support and the donations that directly benefit Sweet Home families!

Therapy Dog Program

The Glendale Therapy Dog program continues, and the students and staff are loving the visits!

Thank you to our dogs Bella and Dory and their handlers for their continued visits to Glendale. Thank you also to the Glendale Paw Patrol Action Team students for getting the therapy dogs to their scheduled locations within the school each week!

Social-Emotional Learning

Social-Emotional Learning (SEL) lessons in the classroom continue for all grade levels. The lessons utilize the Second Step curriculum, among other resources. The Second Step units include Skills for Learning; Empathy; Emotion Management; and Problem-Solving Skills. It also covers Fair Ways to Play for our youngest learners. Please contact Mrs. Kawa with any questions.



There is **NO SCHOOL** for students on **Friday, March 17th** for a Superintendent's Conference Day.

At Glendale this month as part of our Leader in Me program,
we are focusing on Habit 6: Synergize.

Habit 6:

SYNERGIZE

TOGETHER IS BETTER

I value other
people's
strengths and
learn from
them.

I get along well
with others,
even people who
are different
than me.

I work well in
groups.



I seek out
other
people's
ideas to solve
problems
because I
know that by
teaming with
others we
can create
better
solutions
than any of
us can alone.

I am humble.

How can you create synergy at home?

See the next two pages for ideas on synergizing with your family.

Habit 6: Synergize®

Together Is Better

“Synergy is not just teamwork or cooperation. Synergy is creative teamwork, creative cooperation. Something new is created that was not there before.”

—Stephen R. Covey

Pick a date this month to Synergize as a family. Ask your family to think about a certain issue and bring their ideas to a family meeting. At the meeting, creatively work together using the “Family Synergy Action Plan.”

WHAT IS SYNERGY?

Synergy is:

1. Celebrating differences.
2. Working together.
3. Being open-minded.
4. Finding new and better ways.

Synergy is not:

1. Being intolerant.
2. Working independently.
3. Thinking you are always right.
4. Being selfish.

COMMON LANGUAGE

Creative cooperation
Creative teamwork
Synergize

FAMILY SYNERGY ACTION PLAN

Follow these steps to create synergy in your family:

1. Define: Clarify the problem or issue.
2. Their way: Seek first to understand the other person's needs.
3. My way: Seek to be understood by sharing you needs and ideas.
4. Brainstorm: Create new options and ideas together.
5. Synergize: Find the best solution—the 3rd Alternative.

Real family example:

- Problem: How to spend Saturdays.
- Dad wants to spend time as a family outside. Mom wants to get all the housework done.
- Can we do both and not compromise?
- Mom makes a reasonable list of housework that needs to be done sometime during the day.
The family can do an activity together either before or after housework, depending on the weather.

Habit 6: Synergize®

HOW CAN YOU CREATE SYNERGY IN YOUR FAMILY?

Family Activity: Synergy—creative family teamwork—occurs when you follow two simple rules:

1. Value one another.
2. Recognize strengths.

How can you value your family members? Choose any family member and finish the following sentences keeping them in mind.

1. What I admire most about you is...
2. One of my favorite memories is...
3. I'm glad you are _____ and I'm not.
4. One of the funniest things you have ever done is...
5. One of my proudest memories of you is...
6. I like it when you...

Share your answers with that family member. How did they respond? Did they learn something new about themselves?

IDENTIFY AND CELEBRATE FAMILY MEMBERS' STRENGTHS

Write two or three strengths for each family member, starting with yourself. Share these strengths with each other. Did you each list the same qualities for each other? Did you learn something new?

Family Member	Strengths
You	

Once you value each other and celebrate the strengths within each other, you can successfully Synergize!

The Prevention Council regularly offers its Triple P Program (Positive Parenting Program).
There will be a Saturday program starting in April.
Please see the flyer for contact information.



PARENTING IS HARD. EPIC CAN HELP.



PROGRAM TOPICS:

- Dealing with Disobedience
- Managing Fighting & Aggression
- Developing Good Bedtime Routines
- Hassle-Free Shopping with Children

WHEN:

Saturdays @ 10am

April 22th - May 20th

All courses held on Zoom

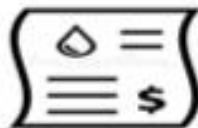
REGISTER @ 716-332-4126 or Scan the QR code





**Are your children in need of winter
clothing?**

**PLEASE CONTACT
THE SWEET HOME FAMILY SUPPORT CENTER
716-250-1229**



**Having trouble paying for utilities and other household
bills? There may be assistance available.**

Visit:

https://www.needhelppayingbills.com/html/erie_county_assistance_program1.html

**For information about a variety of programs in Erie County
or**

<https://www2.erie.gov/temporaryassistance/emergency-services>
For Erie County Dept of Social Services Emergency Services



Glendale is very happy to continue our support of the Ronald McDonald House Charities of Western New York Pull Tab Program.

Aluminum pull tabs from beverage cans are collected and donated. Pull tabs are weighed and recycled, and the monetary value of the aluminum is matched by Niagara Metals. The donations help to purchase items for the Ronald McDonald House and Family Lounge. The Ronald McDonald House in Buffalo allows out-of-town families with children in a local hospital to have a place to stay during the child's hospitalization.

There is not a deadline for this program - pull tabs may be dropped off throughout the school year.

Pull tabs can be dropped off to Mrs. Kawa's room in the Glendale school office. Please donate just the pull tabs. Thank you!

