

HEART

Helping Every child Achieve and Reach success Together
Capturing the HEART and #MovingtheMark!
July 27-31



MADISON COUNTY SCHOOLS



As parents, we know it is not always easy to make the “right” decision when it comes to our children. We don’t always have all the answers, and it can be especially tough when it appears our decisions are different than other parents. During these moments, we want our children to trust we are doing our very best and support our decisions serve their best interest.

When children lack confidence in a parent’s decision, it makes for challenging times. Therefore, we need to help them develop the skill of trust. To trust means you put confidence in someone you depend upon. Most children may not fully understand the role trust plays beyond dating relationships, marriages, co-parents, etc. Trust is important to any healthy relationship (boss/employee, doctor/patient, attorney/client, teacher/student, friendships, business partners, etc.) When children trust teachers, they are able to let their guard down; their brains are more responsive to learning. When employees trust their boss, they are more productive, less likely to miss work, and are generally happier.

When trust is absent from a relationship, it can create friction, anxiety, or stress. Therefore, helping our children better understand the meaning of trust and how to develop it, is most important. Teach and model for your child that one way trust is built is through understanding. It begins by getting to know someone better through learning about their life experiences, personalities, and likes/dislikes. The more we get to know someone, the better we understand and support them. We begin to conceptualize how a person’s life experiences, and personality traits influence decisions. Our children will make better decisions for themselves and the greater good of others, as trust is established, and mutual respect is earned.

During challenging times, reinforce with children the important role trust plays. Children may be disappointed or have negative feelings regarding school changes. Help your child understand school leadership teams are like parents. They are making the best decisions possible with all available information, and the choices made may not always be favored. As a parent’s goal is for children to be safe and successful, we feel the same. Together, let’s help our children trust the decisions made, and open their minds for optimal learning.

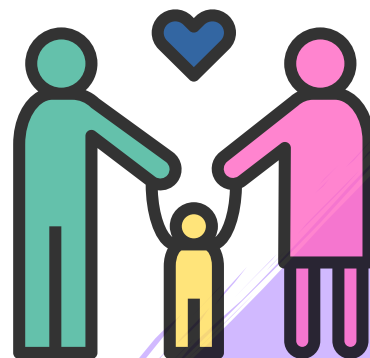
CREATE A FAMILY CHARTER AT HOME!

Our children are paying attention and learning from us daily; we strongly influence our children’s attitudes and values. During challenging moments, we may not make the best decisions or display the right attitude. The purpose of a family charter is to help you develop goals and make decisions aligned to these goals, interests, skills, and values important to you. It also helps us learn to say “no” to what doesn’t suit, serve or help us live out our value system.

The Charter is made up of 3 basic questions.

- How do we want to feel in our family?
- What can we do in order to have these feelings?
- How we handle conflict when it arises?

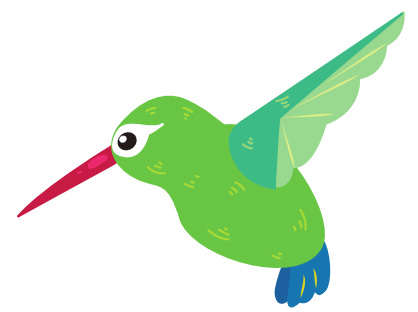
Throughout the year as you face tough choices, return to your family purpose and ask, “Are we contributing or taking away from our vision?” This will allow our children to practice the important skills and traits we want to pass on to them: empathy, kindness, responsibility, problem-solving, understanding and supporting others.





Everyone Can Make a Difference!

"I am doing what I can."



Michael Nicoll Yahgulanaas' wrote a beautiful picture book, The Little Hummingbird. The story illustrates how each of us can make a difference, no matter how small we are, and no matter how big the problem seems.

The book opens to a terrible fire burning in a forest. Little Hummingbird goes back and forth to the stream carrying water drop by drop. The other larger and stronger animals simply stand by and question how someone so small can make a difference with a disaster so large. However, Little Hummingbird does not stop; he simply replies, "I am doing what I can."

Please help your child understand that we are each like Little Hummingbird in the story. We are all facing a very big problem, which seems we can do little about. However, we can each do our part to help slow the spread of the virus. Lead your child in a discussion about the actions they can make daily to make a difference.

- Commit to wearing face covering
- Wash/sanitize hands regularly
- Practice social distancing
- Be mindful of our hands (limit touching walls, objects, others belongings, etc.)



IT'S A MATTER OF PERSPECTIVE



Perspective-taking is a vital skill for all of us, but it can be challenging to help children understand. When our children cannot see things differently or empathize with others, it can create social issues. It is a challenge for them to process how we can all be in the same situation and experience it differently.

T	Is it true?
H	Is it helpful?
I	Is it inspiring?
N	Is it necessary?
K	Is it kind?

For example, a child may perceive that a friend who doesn't want to play the same game, doesn't want to be friends anymore, when in fact they simply didn't want to play. Let's suppose a child feels upset about something. A friend comes along and playfully tags them. The upset student perceives the other child 'hit' them instead. We can't always assume that one's perspective is wrong. We can learn to listen to all sides and talk about it. Before saying or acting in ways that could affect friendships and relationships, we can use tools such as the acronym T.H.I.N.K., to help us make better decisions.

LEARN TO HAVE an ATTITUDE OF GRATITUDE

When we turn our obligations into fortunate events, we can start to appreciate what we have. WE GET to do schoolwork because we have teachers who care about us. WE GET to do chores because we have home to live in and loved ones who provide for us.

What do you GET to do today?



Visit www.madison-schools.com/page/40166 for additional information and activities