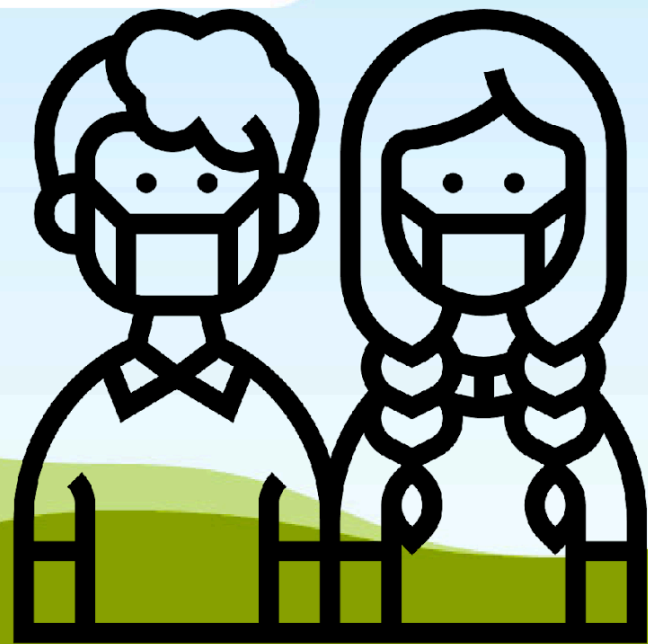


SOCIAL WORK MATTERS

Beiger Elementary



7 HABITS OF HEALTHY KIDS

by Kris Ermeti, Beiger Social Worker

NUMBERS YOU MAY NEED:

Principal

Courtney Koszyk
254-4705

Assistant Principal

Molly Bush
254-4706

School Nurse

Kathy Hurst
254-4702

Secretary

Kim Stokes
254-4700

This year, our school opened with virtual learning, then reopened on a hybrid schedule, which resulted in a bizarre combination of excitement, joy, anxiety, and grief over how drastically “back to school” had changed. We are back together, but only halfway, and some of our students opted for full-time virtual school. Even on the days that students enjoy being together, they are masked, separated by plexiglass, and restricted to air hugs and elbow bumps. Social and emotional learning rose to a whole new level of importance, but establishing a real connection has been challenging.

For us, we began teaching “The 7 Habits for Happy Kids”, adapted from Stephen R. Covey’s “The 7 Habits of Highly Effective People.” Lessons are taught to all grade levels and has helped in establishing a common language across all grades.

7 HABITS CONT'D.

It teaches 21st century leadership and life skills to students and creates a culture of student empowerment based on the idea that every child can be a leader.

Our goals for teaching these habits, is for students to understand the benefits of different gifts and talents; learn to listen to new ideas, work together to achieve results, and motivate one another to be the best.

Habit 1: Be Proactive (You're in Charge)

Habit 2: Begin With The End In Mind (Have a Plan)

Habit 3: Put First Things First (Work First, Then Play)

Habit 4: Think Win-Win (Everyone Can Win)

Habit 5: Seek First to Understand, Then to Be Understood (Listen Before You Talk)

Habit 6: Synergize (Together Is Better) Habit 7: Sharpen the Saw (Balance Feels Best)

REMINDERS

We have a limited supply of winter coats, if your child needs one, please see social worker.

Friday food packs are still available, please contact social worker to sign your child up to receive weekend meals.

" When researchers offered kids broccoli or a chocolate bar, four out of five kids picked the chocolate, but when an Elmo sticker was placed on the broccoli, fifty percent chose the broccoli.



VERSUS

