

# Oak Chan Elementary



Principal's Weekly Message  
January 29, 2021

Good Day OC Families!

## Highlights:

This past week, our OC students and staff had a great time celebrating kindness. I also had a super hero time 'virtually' dancing with our top Dragathon students. Kindness was definitely being spread around like confetti!

Our virtual International Night was a great success! I appreciate all the time and hard work Kathy Wright, Kim Jones, Vee deVries, and our participating families put in to make this event possible during these unprecedented times. Our OC community is AMAZING!

Registration for the 2021-2022 school year has begun. Please complete the necessary forms and return to Oak Chan no later than Friday February 5<sup>th</sup>. After the front office has processed your application, a confirmation e-mail will follow. **You will need to complete the registration process via Info Snap after that time.**

Thank you for supporting our pre-screening check-in! If you are not currently doing so, we encourage you to use the Frontline app. Here are the directions to download and use the app: <https://www.fcusd.org/screening>

**Distance Learning Updates** Please [CLICK HERE](#) to see the most recent update from the district

**Weekly SKORR Challenge:** The SKORR challenge for the week of February 1<sup>st</sup> is to practice **Being a Good Friend** Click [here](#) for activity.

**Social Emotional Learning (SEL) Parent Tip of the Week** (by Kathryn Stahl)

*Friendships take work, just like any other relationship, and it's important that we give our children the tools to find good friends and become good friends themselves. Here's how to start.*

**Start with self-esteem.** *The best friends are people who are already confident in themselves, not searching for others to fill an emotional void within. By working on your child's own self-worth and confidence you'll set them up to be a good friend to others.*

**Model good friendship behavior.** *Our kids observe everything we do, so if they see and hear you reaching out to friends to check in, surrounding yourself with positive, supportive people, and investing time and energy into your friendships, they're likely to do the same.*

**Focus on characteristics that make a good friend.** *Honesty, trustworthiness, empathy, and being a good listener are all important qualities in friendship, and they're probably things you already talk to your kid about. Keep up those lessons at home to ensure they're taking those qualities into their interactions with the rest of the world.*

**Talk to them about their own special qualities and how to recognize others' unique gifts.**

Of course, friends don't have to be exactly alike, but it is important to have some similarities while respecting each other's differences. Teach them to value others for their unique qualities.

**Teach them the golden rule.** It's basic, but a classic for good reason. Teaching your kids to treat others only as they'd want to be treated themselves covers a world of friendship questions and scenarios. In reverse, teach them to recognize when a friend isn't treating them as kindly as they treat that friend.

**Talk about friendship expectations.** One of the greatest lessons my mom taught me when I was a child was that I should appreciate my friends for what they could offer, without expecting more. Our friends don't have to be all things to us, and that's actually kind of great.

**Explore what a bad friend is and does.** Taking the converse position can be a good tool. Talk to your child about what a bad friend might do — not listen, not ever suggest a play date, ignore or make fun of others — and you're also teaching them not to do those things and not to tolerate such behavior.

**Teach conflict resolution.** Friends don't always agree or get along perfectly, which is why talking to your child about how to make up after an argument or disagreement is key. Accepting responsibility for our own mistakes, apologizing, and moving forward in a positive direction are key skills for friendships and relationships in general.

**Talk about popularity versus friendship quality.** Especially for older kids, having friends can be more about popularity than creating actual deep bonds. Explain the difference and why the latter is way more valuable.

**On the Horizon:**

**Registration for the 2021-2022 School Year has begun – Packets went home today. Please refer to our website for further details.**

**Science Fair Kick-off Week February 1<sup>st</sup> – 5<sup>th</sup>**

**Kindness Week February 8<sup>th</sup> – 12<sup>th</sup>**

Keep tracking your child's Reading and Math Fact practice minutes. The Principal's PRC and PMC are underway! [Challenges](#)

**Stay Connected!** Bookmark our [website](#) - which we update often, and follow us on our **Oak Chan PTO** [Facebook](#) page. Visit [MrsBahrysOffice](#) Take your 'mouse' and wherever the 'hand' lands on a picture, such as the Squirrel, click and you will find something fun.

**And stay strong by focusing on *Relationships, Routines, and Resilience.***

As always, please call or email us if there's anything you need.

*“A friend is one who overlooks the broken fence and admires the flowers in your garden.”*

Sincerely,  
Principal Bahry