

Oak Chan Elementary



Principal's Weekly Message
October 2, 2020

Good Day OC Families!

Highlights from this Past Week:

Watching how our students have embraced Distance Learning, and hearing them say, "We are going to make the best of it" are true testaments to the amazing support provided by the adults in their lives; teachers and families working together. We have asked everyone to 'step-up' more than usual and your answer to the call is highly apparent. YOU are valued and appreciated!

Weekly SKORR Challenge: This upcoming week's challenge is to practice [20 Things We Should Say More Often](#)" For the activity, follow this [LINK](#)

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

Social Emotional Learning (SEL) Tip of the Week Conversation Starters for Families

Conversation Starters for Families

Conversations encourage children to think about new ideas, develop questions and make decisions. It is so important to encourage children to think and make decisions for themselves. The later helps children become more independent and self-sufficient.

Here are a few SEL conversation starters:

Tell me about your responsibilities in and out of school.

Could you tell me about a time when you felt angry or disappointed and you dealt with the situation really well?

Tell me about a time you wanted something and had to wait a long time for it.

Tell me about a time you set a goal for yourself and stuck to it.

Describe a time you had difficulty learning something in one of your classes. How did you overcome the problem?

Think about a time when you did not handle a problem well. What do you wish you had done better?

When you tune into your children, it gives them the message that they matter, that they are important, that they are loved, that they are worth your time... and therefore connection increases children's self-esteem. If they are worth your time, then they have value!

Food for Thought:

From *Reach Out*, here are some ways from that you can model positive behaviors for your child:

- **Show respect and caring for others**, even people you don't like or disagree with. You should ask family members to do the same, and make an effort to be respectful and caring inside the family home, when with friends or out shopping – any place you interact with others.
- **Express anger or negative emotions in constructive ways**. For example, if you're angry, make an effort to say something like 'I feel really angry at the moment. Can we talk later when I've calmed myself down?'
- **Encourage self-reflection**. Reflect on your own behavior at home, and share those reflections with your child. If you react negatively to something, consider why that might be - you might be tired, or overworked and stressed - and express that. This can encourage your child to consider the reasons behind their own actions.
- **If you're having conflict with your child, use it as a learning opportunity**. Demonstrate how to resolve conflicts constructively. For example, if your child breaks the rules or does something that upsets you, try not to react in anger. Talk through what happened and involve them in coming up with ways to resolve the issue.

Let your child know that it is okay to have negative feelings, but that it is better to talk about them rather than acting on them.

On the Horizon:

October 9th – 16th: Virtual Dragon Rally

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.

"No relationship is all sunshine, but two can share an umbrella and weather the storm together."

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

Sincerely,

Principal Bahry