

December 2018

## WOODALL GNETS NEWSLETTER

The Woodall GNETS Program \* 1822 Shepherd Drive, Columbus, Georgia 31906 \* 706-748-3166 Office  
A community of lifelong learners, responsible citizens, and champions of success!

### Message from Mrs. L. Thornton - Director

Greetings,

As we draw near of the term, I wanted to thank you for your support during the 1st semester of the school year.

As we prepare for the holidays, it is our hope that the spirit of Christmas bring you peace, the gladness of Christmas give you hope and the warmth of Christmas grant you love.

THANK YOU for being such an important part of our team. BEST WISHES and prosperity to you and your family throughout the New Year.

Sincerely,

Mrs. LaChrista Thornton  
Director of Woodall GNETS Program



### Woodall GNETS Mission Statement

To create a climate of co-operation and socio-emotional competence through explicit modeling of behaviors and expectations for students and



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## *Seasons Greetings From the desk of Sommer Lewis*



We all look forward to holidays, but for children they can also be challenging. Unstructured time, **departure from routine**, and the demands of travel are unsettling for many kids. And difficulty meeting expectations for good behavior on special occasions can be upsetting for kids and frustrating for parents. Surviving the holiday hustle and bustle is often challenging.

It's easy for children to be smitten with the magic of the holidays. Fun presents. Extra sweets. A vacation from school—there's a lot to like. But with the freedom and excess of the season, sometimes kids can get a little carried away. For most families, there will be a point when the kids get overtired and cranky, or greedy about presents, or would rather play a video game than talk to Grandma. Here are some tips to keep kids happy and ready to enjoy whatever the season brings.

**1. Gifts, gifts, gifts:** Getting presents is a high point of the holidays for any kid, but they shouldn't be the only focus. As adults we know that giving presents can be just as rewarding as getting them, and we shouldn't wait to teach that lesson to our children.

Even when kids are too young to buy a present, they can still make one, or help you pick out something. Some of my best holiday memories are of helping my father look for the perfect gift for Mom, or combing the mall to look for presents with my siblings as we got older. Volunteering, participating in a local toy drive, or giving each of your kids a little money to give to a charity of their choice are all great ideas for getting children in a more generous mood.

Also, remember that the best gifts that you give your children probably won't be the material ones. Taking time for the whole family to get together to play a game, watch a movie, or decorate sugar cookies—these are the things that kids remember as they get older.

**2. Let them help out:** There's a lot of extra work to do around the holidays — putting up decorations, cooking big dinners, throwing parties. The Martha Stewart in all of us can take over, but it's important to take a step back and make sure our kids are included, too. Children can help set the table, decorate the house, and wrap presents. If they're too young to wrap, they can help by holding down the paper or getting the tape ready — there's always something kids can do. And at holiday time, the preparations are often as fun and as meaningful as the end product. Plus, this way kids won't feel left out — or be glued to the iPad for hours.



**3. Keep routines:** We love the holidays because they give us a break from the everyday, but that can also make them stressful, especially for kids who find routine comforting. Try to keep some things constant. Kids still need snack time, they still need special attention from you, and they still need a chance to unwind before bedtime.

**4. Remember they're kids:** Some holiday traditions depend on kids being on their best behavior: lengthy services, parties with lots of strangers, elaborate meals that may not appeal to picky eaters. Try to keep those to a minimum and customize festivities for your kids' frustration level. Don't schedule more than one demanding event in a day, and make sure to include physical activity and plenty of downtime. Your kids will be grateful — and so will you.

**Here is a list of activities in the area that can fill your time with family fun during this holiday season:**

**Movies to Build Strong Family Relationships** December 22 @ 2:30 pm - 4:30 pm EST This film series will feature movies that focus on building strong, healthy relationships. Each film will be followed by an open forum, led by a Right From The Start facilitator, with a focus on the movie's topic. December's film will be "My Favorite Wife" starring Irene Dunne and Cary Grant. The forum topic will be "Marriage Mindset". Columbus Public Library @ 3000 Macon Road, Columbus, GA 31906, USA Organizer Right from the Start Phone: 706-256-1019 Website: <https://rightfromthestart.org/>

**The Ludy's Christmas Light Spectacular** is over 200,000 Christmas lights dancing in sync to holiday music with 100% of the display handmade by the owner, Jerry Ludy. The family has been featured on ABC's "The Great Christmas Light Fight". From Snowman Snowball fights, Striker the Elf, Gus the Cannonball Frog, to this year's new Ski Lift... you don't want to miss this local holiday tradition. Visitors drive over 4+ hours to visit the Light Spectacular. No charge to visit but donations are accepted for the Georgia Make-A-Wish Foundation. Begins at 6pm on Thanksgiving night and runs through New Year's Eve. Sunday thru Thursday, 6pm to 10pm and Fridays & Saturdays, 6pm to 10:30pm. 5784 Ironstone Dr. Columbus, GA 31907



## Notes from the Desk of —

**Dr. Leon Rogers— Forensic / Licensed Clinical Social Worker**



### **The Use of Praise**



One of the purposes of a family is to aid in the building of self-esteem in children. Self-esteem is something that is learned. Parents take a major responsibility in seeing that children develop self-esteem. Children need to feel they are worth something: that they are loved, that they can be cherished, and that they can become capable, independent adults. Praise is one way of achieving self-esteem in children, but too often it can be misused. Imagine that you are constantly being praised for being a good boy or a good girl. One day, your parents are distracted and "forget" to praise you. Your response may be to think, "I am not being praised; therefore, I must be bad today." This is a common misconception by children. To prevent this misconception from occurring, praise what the child is doing rather than "judging" the child. In fact, encouragement rather than praise is even more effective. The reason? – Praise should be saved for very special occasions, while encouragement should be used often and consistently.

Encourage your child in the development of new activities. Encourage your child to speak his or her ideas. Encourage your child to choose, directing the early choices by the way they are presented. Rather than, "What would you like to drink?" use a variation of the following, "Would you rather have some juice or some milk for a snack?" Listen to your child's opinions. Give positive comments about their opinions when appropriate. Praise the very special things that your child does. Say something when you appreciate a task that has been performed well. Healthy Family Praise Rules: (1) children are allowed and encouraged to have and to express their feelings, thoughts, and perceptions. These may be different from their parents; (2) mistakes are expected and forgiven as part of the child's natural learning process; (3) children are valued as unique people who are encouraged to help formulate family rules; (4) parents are consistent, self-disciplined disciplinarians who say what to do and do what they say; (5) the family atmosphere is spontaneous, yet structured, creative, and fun; and (6) discipline is balanced with love, logic, consistency, and fairness – parent designs chores that help the child learn responsibility, pride, self-regulation, self-respect, and mutual respect for others.

**Notes from the Desk of –  
Mr. David Ebron – LCSW**

**HOW DOES PLAY THERAPY WORK?**

Children are referred for play therapy to resolve their problems (Carmichael; 2006; Schaefer, 1993). Often, children have used up their own problem solving tools, and they misbehave, may act out at home, with friends, and at school (Landreth, 2002). Play therapy allows trained mental health practitioners who specialize in play therapy, to assess and understand children's play. Further, play therapy is utilized to help children cope with difficult emotions and find solutions to problems (Moustakas, 1997; Reddy, Files-Hall, & Schaefer, 2005). By confronting problems in the clinical Play Therapy setting, children find healthier solutions. Play therapy allows children to change the way they think about, feel toward, and resolve their concerns (Kaugers & Russ, 2001). Even the most troubling problems can be confronted in play therapy and lasting resolutions can be discovered, rehearsed, mastered and adapted into lifelong strategies (Russ, 2004).



# *Upcoming Events*

**Winter Break—No School**

**December 21st - January 8th**



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**\*\*\*\*\*Attention Parents\*\*\*\*\***



**Students will be allowed to purchase snack items from the cafeteria and the items will range in price from .50¢ to \$1.00.**

**\*Please note in order to purchase it will be based on the behavior of the student.**



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