

September 2019

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 Parents/Guardians:

We have come to the beginning of a new school year and a new month!

As we continue to serve our children and start a new chapter in their lives, I want to encourage you all to become even more involve in their learning process and be the voice of kindness and positivity. They say children live what they learn.

Homelife can sometimes get busy but continue to let the child know that you are interested in what they are learning by asking questions such as “how was your day.”

We value you and your partnership in your child’s education in order for them to reach their full potential and become worthwhile citizens in the society.

Several activities are planned throughout the school term so continue to monitor whatever it is that they take home for your attention.

Thank you for all that you do and continue to do and if you have any questions or concerns in regards to the Woodall GNETS Program please do not hesitate to contact me.

Woodall GNETS PBIS Mission Statement

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



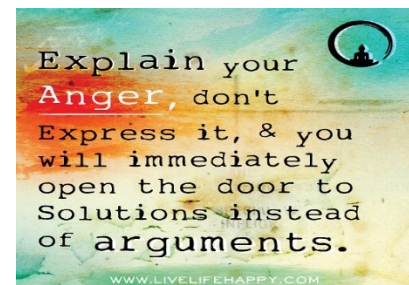
A community of lifelong learners, responsible citizens, and champions of success!



Notes from the Desk of -

David E. Ebron

Licensed Clinical Social Worker



Anger management: 5 tips to tame your temper

Keeping your temper in check can be challenging. Use simple anger management tips — from taking a timeout to using "I" statements — to stay in control.

Most of us react to our children's angry outburst by attempting to eliminate their anger and by attempting to control our own anger. Uncontrolled anger can take a toll on both your health and your relationships. Here are some suggestions (provided by the Mayo Clinic) that may help us to control our anger.

1. Stick with 'I' statements

To avoid criticizing or placing blame — which might only increase tension — use "I" statements to describe the problem. Be respectful and specific. For example, say, "I'm upset that you left the table without offering to help with the dishes" instead of "You never do any housework."

2. Don't hold a grudge

Forgiveness is a powerful tool. If you allow anger and other negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. But if you can forgive someone who angered you, you might both learn from the situation and strengthen your relationship.

3. Use humor to release tension

Lightening up can help diffuse tension. Use humor to help you face what's making you angry and, possibly, any unrealistic expectations you have for how things should go. Avoid sarcasm, though — it can hurt feelings and make things worse.

4. Practice relaxation skills

When your temper flares, put relaxation skills to work. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase, such as "Take it easy." You might also listen to music, write in a journal or do a few yoga poses — whatever it takes to encourage relaxation.

5. Know when to seek help

Learning to control anger is a challenge for everyone at times. Seek help for anger issues if your anger seems out of control, causes you to do things you regret or hurts those around you.

Sood A. Relationships. In: *The Mayo Clinic Handbook for Happiness: A 4-Step Plan for Resilient Living*. Cambridge, Mass.: Da Capo Press/Lifelong Books; 2015.

Pish S, et al. Anger management program participants gain behavioral changes in interpersonal relationships. *Journal of Extension*. 2016;55:e1. <https://joe.org/joe/2016october/a3.php>. Accessed Jan. 18, 2017.

Mehta M, et al., eds. Anger management. In: *A Practical Approach to Cognitive Behaviour Therapy for Adolescents*. New Dehli, India: Springer India; 2015.

Controlling anger before it controls you. American Psychological Association. <http://www.apa.org/topics/anger/control.aspx>. Accessed Jan. 18, 2017.

Fabian P, et al. Does exercise reduce aggressive feelings? An experiment examining the influence of movement type and social task conditions on testiness and anger reduction. *Perceptual and Motor Skills*. 2016;122:971.

McCullough M, et al. Conciliatory gestures promote forgiveness and reduce anger in humans. *Proceedings of the National Academy of Sciences of the United States of America*. 2014;111:11211.



Respect- Showing regard for the worth of someone or something

Greetings,

The students at Woodall have been very successful in working on their social skills using the Skillstreaming program. This program is teaching our children and adolescents social skills necessary to lead effective and satisfying personal and interpersonal lives. It focuses on the assumption that certain social and behavioral skills are missing in the person's repertoire and therefore these need to be taught in a systematic, patient, and encouraging manner. The program is based on social learning theory. Parents, I encourage you to question your child about the daily social skills lessons and activities. Levels will change on September 17, 2019. Parents, please take time to check over your child point sheets. This is our bridge to connect the gap between home and school. Each student receives a copy of their point sheet daily to be sent home. In the event, you don't receive a copy from your child please feel free to contact Mrs. Beal. Currently, all of our students are on level 2.

"Respect for ourselves guides our morals, respect for others guides our manners."- Lawrence Sterne

Sincerely,

Chauntell Beal, Behavioral Specialist

*From the Desk of
Dr. Vytoris Sanford, Instructional
Specialist*



How Do We Make Homework Worth It?

EPISODE 74



The Importance of Homework

Research has consistently shown that parental involvement in a child's learning is a key factor in that child's achievement in school. With the reality of the test driven world of education, many parents expect what they were given in school for homework, familiar daily or weekly assignments. I do agree with the rationale behind these daily assignments:

- Homework reinforces skills, concepts and information learned in class.
- Homework prepares students for upcoming class topics.
- Homework teaches students to work independently and develop self-discipline.
- Homework encourages students to take initiative and responsibility for completing a task.
- Homework allows parents to have an active role in their child's education and helps them to evaluate their child's progress.
- Homework activities relate what is learned in school to children's lives outside of school and helps to connect school learning to the real world.

Woodall will implement homework from these subjects on these days:

- Monday- Math
- Tuesday- ELA/Reading/Writing
- Wednesday- Science
- Thursday- Social Studies

Thanks for your support!





From the Desk of **Sharonda D. Porter— Counselor**

Why Are the Children NOT Outside Playing?

Technology is the big headline. Children are bombarded with new entertainment mediums, from more established tech like TV and film to cutting edge games, social media and mobile phones. There are more diversions than ever to occupy the minds and time of children.

Did you know!

On average, children are now playing outside for just over 4 hours a week, compared to 8.2 hours a week when adults were children.

Playing outside is one of the greatest joys of childhood. It serves a larger purpose than just being a way to have a good time. Spending time outdoors is a crucial part of healthy growth and development, according to the National Center for Physical Development and Outdoor Play.

Through play, children learn valuable set of skills: social skills, creativity, hand-eye coordination, problem solving and imagination. It is argued that these skills are better learned through play than through flashcards or academic drills.

Here are 5 reasons why outside play is important:

Builds physically healthier children.

Contributes to cognitive and social/emotional development.

Improves sensory skills.

Increases attention spans.

Happiness and better immunity.

Childhood should be about getting outdoors and going on adventures, using your imagination to customize the world you see and feeding that appetite for fresh air and fun.

Let's fill our neighborhoods with children's laughter and play.

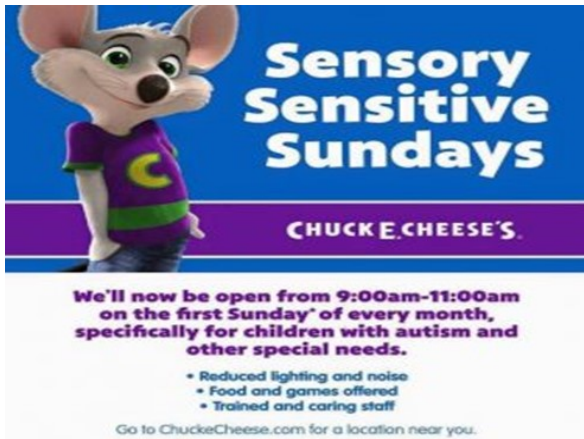


Community Events

Rhapsody in Bloom: Jazz On The Block.. Sunday, September 1, 2019 from 3pm – 9 pm in The Historic Liberty District (downtown between Victory Drive and 10th Avenue, Veterans Parkway and 10th Street)

Collaborating with some spectacular local talent, jazz enthusiasts will be treated to renditions of classic jazz standards, contemporary jazz and The Blues. As music lovers enter the Historic Liberty District, they will be treated to soothing saxophone sounds as local news and TV personality Dee Armstrong, and radio and media personality Wane Hailes take the stage for our exciting lineup:•CSU Schwob Jazz Quintet•Saxophonist Warren Thornton •Jamysa “HumminBird” Lytes & the Channel Xero Band•The Tony Parkman Revue with Chris Kelley and Tacara Hemingway•The Legendary Peggy Jenkins

Tickets: \$35 per person for tickets, visit <https://www.eventbrite.com/e/rhapsody-in-bloom-jazz-on-the-block-tickets-66831886973>



LEGOS In The Library! September 5, 12, 19, 26 Time: 5:00 pm - 6:00 pm Columbus Public Library at Aflac Storytime Room

Get Your Game ON! September 5 and 26 @ 8:00 am - 5:00 pm. Enjoy a weekly dose of your favorite game cravings such as Mine-craft, video game consoles, coding activities, and much more! Games change weekly. AGE GROUP: ELEMENTARY (CHILDREN AGES 6-11) South Columbus Public Library 2034 S Lumpkin Rd



Would you like to learn how to identify the birds that live in your backyard? The sounds birds make, what they eat and where they live are just a few things you'll learn September 7 at Hilton Avenue Community Church. Everyone will also paint a birdhouse to take home. It will be a great way to start exploring your backyard and the birds that live there. **This event is FREE** but you must register (www.hiltonave.com/ark). Registration is limited to 20.

Ages 7-12

Home Depot Kids Workshop First Saturday of every Month 9:00 a.m. – 12:00 noon. TIME TO GET HANDS ON! The Home Depot offers FREE hands-on workshops; designed for children ages 5 – 12. All children get to keep their craft, receive a FREE certificate of achievement, a Workshop Apron, and a commemorative pin while supplies last. Children must be present at the store to participate in the workshop and receive the kit, apron and pin. Kids Workshop activities are scheduled on a first come/first served basis. Please do not arrive before 9:00 a.m. Pre-registration online is strongly encouraged.

Uno, Dos, Tres Craft at Mildred Terry Library September 7 @ 3:00 pm - 4:00 pm Uno, Dos, Tres Craft introduces Spanish to children in a hands-on form. Through crafts and stories, concepts as numbers, colors, animals and family are used to explore a new culture.



Little Naturalists at Oxbow Meadows

\$5.00

September 11 @ 1:30 pm - 2:30 pm

Fairy Fest at Oxbow Meadows

September 14 @ 11:00 am - 2:00 pm EDT

Columbus State University's Oxbow Meadows Environmental Learning Center Journey with us to the magical world of fairies, pirates, and elves. Live animals, crafts, games, costume contests, face painting, scavenger hunts, story time, and much more! \$5.00.



Upscale Resale
Fall 2019
Children's clothing consignment sale featuring boutique & home show brands!

Broad Street Church of Christ

Public Sale

Thursday, Sept. 19	7:30 pm - 9:00 pm
Friday, Sept. 20	9:00 am - 1:00 pm
	1:00 pm - 6:00 pm (see off sale)
Saturday, Sept. 21	8:30 am - 1:00 pm (see off sale)

Consignors shop early = receive 80% of sales.

To consign, contact:
upscalelgrange@gmail.com

Jessica Frazier	Lucy Wynne
404-290-1020	404-558-7287

Ready for the fall sale?

Join us September 19-21 at Broad Street Church of Christ for Upscale

Resale! E-mail upscalelgrange@gmail.com for updated consignor information and a number. We can't wait to see you there!



Harlem Wizards Basketball

September 28 6pm-9pm: Columbus State

Join CSU's Lumpkin Center as we enjoy the amazing basketball talent and comedy of the Harlem Wizards. It is two hours of family fun where parents, grandparents, and kids can all laugh together. When you're in the stands, you're more than a spectator; you are part of the show! Throughout the game, fans will experience a magical display of tricks, coordinated ball handling, fancy passing and aerodynamic athleticism combined with high-energy comedy and audience interaction. The experience can only be summed up in two words: Awe-Inspiring! Can be purchased in September at www.harlemwizards.com.

Tickets as low as \$10

September is National Attendance Month

ATTEND TODAY
ACHIEVE TOMORROW



ATTENDANCE WORKS
www.attendanceworks.org

Good attendance is essential to academic success. But far too many students are at risk academically because they are chronically absent. Chronic absence is described as missing 10 percent of the school year—or about 18 days—for any reason, excused or unexcused. That's the point at which absenteeism begins to affect student performance, research shows.

Nationally, nearly 8 million students miss almost a month of school in excused and unexcused absences every year. Starting as early as kindergarten or even preschool, chronic absence forecasts lower 3rd grade reading scores. By middle school, it's a warning sign that students will fail key classes and drop out of high school.

Attendance Tips for Parents:

- Let students know that good attendance is important: Attendance is a parent and student responsibility. Let your child know that you think attending school daily is important. Show them you are interested in their school activities and tell them that you want them to do well in school.
- Plan ahead the night before: such as identifying and pre-prepping breakfast, have kids choose clothes and shoes the night before, and pack their backpacks with completed homework. Parents can prepare for work the night before too
- Become involved in your child's school life and school activities
- Attend Parent Teacher Conferences
- Contact your child's school for help if it is needed to support your child or family.
- Make sure your child knows you do not approve of him/her being late or absent. Talk to your child about issues that may be making them late for school.

ATTEND TODAY, ACHIEVE TOMORROW

GOOD SCHOOL ATTENDANCE MEANS...



PRESCHOOLERS
Build skills and develop good habits for showing up on time



ELEMENTARY STUDENTS
Read well by the end of third grade



MIDDLE AND HIGH SCHOOLERS
Stay on track for graduation



COLLEGE STUDENTS
Earn their degrees



WORKERS
Succeed in their jobs

Too many absences—excused or unexcused—can keep students from succeeding in school and in life. How many are too many? 10% of the school year—that's 18 missed days or 2 days a month—can knock students off track.



Upcoming Events

- **September 9th Report Cards**
- **September 27th PBIS Celebration – Acknowledging and cheering students with A-B Honor Roll and Good Behavior**
- **October 3rd “Nacho Child” Celebration- Student with Perfect Attendance for the month September.**
- **October 25th PBIS Celebration – Cheering students with A-B Honor Roll and Good Behavior.**
- **October 31st Fall Festival – Accepting Candy Donations**

“Nacho Child” Celebration

October 3rd 12:30pm

Join your student in celebrating perfect attendance.

Students who achieve perfect attendance will be invited with a guest to be celebrated in a Nacho Bar Extravaganza.

Encourage your student's attendance during the month September!



“Education is not the filling of a pail, but the lighting of a fire”. -William Butler Yeats

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