

January 2020

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

Happy New Year!!!

On behalf of the staff of the Woodall Program I hope all of you had a restful winter and enjoyed time with family and friends.

We hope to have another incredible and productive year. I am so delighted that you are part of our amazing learning community. I welcome and value your positive energy and dedication to excellence in education and I look forward to working with you and your children.

Returning to school after a break can sometimes seem like a whirlwind, but it can set the tone for everything that follows. Here's to an exciting, stress-free, and memorable year for everyone.

If you have any questions or concerns in regards to the Woodall GNETS Program, please do not hesitate to contact me via phone or email – (706)748-3166 Office and E-Mail: Thornton.Lachrista.S@muscogee.k12.ga.us

"Our greatest weakness lies in giving up. The most certain way to succeed is always try just one more time"

Thomas A. Edison

Woodall GNETS Mission Statement

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



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Notes from the Desk of —

Dr. Vytoris Sanford—Instructional Specialist

Encouraging Your Child to Read By: *Beverley B. Swanson*

What are some ways to encourage school-age readers?

Once your child begins nursery school, preschool or elementary school, you should work with your child teacher to improve her reading skills. Many teachers are now sending home practical ideas for parents to use with their school-age children to help them develop skills and to encourage good reading habits. Ask your child's teacher for these practice activities. By reinforcing the skills your child's teacher emphasizes, you will be supplementing what the child has learned about reading throughout the school day.

Additional ways to encourage your school-age child to read are listed below.

◆ ***Continue being a good role model***

Let your child see you read.

◆ ***Keep a variety of reading materials in the house***

Make sure to have reading materials for enjoyment as well as for reference.

◆ ***Encourage your child to practice reading aloud***

Frequently listen to your child read out loud and praise the child often as he/she does so. Offer to read every other page or even every other chapter to your child. Have conversations and discussions about the book with your child.

◆ ***Encourage activities that require reading***

Cooking (reading a recipe), constructing a kite (reading directions), or identifying a bird's nest or a shell at the beach (reading a reference book) are some examples.

◆ ***Establish a reading time, even if it's only 10 minutes each day***

Make sure there is a good reading light in your child's room and stock bookshelves with books and magazines that are easy to both read and reach.

◆ ***Restrict television time***

The less time your child spends watching television, the more time the child will have for reading-related activities.

◆ ***Visit the library once a week***

Have your child apply for their own library card so they can check out books on their own for schoolwork and for pleasure reading. Ask your child to bring home a library book to read to a younger sibling and encourage the child to check out books on tape that they can listen to on long car trips.



Notes from the Desk of —

Mrs. Chauntell Beal—Behavioral Specialist

January Character Word of the Month

Diligence - Working hard in a steady and continuing manner; industrious; sticking with a project or plan



The students at Woodall Program will continue to work on our social skills using the Skillstreaming Program. The new levels will go in effect on January 8, 2020 Parents please continue to take time to check over your child's point sheets. This is our bridge to connect the gap between home and school. Each student will receive a copy of their point sheet daily. In the event you don't receive a copy from your child, please feel free to contact Mrs. Beal. Have a GREAT Year!

How to encourage good behavior in your child

A positive and constructive approach is often the best way to guide your child's behavior. This means giving your child attention when the child behaves well, rather than just applying consequences when they do something you don't like.

Here are some practical tips for putting this positive approach into action.

Tips for good behavior

1. Be a role model

Use your own behavior to guide your child. Your child watches you to get clues on how to behave – and what you do is often much more important than what you say. For example, if you want your child to say 'please', say it yourself. If you don't want your child to raise their voice, speak quietly and gently yourself.

2. Show your child how you feel

Telling your child honestly how his/her behavior affects you helps them see their own feelings in yours. And if you start sentences with 'I', it gives your child the chance to see things from your perspective. For example, 'I'm getting upset because there is so much noise that I can't talk on the phone'.

3. Catch your child being 'good'

When your child is behaving in a way you like, give the child some positive feedback. For example, 'Wow, you're playing so nicely. I really like the way you're keeping all the blocks on the table'. This works better than waiting for the blocks to come crashing to the floor before you take notice and say, 'Hey, stop that'.

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This positive feedback is sometimes called descriptive praise because it tells children specifically what they're doing well. Try to make six positive comments for every negative comment. And remember that if children have a choice between no attention or negative attention, they'll often seek out negative attention.

4. Get down to your child's level

When you get close to your child, you can tune in to what the child might be feeling or thinking. Being close also helps the child focus on what you're saying about their behavior. If you're close to your child and have their attention, you don't need to make them look at you.

5. Listen actively

To listen actively, you can nod as your child talks, and repeat back what you think your child is feeling. For example, 'It sounds like you feel really sad that your blocks fell down'. When you do this, it can help young children cope with tension and big emotions like frustration, which sometimes lead to unwanted behavior. It also makes them feel respected and comforted. It can even diffuse potential temper tantrums.

6. Keep promises

When you follow through on your promises, good or bad, your child learns to trust and respect you. The child learns that you won't let them down when you've promised something nice, and they also learn not to try to change your mind when you've explained a consequence. So when you promise to go for a walk after your child picks up their toys, make sure you have your walking shoes handy. When you say you'll leave the library if your child doesn't stop running around, be prepared to leave straight away.

7. Create an environment for good behavior

The environment around your child can influence their behavior, so you can shape the environment to help your child behave well. This can be as simple as making sure your child's space has plenty of safe, stimulating things for them to play with. Make sure that your child can't reach things that could break or that might hurt them. Your glasses look like so much fun to play with – it's hard for children to remember not to touch. Reduce the chance of problems by keeping breakables and valuables out of sight.

8. Choose your battles

Before you get involved in anything your child is doing – especially to say 'no' or 'stop' – ask yourself if it really matters. By keeping instructions, requests and negative feedback to a minimum, you create less opportunity for conflict and bad feelings. Rules are important, but use them only when it's really important.

9. Be firm about whining

If you give in when your child is whining for something, you can accidentally train your child to whine more. ‘No’ means ‘no’, not maybe, so don’t say it unless you mean it.

10. Keep things simple and positive

If you give clear instructions in simple terms, your child will know what’s expected of them – for example, ‘Please hold my hand when we cross the road’. And positive rules are usually better than negative ones, because they guide your child’s behavior in a positive way. For example, ‘Please shut the gate’ is better than ‘Don’t leave the gate open’.

11. Give children responsibility – and consequences

As your child gets older, give more responsibility for their own behavior. You can also give your child the chance to experience the natural consequences of that behavior. You don’t have to be the bad guy all the time. For example, if it’s your child’s responsibility to pack for a sleepover and forgets their favorite pillow, they will have to manage without it for the night.

At other times you might need to provide consequences for unacceptable or dangerous behavior. For these times, it’s best to ensure that you’ve explained the consequences and that your child has agreed to them in advance.

12. Say it once and move on

If you tell your child what to do – or what not to do – too often, they might end up just tuning out. If you want to give your child one last chance to cooperate, remind the child of the consequences for not cooperating. Then start counting to three.

13. Make your child feel important

Give your child some simple chores or things that they can do to help the family. This will make the child feel important. If you can give your child lots of practice doing a chore, they will get better at it, feel good about doing it, and want to keep doing it. And if you give your child some praise for their behavior and effort, it’ll help to build their self-esteem.

14. Prepare for challenging situations

There are times when looking after your child and doing things you need to do will be tricky. If you think about these challenging situations in advance, you can plan around your child’s needs. Give your child a five-minute warning before you need the child to change activities. Talk to the child about why you need their cooperation. Then the child will be prepared for what you expect.

15. Maintain a sense of humor

It often helps to keep daily life with children light. You can do this by using songs, humor and fun. For example, you can pretend to be the menacing tickle monster who needs the toys picked up off the floor. Humor that has you both laughing is great, but humor at your child’s expense won’t help. Young children are easily hurt by parental ‘teasing’.

Notes from the Desk of –

Sommer Lewis, Woodall Social Service Tech

Here are six easy steps for parents to help keep their kids healthy and less apt to spread colds or flu due to their close contact with kids in school or daycare

How to keep your kids healthy during flu season.

- * **Have kids wash their hands frequently at home and school:** Since kids often touch their mouths and faces, parents should make sure their kids' hands are washed with soap and water to remove germs before eating, after using the bathroom and when they come inside from playing. Hand sanitizer can be used for times it's not possible to wash.
- * **Indoor or outdoor, get active:** Kids should get regular, moderate exercise to boost their immune systems. Studies have shown that being active can help reduce cold and flu episodes.
- * **Get plenty of sleep:** Children need between 9 and 14 hours of sleep a day depending on their age. Sleep deprivation can weaken the immune system and increase the risk of getting sick.
- * **Eat a well-balanced diet:** Provide meals with plenty of colorful fruits and vegetables to help boost children's immune systems. Look for foods rich in vitamin C and Vitamin D and avoid foods high in additives, preservatives and sugars.
- * **Decrease stress:** Elevated stress hormones can lead to decreased immunity. Give kids plenty of down time for rest and creative playing to help lower their stress levels and keep them from getting sick.
- * **Avoid germy sharing:** Sharing is good for kids, but many commonly shared items can be breeding grounds for germs. Teach children to never share straws and cups, caps and scarves or anything that comes in contact with their mouths and faces.



When kids do get sick, it's important for parents to keep them home and take steps to prevent germs from spreading to others. If a doctor's visit is necessary, Urgent Care makes it easy to see a physician without an appointment. If you're unsure whether an illness requires a doctor's visit, it's best to err on the side of caution.

Suicide can be prevented

Mr. David E. Ebron – LCSW

Thoughts of suicide are dangerous. All persons with thoughts of suicide should be taken seriously. Distinctions that lead to regarding one person's thoughts of suicide as more serious than another's are almost as dangerous as suicide. This does not mean that all persons at risk need the same help. Safety plans should be tailored to minimize the risk factors that apply to the particular person at risk. This safety planning however, should be done with care regardless of how many of how few risk factors apply.



We are optimistic about the prevention of suicide. While thinking about suicide may be difficult if not impossible to prevent, preventing thoughts of suicide from moving on to become suicidal actions is achievable. We assert that almost all persons at risk actively invite help and retain within them the desire to live, even if they are no longer in touch with that life force. In other words, persons at risk are ambivalent about suicide. We also assert that the capacity to actively hold suicide as an immediate option is almost always temporary. A caregiver often only needs to help prevent the immediate risk of suicide in order to stop it for some period of time, maybe for a lifetime. To have thought about suicide and turned away from it, can make it clear that one has a choice-even the choice to live life fully.

Source: Safe Talk Resource Book

NOTICES

JANUARY 31–PBIS Celebration: Positive Behavioral Interventions and Support Celebration will be held at 12PM. We will celebrate our students with Behavioral and Academic Success.

FEBRUARY 7: Report Cards

FEBRUARY 7: Safe Student Celebration – We will acknowledge our students that have achieved level 1 for the month. Celebration starts at 12pm.

FEBRUARY 10-14: Kindness Week – Students will gain skills that build kindness throughout the week. We will celebrate Kindness Week with a host of activities on the Friday the 14th starting at 12pm. Come join the fun and be kind!