Ashurst Allstars Guidance Newsletter

Word of the Month

Self-discipline

Practice and control of oneself and one's behavior, usually for personal improvement.

Parents…many of the students are hitting growth spurts. There are times when our lunch may not be enough for them.

Teach your child how to pack a healthy lunch. Please take time to go over the school menu with your child.

Also, remember the basic food groups when preparing a brown-bag lunch.

Bullying Tips

*Praise and encourage your child.
*Help your child develop new friendships.
*Encourage your child to share their day with you.
*Maintain contact with your child's school.
*Encourage your child to participate in sports or physical activities to improve their self-esteem.

www.StopBullyingNow.hrsa.gov

What makes your child special? Ask them.

**Take the time to listen and talk with your kids each day. **

Did You Know?

According to recent research, we know that children whose fathers are highly involved with them in a positive way do better in school, demonstrate better psychological well-being and lower levels of delinquency, and ultimately attain higher levels of education and economic self-sufficiency.

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Guidance classes for the month of October will be discussing topics such as diversity, tolerance, and bullying. Students will discuss similarities and differences among themselves, their families, and communities. The students will learn tolerance and acceptance for others' differences. We'll also be discussing "choices" and how they affect who we are.

Red Ribbon Week

October 22-24, 2008