

**TEACH, MODEL, AND
PRACTICE THE
LIFESKILLS**

- | | |
|-----------------|----------------|
| Caring | Cooperation |
| Pride | Responsibility |
| Respect | Friendship |
| Organization | Perseverance |
| Problem-Solving | Sense of Humor |
| Flexibility | Common Sense |
| Effort | Patience |
| Curiosity | Courage |
| Good Manners | Integrity |



**EVERYONE IS EXPECTED TO FOLLOW
THE PROCEDURES IN OUR SCHOOL.
SEE YOUR JM HANDBOOK .**

HOW CAN WE HELP YOU?



We are here to help you with your child. We know that parenting is not easy at times and having support is important. You can call us or your child's teacher and we will meet with you to help improve the situation.

We are fortunate to have additional support available to families in our school this year. We house social workers, employed by Southlake Mental Health. Payment and/or insurance coverage will be discussed with you by that agency. The social workers will be available to meet with your child during the school day in individual counseling sessions. If interested in knowing more about this service, please call:
Nancy Starewicz, Ext. 309.

Coming:
The Anxiety Cure for Kids on Nov. 6
Cooperative Parenting and Divorce starts Nov. 8
(call Nancy Starewicz, Ext. 309)



JOAN MARTIN
ELEMENTARY SCHOOL

**"Reaching Above and
Beyond"**

Phone: 219.947.7869
Fax: 219.942.0411
Website: www.hobart.k12.in.us/jm/index.html

Published three times a year.

JOAN MARTIN
ELEMENTARY SCHOOL

October, 2007

Flora Keslin, Principal
Mindy Nicholas, Amy Turley, Assistant Principals
Nancy Starewicz, Home-School Coordinator

**GIRL BULLIES
BEWARE!**



No Put-downs

Truth

Trust

Personal Best

Active Listening

**"REACHING ABOVE AND
BEYOND"**

QUEEN BEES & WANNABES

“Helping your daughter survive cliques, gossip, and other realities of adolescence.”

(Excerpts from the book by Rosalind Wiseman)

Every girl has been hurt by her girlfriends. Your daughter’s friendships with other girls are a double-edge sword—they’re key to surviving adolescence, yet they can be the biggest threat to her survival as well. These are the friendships where a girl truly feels unconditionally accepted and understood—and they can last into adulthood and support her search for adult relationships.

Your daughter is too close to these relationships to realize the good and bad influences of her friends. She needs her parents’ guidance.

This author asked many girls, even those who struggle the most with their parents, and they told her that they want their parents to be proud of them. They want you in their lives.

The book gives advice for parents on how to guide your daughter along the sometimes treacherous pathways of growing up today. The author gives both hope and strategies to help our girls build a more healthy, nurturing world for themselves.

This book will help you understand how your daughter’s relationships with friends and cliques sets the stage for other relationships as she grows. The book helps parents be equipped with the tools needed to build the right foundation to help their daughters make smarter choices and empower them during this baffling, tumultuous time of life.

For more information on her work, visit www.empowerprogram.org

M.O.P.

In all grades, we teach, model, and practice these questions so that students can “mop up” inappropriate behavior:

Me—Did or could this hurt me or get me in trouble?

Others — Did or could this hurt others or get others in trouble?

Property — Did or could this hurt somebody’s property?

TRY USING THESE QUESTIONS WITH YOUR CHILD AT HOME IN DIFFICULT SITUATIONS.



Following The 4 A’s

To help our children in grades 3-4-5 make better choices and learn from their mistakes we teach, model, practice:

ADMIT—Write or tell what you did wrong.

APOLOGIZE — Write or tell how you are going to say that you are sorry.

ACCEPT — Repeat that you will accept the consequences and responsibility of your actions.

AMENDS—Tell how you will fix the problem or behavior.

These work great at home too !

Teasing, Gossiping, and Reputations

Chapter entitled : Nasty Girls

(Excerpts from *Queen Bees & Wannabes* by Rosalind Wiseman)

What You Must Know

- 99.99% of girls gossip, including your daughter
- The longer and more adamantly you deny this fact, the worse of a gossip she’ll be.
- The worse gossipier you are, the worse your daughter will be.
- Girls will almost always blame their behavior on something or someone else.
- Areas that girls include in a negative list about their friendships with girls: talk behind your back, gossip about you, be jealous, be judgmental, and betray you.

Teasing

- There is good teasing where everyone involved feels respected.
- Unintentional bad teasing is where the teaser doesn’t intend to hurt the other person’s feelings.
- Intentional bad teasing is where the teasing is used to put the person down.

What You Will Do

- Have a productive conversation with your daughter.
- Help her come up with a realistic strategy to confront the problem .
- Have your daughter write down what she wants to say to the other girl and practice it.
- If this doesn’t work, tell the teacher or the principal.
- If your daughter has been the teaser, the gossipier, have her apologize to the girl and ask her how the apology went. An apology is genuine and affirms the dignity of the person who was wronged.

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