

GILBERT J MIRCOVICH elementary

JANUARY 2019

HEATHER COHEA, PRINCIPAL

MARIA THOMPSON, ASST PRINCIPAL

JANUARY NEWS!

We hope 2019 is a great year for all our GJM families! We are here to support you and your child, so please let us know if we can help make 2019 great!

Looking to support your child academically at home? Practice addition, subtraction, or multiplication facts. Read with them or have them read 20 minutes per night. If they are struggling with homework, please reach out to the teacher.

Weather dismissal reminder: We dismiss only from the front if it is actively raining at dismissal (3:20 p.m.). Sometimes the weather changes quickly, so if the back gate is closed, you will find everyone in the front.

Semester Awards will be February 1. Invitations will be sent home to families of students who qualify for an award. Spirit sticks for the 3rd 6-weeks will be given to students during class that day.

NURSE HANDLEY'S NOTES

Flu Season is Here!

The CDC recommends everyone 6 months and older receive a yearly flu vaccine as the first step in protecting against the flu. Call your doctor or pharmacist for an appointment today. Please call Nurse Handley at 776-1683 x2252 if your child is diagnosed with the flu or has any illness with a fever during this flu season.

COUNSELOR JIMENEZ' CORNER



Does your child feel heard?

If you asked your child, don't be surprised if they say "no." As adults we are always so busy that it is easy to overlook what may seem like trivial details of our child's everyday life. However, just as the simple quote states not giving enough listening time to your child can cost you the opportunity to develop an open trusting relationship with your child.

Here are some simple tips for listening so your child will feel heard.

- Ask for their opinion
- Ask for more details
- If they are sharing about a problem, don't try to solve it for them.
- Look at them when they're talking to you
- Give them one-on-one time
- Model the type of listener you'd like them to be
- Thank them for sharing with you

Resource: Dr. K. Marston, M.Ed.

Listen earnestly to anything your children want to tell you, no matter what. If you don't listen eagerly to the little stuff when they are little, they won't tell you the big stuff when they are big, because to them all of it has always been big stuff.

~Catherine M. Wallace~