

# The Winn Word

February 21, 2020

## Kid Connection: Solving Problems with Second Step

### **What Is My Child Learning?**

Your child is learning to use steps to help solve problems. Saying the problem without blame is the first Problem-Solving Step.

### **Why Is It Important?**

With Problem-Solving Steps to follow, children are more likely to come up with prosocial solutions to problems.

#### **Ask your child:**

What is the first Problem-Solving Step?

#### **Read Together**

Everyone has problems—at home, school, or work—that need solving. Using the Problem-Solving Steps helps you come up with a lot of safe and respectful solutions to choose from. But wait! Before you can come up with solutions, you've got to say the problem respectfully. That means saying the problem without blame. Saying the problem in a way that blames the other person can cause hurt and angry feelings, and no one wants to feel hurt or angry. When people are hurt or angry, it's even harder to solve the problem

#### **Blaming Words**

- Always,
- Never,
- You made me,
- Because of you,
- It's Your Fault

#### **Practice Together: Don't Play the Blame Game!**

Saying the problem without blame is not easy. When you're both blaming each other, it's even harder to solve the problem. The first step is to be able to recognize blaming words. Then you can try to say the problem without blame. Do this activity together to practice saying the problem without blame.

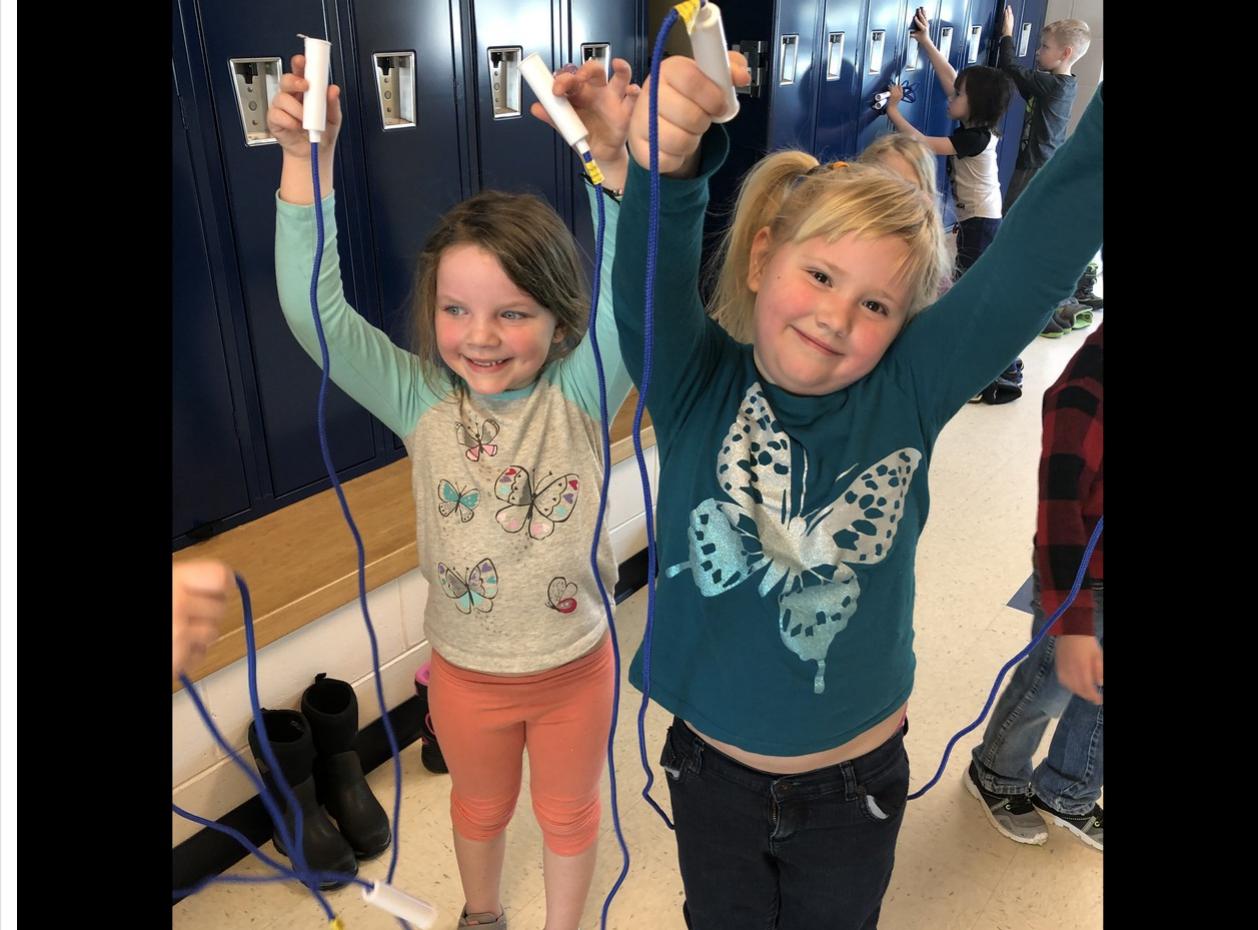
1. Read the scenario.
2. Read the blaming statements.
3. Underline the blaming language.
4. Write a new problem statement that does not use blaming words

| Scenario   | Blaming Statements  |  | Say It Without Blame |
|--|---|--|----------------------|
| A mother and son are arguing over what TV program to watch next.                 | Mother: "You always get to watch what you want! It's my turn for once." | Son: "You never let me watch what I want on TV. Your TV shows are boring." |                      |
| Two sisters, Mariah and Matilda, are arguing over the rules to a board game.     | Mariah: "You made me lose because you always cheat and make up rules!"  | Matilda: "It's your fault because you never let me have a fair chance."    |                      |
| Scott and Desirée are cousins visiting their grandma. They've broken her teapot. | Scott: "You were chasing me, so I ran into the table because of you."   | Desirée: "It's your fault because you called me a name and made me mad!"   |                      |

## Our Hearts are Jumping with Joy!

We wanted to say thank you to our WPC for donating a new jump rope to every student in the school! This weeks, "Wellness Wednesday" was dedicated to keeping our hearts strong. Mr. W had fun with the kids using their new jump ropes.

Do you want a good workout? See if you can have some jump roping contests as a family. How long can you jump? Did you know that the recommendation of the American Heart Association is that we work out at moderate intensity for 30 minutes five times a week? Join us as we encourage our Winn kids to move more!



The "Why" Behind "Wellness Wednesdays"

Recently, I chatted with some students about why we are doing "Wellness Wednesdays". One of my passions is to educate kids about the health of their body and mind. Ten years ago, my life changed. We almost lost my husband to a heart attack. I promised myself that I would talk to people about reducing stress in their lives as well as encouraging a heart healthy life. I became a certified yoga teacher and immediately started incorporating ideas of "mindfulness" into my classroom. At home, we started "eating the rainbow" by adding as many colors as we could to our dinners (Ex: adding fruits and veggies that are different colors).

As I thought about incorporating this idea into my role here at Winn, I found that WPC already shared a passion for fitness. We have joined together to promote wellness for our kids and our families! What goals can you have as a family to move more and sit less? How about spending some time in nature? How about a "black out" night and turn off all the devices in your house? The more you do this together, the more it becomes a normal part of what our kids do.

On March 20th, we will celebrate together at Morey Courts from 6:00-8:00. WPC has graciously rented out the facility for us so we can all have some fun and move more! #WinnFitt  
#WinnStrong

## What Do You Do For Fun? Food for Thought...

Would your kids respond in the same way as these kids? Raises an interesting



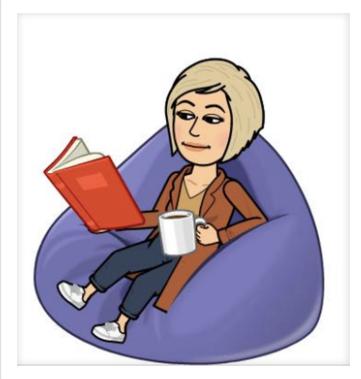
## Important Dates To Remember

### Wellness Wednesdays:

- 2/26 Healthy Snack provided by WPC
- 3/4 Red Bloom Yoga
- 3/10 Tuesday - Pound!
- 3/18 Zumba
- 3/20 Family Fun Night Morey Courts 6:00-8:00

Parent Teacher Conferences: March 5th (only by teacher or parent request)





## Mrs. Laurie Richards, Principal

Welcome to Winn Elementary! Winn Elementary, in partnership with parents and community, will educate all students to be productive, responsible, life long learners. We will educate and challenge all students to be S.T.A.R.S (Solvers of Problems, Thinkers, Achievers, Responsible Citizens, Self-Motivated Learners)

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