

The Bear Necessities

Week of October 19, 2020

Dear Friends,

Welcome back! I hope you all had a great harvest break and it is wonderful to see the students in the halls again. We are very thankful to be implementing our "Green" schedules and continue to monitor the ever changing guidelines from the state.

EES will have school pictures on Thursday, October 22. You should have received the order forms last week. Please let us know if you need another one.

If you missed the flu shot clinic ESD held, you can go to Aroostook Pediatrics on Saturday, October 24 starting at 9:00 am and ending at 1:00 pm. Any child up to 18 can receive a free flu shot at this time.

Please be sure to check out our [Virtual Open House](#). You can find the link here in this newsletter, on the school website, or on ESD Facebook page.

As always, please feel free to contact us with any questions or concerns.

~Erin



*Please remember to email (megan.cook@eastonschools.org) or call Megan when your child is absent from school. We have to keep track of illness symptoms. When you call or email please tell us: 1. the reason for the absence and 2. if it is for illness, what are your child's symptoms. Thank you!

*Regular pick-ups: you should have received a car placard (check your child's backpack). These placards are to help streamline end of day pick-up time. Please be sure these placards are hanging from your rearview mirror during pick-up and are visible for our staff.

*The mornings are quite chilly...please send your child to school with a jacket or sweatshirt. Thank you!

*If your child is participating in the activities the Recreation Department is putting on after school, you MUST send in a note letting us know that your child has permission to stay. Simply signing up with the Rec. Department is not enough.



We are experiencing a shortage of bus drivers and have to double up buses from time to time (still following safety guidelines). We will do our best to give you timely notice when we have to do this. Thank you for your understanding!

Parenting Help Desk - Conflict Resolution

CONFLICT RESOLUTION
teaching kids to solve their problems

WHAT IS IT?
"Peace is not the absence of conflict, but the ability to cope with it."
-Dorothy Thomas

WHY IS IT IMPORTANT?
Conflict is part of life. No matter what line of work your child eventually chooses, he will need to be able to work with others and deal with the inevitable conflicts that go along with that. Conflict is also a natural part of friendships. Your child will need the skills to deal with conflict in a safe and reasonable way.

WHAT IT LOOKS LIKE

- uses techniques to "cool off" before speaking
- listens when others are speaking
- is able to express themselves clearly and calmly

CONFLICT RESOLUTION
how you can help your child

COACH THEM THROUGH IT
Each conflict your child encounters with another child can be a learning experience. Each of these experiences, if handled well, will add up to a child who is able to resolve their own conflicts peacefully. Instead of "rescuing" or solving your child's problems, coach them through it. Support them when needed, but ultimately leave it up to them to find a reasonable solution to their problem.

I - MESSAGES
When frustrated, it's easy to place blame on others. Teach your child how to give an "I" message. The format looks like this: "I feel _____ when you _____, please _____." For example, your child could say, "I feel upset when you call me by my nickname, please stop." This format places emphasis on how the child is feeling, and not on who is to blame. "I" messages may feel awkward to your child at first, but eventually they will become second nature.

APOLOGIZING
There will be many times when your child will be on the offending side of a conflict. It's important that your child knows how to give a meaningful apology. There is a helpful format: "You felt _____ when I _____, next time I will _____." For example, your child could say, "You felt angry when I took your toy, next time I will ask before I borrow it."

PRACTICE, PRACTICE
Use any opportunity to discuss conflict resolution with your child. TV shows, movies, and books all open up the opportunity to talk about what each character could do to resolve their conflicts. If your child is struggling with conflict resolution, it may be helpful to "role play" how they could appropriately react to situations that they may face at school.

CONFLICT RESOLUTION
how you can help your child

BOOKS ABOUT CONFLICT:

- Enemy Pie, by Derek Munson
- The Butter Battle Book by Dr. Seuss
- A Bug and a Wish, by Karen Schauer
- The Rain Came Down, by David Shannon
- Matthew and Tilly by Rebecca C. Jones

QUESTIONS TO ASK YOUR CHILD DURING A CONFLICT


- Can you tell me what happened?
- What can you do to make this situation better?
- What is a fair way to solve this problem?



Contact Information

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