

# Townsvie School Guidance Program: December Newsletter

## Theme of the Month

The school-wide focus for the month of December is **Emotion Management (k-5)** and **Recognizing Bullying & Harassment (6-8)**. **Emotion Management** involves identifying emotions in oneself and others and applying strategies to manage difficult emotions. **Recognizing Bullying and Harassment** guides students to identify and stand up safely to bullying and respond appropriately to harassment.

The behavior of focus for all students will be **"Generosity"**. During the month of December, students will learn about **"the desire to give what you have to others**. Generous people are not selfish. They want to help those in need and are always willing to share."

## Guidance Program

Throughout December, guidance will continue supporting and enhancing student learning through academic, social-emotional, and career development. The ESS (Guidance) teacher supports whole school initiatives, such as the Second Step program, by providing resources, activities, co-planning, co-teaching, and offering small group/individual learning opportunities related to general guidance curriculum outcomes (such as emotional regulation and friendship groups). If you have any questions about the guidance program at TVS, please feel free to contact me at the school: 506-325-4435 or



Jessica Irvine

## Family Connection: Try This at Home

Ask about your child's interests, and then guide them toward a project they can do themselves. For example, animal lovers can collect blankets for an animal shelter. Children who love to read can collect gently used books to donate to a local charity.

Your child can let someone go ahead of them in line or do a sibling's chore. Help your child learn how their actions make a difference. Ask them, "How did it feel when you helped someone else today?"

Remind your child that helping other people won't always earn praise. Explain that sometimes people won't thank them for their help. Even if kindness isn't acknowledged, it's still meaningful. Tell your child that not being thanked is a way to be generous. It means you are helping someone for the pure reason of doing something kind.

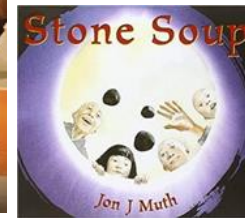
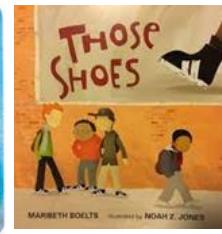
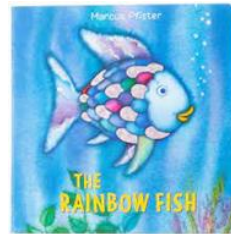
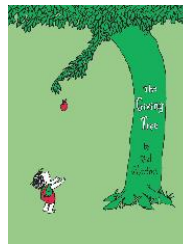
[Learning About How to Teach Your Child Generosity \(alberta.ca\)](http://alberta.ca)

Tell your children how you feel when you make charitable contributions or buy things for those in need. Take time at dinner or even while driving in the car to discuss what you do to help others and how it makes you feel.

- Do you feel proud, helpful, kind, or generous?
- Does it make you feel good that you can make a difference in other people's lives?

[Teach Generosity by Encouraging Giving: The Best Gift of All The Center for Parenting Education](#)

The read alouds below support the SEL behaviour of the month. You can access each read aloud on **YouTube** (click the photo to open the link).



# Check It Out!

Another way of teaching your children to become generous involves your sharing parts of yourself with them. You can tell stories about your life, especially those involving times when you were charitable or participated in fund raising events.

If you were ever the recipient of aid, you can talk about what it meant to you to receive a helping hand when you needed it. By sharing your history, you not only serve as a role model, but you also let your children know you more fully as a person.

"REAL GENEROSITY IS DOING  
SOMETHING NICE FOR SOMEONE  
WHO WILL NEVER FIND OUT."  
- FRANK A. CLARK

**Click on the links below for family activities to do at home**

[10 Ways to Foster Generosity in Your Students - WeAreTeachers](#)

[Teaching Generosity - Curiosity Untamed](#)

**Read Alouds for Middle School**

[Teaching Generosity - Curiosity Untamed](#)



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