

October 2007

# SES GUIDANCE

## Counselor in the Classroom

3<sup>rd</sup>/4<sup>th</sup>/5<sup>th</sup> Grade Edition



Dear Parent,

**I hope that you are planning to visit with your child's teacher during "Conference Days" in early November. Our teachers, I know are looking forward to the opportunity to communicate with you. We want to continue our partnership in assisting your child to grow academically and socially. Below are tips that can help you make this upcoming conference a productive one.**

### **Effective Parent/Teacher Conferences**

An effective parent-teacher conference is one of the best ways for you and the teacher to establish and reinforce a partnership, so you can work together for your child's success. Parental knowledge of your child and parental point of view are important. The teacher's professional viewpoint and advice are important to you. The conference is the time for this important exchange of information to take place.

#### Before the conference:

- Write down things which would be helpful for the teacher to know, such as: unusual stress at home, previous school experience that might be helpful, your child's perceptions about school.
- Write down questions you have such as homework assignments, grading system, discipline policies, social-emotional adjustment.

#### During the conference:

- Assure the teacher of your support: you are meeting as partners, sharing the responsibility for your child's education.
- If you do not understand something, immediately ask to have it explained.
- Ask what specific activities you can do at home. Sometimes an "action plan" needs to be worked out as a two-way communication. Make sure it is clear who will do what, when and how you will continue to communicate.
- Take notes so you can remember what is said.

#### After the conference:

- Share what happened at the conference with your child by:
  - Stressing positive points brought out by the teacher.
  - Giving encouragement for achievement.
  - Discussing the action plan on which you and the teacher agreed.
- Follow through with the "action plan" and keep in touch with the teacher.

SOURCE: PTA (Parents Empowering Parents Guide)



# REINTEGRATION; CHILDREN KNOW HOW TO RESPOND ....

During the past few weeks I have been teaching lessons on the concept and practice of successful reunions. All of our students participated with the exception of our 1-91Cav Kids. Our students seem to be fully aware of the varied and powerful feelings that accompany most reunions following an extended deployment. I provided our students with an opportunity to reflect and record the ways that they have changed since their parent left home 15 months ago. Children also considered and shared ways a deployed parent may be different now too. The most important message; set reasonable expectations. I stressed patience and generosity as key to successfully renewing their relations. I asked students to select their 5 favorite ways to help make this reunion a good time for all (see below).

\* Finally I would like to remind you to **congratulate** your resilient child for having “managed” through this long separation. It is a terrific accomplishment, one that should make all parents proud.

**How can Children strive for a successful homecoming with their parent?** Here are some of the tips I suggested to our SES children:



## WAYS TO HELP A REUNION

1. Be on your best behavior – Don’t test boundaries! ☹
2. Be sure to show appreciation to your parent who stayed with you during the deployment. ☺
3. Make a special gift.
4. Give both parents time alone.
5. Follow through on chores.
6. Continue to do your best in school.
7. Be willing to share your parent’s time with all family members.
8. Be patient – everyone needs time to adjust.



## THINGS TO DO TOGETHER

Go for a walk  
Shop  
Play games  
See a movie  
Cook something special  
Celebrate missed birthdays  
See a ball game  
Build something  
Discuss plans for “Block Leave”, the Christmas recess and/or the PCS  
Create a poster or scrapbook of the past 15 months  
Put on a short play of happenings while your parent was gone

☎ Please contact me if you have any questions regarding my in-class guidance lessons, home misbehavior or just child development concerns in general.

A handwritten signature in black ink that reads "Bill Fisk".

Bill Fisk

Telephone 09721-81895 or 354 6356

