



Campbell Early Childhood Center 📍 OCTOBER - 2021

Welcome to October!

Please join us online for a [Virtual Open House](#) after October 8th. Complete the "I Spy" game sent home with your child that weekend and return it to school for a FREE book!



COUNSELOR CONNECTION

When we talk about a child's actions we stay away from using the terms good and bad. Instead, we use the words safe or unsafe and helpful or hurtful. These words help children see the WHY behind their actions.

Language to use at home: Safe or Unsafe 📍 Helpful or Hurtful

Examples of how to use it:

- How do you stay safe at school?
- How do you stay safe in the parking lot?
- When you hit your brother,
was that helpful or hurtful?
- What are things that helping hands do?



Feeling Buddies are a part of the Conscious Discipline Curriculum we use in the Wonder Years program. It is designed to help students identify their own emotions and recognize emotions in others. These lessons teach students how to handle big feelings and to practice self-regulation skills. Students are currently creating their own set of Feeling Buddies (Happy, Sad, Angry, Scared, and Calm) that they can use at school and at home. Ask your student to tell you about what they are learning in Counselor Time.



Loving to learn. Learning for Life.

Conscious Discipline Corner

At Campbell, we practice deep breathing to calm our bodies. These are four breathing methods we use on a daily basis. We always breathe in through our noses and breathe out through our mouths. Ask your child to show you how to breathe to calm their body.

S.T.A.R.



Smile
Take a Deep Breath
And
Relax

Balloon

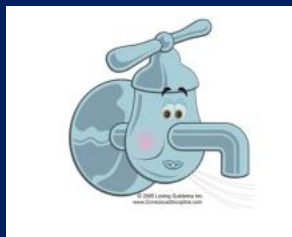


Put your hands on your head and interlace your fingers.

Breathe in while raising your arms like filling a balloon.

Breathe out while bringing your arms down to your sides.

Drain

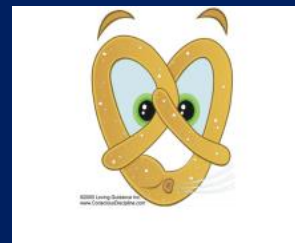


Hold both arms out straight in front of you with fists clenched.

Take a deep breath and squeeze fists.

Breathe out with a "shh" sound and release hands down to your sides.

Pretzel



Cross your arms in front of you. Interlace your fingers and bend your arms so that hands touch chest.

Breathe in and put your tongue on the roof of your mouth.

Breathe out.

Important Upcoming Dates

Friday, October 1st
School Custodian Day
Friday, October 8th
[Virtual Open House](#)
Friday, October 22nd
No School
Tuesday, October 26th
Picture Retakes
Thursday, October 2nd
Campbell Pride Day
Wear your Campbell Shirt or Blue & Gold
October 25th - 29th
Parent Teacher Conferences
Red Ribbon Week
November 1st & 2nd
No School



Website:

www.sps.org/campbell



Contact:

417-523-3200



Social Media:

[@CampbellEarlyC1](#)

Pumpkin Craft

Complete the pumpkin art activity and email it to nlgibbs@spsmail.org to be posted in the school and/or kmhollister-graham@spsmail.org to be posted on social media.

Reminders

Make sure your child has a change of clothes and an extra mask in their backpack

[Note from the Nurse](#)

Don't forget to follow us on Facebook, Instagram and Twitter!