



Campbell Early Childhood Center 📍 OCTOBER - 2022

Welcome to October!

Reminder: Our front door drop off starts at 7:40 am and carline at 7:55 am. Start time is 8:10 am. If you arrive after 8:10, you are tardy and must check in with the office.

Parent Teacher Conferences will happen the week of October 24th - 28th.

Watch for sign ups to be sent home soon.



COUNSELOR CONNECTION

When we talk about a child's actions we try to stay away from using the terms good and bad. Instead, we use the words safe and unsafe or helpful and 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.



I am a Safe-Keeper. I am a Helper. I am a Problem Solver.

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.	Balloon	Drain	Pretzel
			
<p>Smile</p> <p>Take a Deep Breath</p> <p>And</p> <p>Relax</p>	<p>Put your hands on your head and interlace your fingers.</p> <p>Breathe in while raising your arms like filling a balloon.</p> <p>Breathe out while bringing your arms down to your sides.</p>	<p>Hold both arms out straight in front of you with fists clenched.</p> <p>Take a deep breath and squeeze fists.</p> <p>Breathe out with a "shh" sound and release hands down to your sides.</p>	<p>Cross your arms in front of you. Interlace your fingers and bend your arms so that hands touch chest.</p> <p>Breathe in and put your tongue on the roof of your mouth.</p> <p>Breathe out.</p>

Important Upcoming Dates

Monday, October 17th

Pajama Day

Friday, October 21st

No School

Thursday, October 27th

Campbell Pride Day

Wear your Campbell Shirt or Blue & Gold

October 24th - 28th

Parent Teacher Conferences

October 31st & November 1st

No School

Pack Your Backpack!

Every day your child's backpack should include a change of clothes.

Note from the Nurse

Contact the school nurse if you would like to be referred to the PTA Clothing Bank.



Website:

www.sps.org



Contact:

417-523-3200



Social Media:

[@CampbellEarlyC1](https://www.instagram.com/CampbellEarlyC1)

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