



Campbell Early Childhood Center | OCTOBER – 2020

Welcome to October!

Campbell ECC is a school family. We have loved learning, playing and growing together.



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 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?






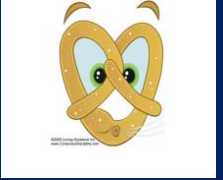
Feeling Buddies are a part of the Conscious Discipline Curriculum we use in the Wonder Years program. It is designed to help students identify their own emotions and recognize emotions in others. These lessons teach students how to handle big feelings and to practice self-regulation skills. Students 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.	Balloon	Drain	Pretzel
			
Smile Take a Deep Breath And Relax	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.	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.	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 2nd**
School Custodian Day
- Friday, October 9th**
Virtual Open House
- Thursday, October 22nd**
Picture Retakes
- Friday, October 23rd**
No School
- Tuesday, October 27th**
Campbell Pride Day
Wear your Campbell Shirt or Blue & Gold
- October 26th – 30th**
Red Ribbon Week

[COVID-19 Guide](#)

Protocols regarding sick kids can be found here: <https://www.sps.org/domain/1205>



Website:

www.sps.org



Contact:

417-523-3200



Social Media:

[@CampbellEarlyC1](#)

Wednesday Reminder

Remember that there is NO in person learning on Wednesday. Look on Canvas for your child's live 20 minute Zoom lesson + fun videos and learning.

Nutrition Services

Due to federal funding, all students are eligible for FREE lunch throughout the Fall semester.

Pack Your Backpack!

Every day your child's backpack should include a change of clothes, an extra mask and a charged iPad.

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