

THE HEALTHY PATRIOT



**OUR NEXT PARENT NIGHT WILL BE HELD ON:
MONDAY, APRIL 25TH @ 7:00PM IN PERSON AT GWA**

OUR PRESENTER WILL BE:

KATY COX PHILPOTT

SOUTHWEST BEHAVIORAL HEALTH CENTER

TOPIC: SUICIDE PREVENTION – QUESTION, PERSUADE, REFER

*6th-7th graders will receive an extra credit voucher to use in one of their classes, if their parents attend.

To view a recording of March's Parent Night on Technology Safety click on this [link](#).

****All of our recorded parent nights can be found on our website [here](#). You can still earn volunteer hours by watching the videos until the end of the school year.***

Congrats to **Ann Hatch** whose name was drawn and received a \$20 gift card for attending March's Parent Night! Congratulations and thank you for attending!

WHAT'S INSIDE THIS ISSUE:

Parent Night- 1
Value of the Month - 2
Counseling Corner - 2
Leader in Me - 3



Cooperation

Cooperation is working together and helping others.

Click on the links below for activities you can do at home, to review the value of **COOPERATION**, with your family:

K-2 Letter for Home

3-5 Letter for Home



“

*Alone we can
do so little,
together we
can do so
much.*

-Helen Keller

COUNSELING CORNER

Teaching kids to be responsible with technology

Here at GWA, we are committed to helping our students engage in appropriate conversation, enjoy appropriate humor, and build healthy social relationships. However, we also need your help as parents/caregivers. Here are some important steps you can take to help guide your student in this area:

1. Talk to your student about appropriate topics to talk about at school and what topics are inappropriate at school. Be specific.
2. Monitor your child's media exposure. We are especially concerned about things that students are reporting that they heard/saw on TikTok. [Here](#) is a great article to increase awareness of how TikTok works and how to keep your students safe.
3. Talk about the consequences of inappropriate talking and texting. Help them recognize what type of attention it will attract and what type of ideas it may create about them.
4. Talk to your students about peer pressure and how to stand up to others appropriately, how to set boundaries, and how to refuse to engage in inappropriate talking, texting, joking, etc.
5. Monitor your student's phone, messaging, texts, chats, etc. Do not panic or shame if you find concerning material, but rather teach, train, and protect. [Here](#) is a great tool to help you support online safety.

LEADER IN ME - APRIL 2022

Habit 8: Find Your Voice & Inspire Others to Find Theirs



Habit #8 helps us think about our unique talents, strengths, and interests and how we can use them to reach our leadership potential!

Watch how this [video](#) explains **Habit #8** in a fun way!