

THE HEALTHY PATRIOT

GWA Counseling Newsletter



March's GWA Parent Night Topic:

Building advanced social skills to help children make meaningful friendships

Topics will include: reciprocity, rejection, consent, and boundaries. Very helpful information for all students, but especially vital for children with Autism, ADHD, anxiety, or social deficits of any kind.

- **Please join us for an in-person Parent Night on Monday, March 27, 2023 from 7:00-8:00pm at GWA. We will also be offering this Parent Night online at this [Zoom link](#).**
- **Presenter: Brynn Bell LCSW, BCBA**
- **Childcare and refreshments will be provided**
- **All in-person attendees will be entered into a drawing for a family fun prize from one of our sponsors.**
- Congratulations to our raffle winners who attended our last Parent Night in February: Carol Thacker, Jared Mortensen, and Roland Howard. A **BIG THANK YOU** to our sponsors (Phat Axe, Menchie's, and The Rinq) and GWA's PTO for their generous donations!

WHAT'S INSIDE THIS ISSUE:

Parent Night - 1
Value of the Month - 2
Resources for social skills- 2
Leader in Me- 3

VALUE OF THE MONTH

Honesty

This month's focus is **Honesty**. One way to think about **Honesty** is "being truthful in what you say and do." As a family talk about how you use honesty.

Click on this [link](#) for some fun ways to review the value of **Honesty** at home.

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Honesty is more than not lying. It is truth-telling, truth speaking, truth living, and truth loving.

-Unknown

HOW TO HELP CHILDREN MAKE FRIENDS

1. Take time to observe and understand how your child socializes.
2. Model positive social behavior.
3. Role play at home.
4. Reinforce and praise.
5. Get the ball rolling by initiating play dates.
6. Don't avoid the problem.
7. Don't compare your child to yourself or other siblings.



BOOKS TO HELP TEACH SOCIAL SKILLS TO KIDS

- [What Should Danny Do?](#)
- [Social Skills Workbook](#)
- [Social Rules for Kids](#)
- [Social Skills Matter](#)
- [Coping Skills for Kids](#)
- [Personal Space Camp](#)
- [Train Your Angry Dragon](#)

LEADER IN ME - MARCH 2023

Leadership Happens Here!

Habit 7:

Sharpen the Saw

I take care of my body by eating right, exercising, and getting sleep.

Balance Feels Best



I find meaningful ways to help others.

I spend time with family and friends.

I learn in lots of ways and places, not just at school.

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Table Topics for March:

Sharpen the Saw

- 1. What have you worked on and loved every minute of?***
- 2. What are some of your greatest skills or strengths?***