Checking in with your child

Parents often tell me that it is difficult to learn details about their child’s school day. I wanted to share some ideas of questions you can use to learn more about what happens at school. I read an article in the Huffington Post by Liz Evans that had great suggestions for better questions to ask your child to learn more about their school day. I used some of her suggestions and came up with some of my own to create question cards you can use with your family. Please see pages 2-3 to review the questions. You can print the cards or write them on 3X5 cards and stack them on the table for your child to pick one. Once you get in the habit of doing a question of the day you can have your child create additional cards with questions he or she wants you to ask them about his or her day. On page 4, you will find blank cards that you can use. I hope these questions help you get to know more about your child’s day.

Classroom Guidance Update:

All grade levels had an introduction lesson on the role of the school counselor in August and an email was sent home after this lesson regarding my role as the counselor and my school counseling program brochure. The second lesson for each grade level will focus on the brain. The students will learn the jobs of the prefrontal cortex, amygdala and hippocampus. I will teach the students a hand model to remember the three parts of the brain. We also label each part of the brain with an animal to help us remember it. You will receive an email providing more details about this lesson the week your child has guidance.

The third lesson for each grade level will focus on recognizing, reporting and refusing bullying. The definition of bullying students are taught at Haverhill is provided in the graphic. The students will learn the four signs that go with each part of the bullying definition. Students learn that if bullying occurs they can refuse by using a strong and respectful voice to say: “Stop, that’s bullying.” Also, students need to report the bullying to an adult immediately. You will receive an email providing more details about this lesson the week your child has guidance.
What was the best thing about school today?

Where is the coolest place at school?

How did you help someone today?

How did someone help you today?

What made your brain work hard today?

If I called your teacher, what would she tell me about you?

When were you the happiest today?

What was the community circle question?
When did you overcome a challenge today?

When is a time you had to be a problem solver today?

Who in your class do you think you should be nicer to?

Tell me one time you used your device today for learning.

What SAFE procedure were you best at today?
Speak Respectfully, Act Responsibly, Follow Directions Quickly, Express Yourself Appropriately

When did you ask for help today?

How did you communicate respectfully with others today?

When was a time you had to compromise today?