

December SEL Trait: Self-control

This month students are learning and demonstrating what it looks and sounds like to have self-control. Self-control is the ability to stop, think and make good choices, even when it's hard. It's what helps children (and adults) manage emotions, resist temptations, stay focused and act responsibly, even when we are feeling strong emotions.

SELF-CONTROL

1. Stop 

2. Think 

3. Act 

Learning self-control helps children:

Handle frustration in healthy ways.
Make thoughtful decisions.
Build stronger relationships.
Achieve goals.
Children can learn self-control in many different ways like:
Waiting their turn during a game.
Stopping and taking a breath when they're upset.
Focusing on homework even when they'd rather play.
Using words instead of hitting or yelling.
Saving money for something special.



Here are some ideas families can do to help children learn and understand self-control:

Model self-control – Children learn by watching adults. When you stay calm in frustrating moments—like during traffic or disagreements—they see what self-control looks like.

Talk about feelings – Help kids name and understand their emotions. When they know what they're feeling, they can manage it better. Example: "You're feeling angry because you lost your game. What can help you calm down?"

Practice problem-solving – Encourage children to think through choices and consequences before acting. Ask: "What might happen if you do that?" or "What's another way to handle this?"

Family Challenges

The wait one minute challenge - Before grabbing a snack, toy, or talking over someone, everyone practices waiting one minute. Use a timer to make it more fun.

Tech Time Out - Pick one time of day when the whole family puts away devices, use that time to talk, play a quick game or read together for 15min.



Scan the QR Code for more family challenges

COMMUNITY SPOTLIGHT FOR HOLIDAY HELP

WWW.SANTACLGAUSGIRLS.ORG

WWW.CENTRALUSA.SALVATIONARMY.ORG/WMNI/ANGEL-TREE-ASSISTANCE/



WWW.GRAND-RAPIDS-MI.TOYSFORTOTS.ORG



Scan for more local resources

World Kindness Day Challenge

Student Services Dept sponsored a Kindness Day Challenge. Below are the 2 classroom winners!

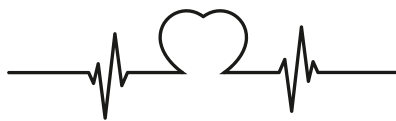
Mrs. Nelson's class from Challenger wrote notes of kindness for staff



Ms. Vanderzee and her students from Southwood cleaned up the playground



DISTRICT BEHAVIORAL AND MENTAL HEALTH COORDINATORS
KAMARIA DAWKINS AND KAYLA SMITH



CROSSROADS STUDENTS BECOME CPR CERTIFIED

Crossroads students partnered with their building nurse, Lenea Watson, with the support of district nurses, to certify 22 students and 2 staff members in Adult, Child, and Infant CPR/AED as well as First Aid.

CPR (cardiopulmonary resuscitation) is a life saving skill that greatly improves a person's chance of survival following a cardiac emergency. Thank you Crossroads students for your dedication to supporting the well-being of our community by engaging in this life-saving training!



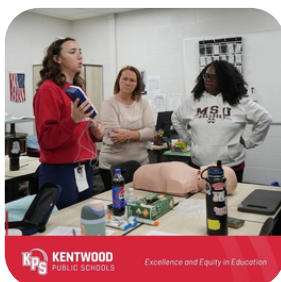
STAFF CPR

KPS staff are extremely dedicated to the well-being of our community as well.

During PD on 11/6, district nurses hosted two CPR classes where 25 staff members in total received their Adult CPR/AED and First Aid certification!

This is in addition to the 95 staff members who attended CPR training this August, plus many smaller trainings.

Way to go KPS!



MIHEART SAFE CERTIFIED

A HEARTSafe designation recognizes a school's efforts to prevent sudden cardiac death of the young (SCDY) by preparing for a cardiac emergency. Members of the school community know how to recognize the signs of a sudden cardiac arrest and respond quickly by calling 9-1-1 and using CPR and an automated external defibrillator (AED).

We added 4 more buildings to our list of those certified - Crestwood, Valleywood, Brookwood, and Southwood. They join Challenger, Crossroads, Endeavor, Explorer, ECC Main, LLC, and Townline.

We look forward to adding the rest of the district!



To learn more about MiHeart Safe click the [link](#).



ALEX CORBETT, RN-BSN, DISTRICT NURSE COORDINATOR

