

Mental Fitness News and Tips

February 2018

Did you know?

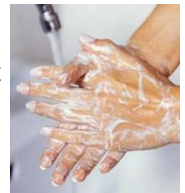
Students who wash their hands more, miss less school!

When your scholar is too sick to go to school, they miss out on valuable learning. You may have to miss a day of work and your scholar's illness may spread to other family members.

Studies show that there is one simple way to reduce illness and improve school attendance: regular hand-washing. Medical studies have found that scholars who learned about the importance of hand-washing missed less school.

Having unclean hands is the main way that many diseases are spread from person to person. Be sure your scholar washes their hands after being outside, after using the rest room, and before eating. They should also wash their hands after they blow their nose. It helps!

Tell your scholar to wash their hands for at least 20 seconds. (That is about how long it takes to sing the ABC song.)



Adapted from The Parent Institute®
www.parent-institute.com

Stay CALM when dealing with your scholar's report card

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CALM before

Y isœ± ss his or her r es r ore e er os
 i Control, Affirm, Listen, an Y Motivate:

C Control. If the report card was disappointing you

first instinct might be to get upset. If it was very good, you might want to gush. Neither response will be helpful. Overreacting about your scholar's grades tends to demotivate rather than encourage.

A Affirm. Separate the report card from your scholar.

Even if the grades were not so good, your child still is skilled. Start from the love position "I love you always . . . Now let's talk about this report card."

L Listen. Your scholar may have a very good idea as to

why they got good or not-so-good grades. Ask, "What did you do this marking period that worked so well?" Let them say that doing homework paid off by leading to a better math grade (for example). Similarly, if the report card is disappointing, help your scholar figure out what they could do better.

M Motivate. Come up with a plan for the next report

card. If things are working well, encourage your scholar to continue doing their best. If there are needed changes, help them make a plan so they can work on things and, with hope, do better next time.

This newsletter is provided by the School Community Partnership for Mental Health, of which MPS is an integral part.