



PBIS: Cool Cats Care

SEPTEMBER 2018

ABOUT PBIS

PBIS is a school-wide initiative that supports proactive strategies for defining, teaching, and encouraging appropriate student behavior.

Learn More at our Website!

<http://wasmtr.wix.com/west-side-pbis>



Character Trait of the Month: Caring

September's character trait of the month is Caring. Caring is our ability to recognize and respond to the needs and suffering of others. An important part of our internal compass, it includes the ways we show kindness, compassion, and empathy to the people in our lives.

West Side Elementary encourages all students to practice the Golden Rule: Do unto others as you would have them do to you. You can do this by considering other people's feelings, helping someone with their homework, inviting someone who isn't playing with anyone to join you in a game at recess or even smiling and asking someone how they are doing.

There are many ways you can show you care and make West Side the Best Side this month with this character trait!

Activities to Encourage Caring

- **Make caring for others a priority**
 - Honoring their commitments even if it makes them unhappy
 - Make sure your children address others respectfully even when they are tired, distracted, or angry
 - Model the behavior: Ask teachers whether your children are good community members at school
- **Provide opportunities for children to practice**
 - Requires daily repetition—Helping a friend with homework, cleaning up around the house, having a classroom job
 - Talk to your child about caring and uncaring acts they see on television
- **Expand your child's circle of concern**
 - Talk about the big picture and considering the many perspectives of the people they interact with daily
 - Use a newspaper or TV story to encourage your child to think about hardships faced by children in another country
- **Be a strong moral role model and mentor**
 - Adults need practice too—Model caring for others by doing community service at least once a month. Even better, do this service with your child
 - Give your child an ethical dilemma at dinner or ask your child about dilemmas they've faced
- **Guide children in managing destructive feelings**
 - Teach your children that all feelings are okay, but some ways of dealing with them are not helpful
 - Practice calming down strategies (deep bell breaths, self-talk, progressive muscle relaxation, etc.)

UPCOMING EVENTS

9/4 First Day of School
9/7: Olweus Bullying Prevention Kick-Off