

FEBRUARY

- 2/5 8:30am SELPAC Meeting
- 2/5 1:40pm Character Building Team Meeting
- 2/7 6th graders visiting Serrano
- 2/12 1:55pm GATE Academy
- 2/13 3:15pm PTO Meeting
- 2/14 Last day of 2nd trimester
- 2/15 No School Lincoln's Birthday
- 2/18 No School Presidents' Day
- 2/19 1:40pm Character Building Team Meeting
- 2/20 3:15pm GATE Parent Meeting
- 2/22 Spirit Dress: Disney Day
- 2/25 RI, Math and Attendance recognition assembly
- 2/27 & 2/28 Pride Celebration

MARCH

- 3/4—3/8 Parent Conference Week School Dismissed 12:45pm
- 3/5 Perfect Attendance Incentive Assembly
- 3/12 8:30am Coffee with the Principal
- 3/12 1:40pm Character Building Team Meeting
- 3/12 1:55pm GATE Academy
- 3/13 3:15pm PTO Meeting
- 3/13 OMSD Parent Leadership Conference
- 3/13 Spring Photos
- 3/19 1:40pm Character Building Team Meeting
- 3/22 Spirit Dress: Sports Day
- 3/25—3/29 Spring Break No School

Monte Vista Elementary

FEBRUARY / MARCH 2018 - 2019

VOLUME 4, ISSUE 4

Embrace Empathy

When a child notices a classmate on crutches struggling with their books, senses their frustration and offers to help. They have empathy. They can understand and share others' feelings. Build empathy in your child with these ideas.

Read Feelings—Learning to identify other people's emotions is the first step toward feeling empathetic. Take turns acting out a feeling for family members to guess. For example, open your eyes and mouth wide to show fear. Or

slump your shoulders and look down to display sadness.

Create an "Empathy Identify" - Notice ways your child shows that they care how people feel. You might say, "I



can tell you feel bad that your brother is sick. It was nice of you to bring him a blanket." You could also point out others showing empathy in real life, books and movies.

Respond Appropriately—

When someone is having a hard time your child may not know what to say. The good news is that sometimes people just want another person to listen and express empathy. Brainstorm honest responses like "I'm not sure what to say but I'm glad you told me" or "I'm sorry this is happening. I'm here if you want to talk."

Let's Collaborate

Knowing how to collaborate with classmates will help your child work well and learn in a group. Try these tips to practice collaboration skills at home.

Balance Speaking and Listening—During family discussions, give each person a chance to talk. Your child should listen carefully so they can acknowledge what everyone says and build on their ideas. ("I liked what you said about _____. I think _____.")

Encourage Compromise—If your child has a disagreement with a sibling or friend, such as whether to play indoors or outdoors, think of it as a learning opportunity. Ask them to think of a way they could both feel satisfied, perhaps by doing a puzzle outside or they might flip a coin to decide which to do first.



Attendance Line / 909-626-5046—Please call if your child will be absent.