



# EAGLE EYE COUNSELOR CONNECTIONS

Ms. Jennifer Stephens

Ms. Amber Brown



## Calling all 5th Grade Parents: The Transition is coming...

- ⇒ Registration cards will go home by March 18th
- ⇒ CHMS will visit our students on March 21st
- ⇒ CHMS Open House (for Elon Park) is March 28th
- ⇒ Registration cards are due April 1st

All questions and concerns regarding middle school can be directed to Ms. Brown



## Things To Remember

- ⇒ March 1- Eagle Dad Carpool
- ⇒ March 4- NC Check-Ins Grade 3-5
- ⇒ March 6- PTO Exec Board Meeting
- ⇒ March 7- School Store
- ⇒ March 8- Boys' Night Out
- ⇒ March 8- Principal Coffee Chat
- ⇒ March 13- Early Release
- ⇒ March 15- Eagle Dad Carpool
- ⇒ March 15- 5th Grade field trip
- ⇒ March 21- School Store
- ⇒ March 25-29- Spirit Week
- ⇒ March 28- Career Fair (5th Grade only)
- ⇒ March 28- Character Tea
- ⇒ March 29- Eagle Dad Carpool



## Spirit Week is March 25-29



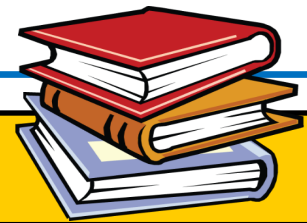
Monday	"Your future starts here!" Wear Elon Park Spirit Gear!
Tuesday	"Hats off to College and Careers" Wear your favorite hat or cap
Wednesday	"Our future is so bright" Wear your favorite sunglasses
Thursday	"Believing is Achieving!" Dress for success!
Friday	College Wear Day Wear your favorite college gear!

# Defining Courage: It's important the we do it for ourselves and for our children

It is important that we communicate to children that you don't have courage without fear. Both are needed in order to call the act courageous. If there is no fear, anything that occurs next is less noteworthy because there was no adversity. Courage is not the opposite of fear; on the contrary, courage is shown in the presence of fear and pushing through it anyhow. We have to celebrate when our children face their fears head on. We have to celebrate them when they do a task while terrified and/ or crying.

## Ways to facilitate independence in our children

1. Make independence exciting and not scary!
2. Allow your children to make age-appropriate choices.
3. Give praise and positive feedback when they take initiative to do more.
4. Have students use a timetable or weekly chart of routine tasks so that they can consult their schedule.
5. Give your student reminders instead of telling them what to do.
6. If your child struggles with organization, encourage note-taking to keep track of what they need to do in a journal or school agenda book.
7. Be sure to gradually transfer ownership of tasks to your child.
8. Allow your child to help to take care of the pet.
9. Hold children accountable for their actions or failure to act and allow consequences to occur.
10. Give your student chores that help the entire family (ex. meal-prep, laundry, dishes, vacuum, etc.)



## Suggested Reading for Courage

Title	Author	Topic
If I Never Forever Endeavor	Holly Meade	Taking risks
The Little Yellow Leaf	Carin Berger	The process of letting go
The Dandelion Seed	Joseph Anthony	Fear of the unknown
Ish	Peter Reynolds	Seeing the beauty in imperfection
The Bravest of Us All	Marsha Diane Arnold	Strength and Courage
Only One You	Linda Kranz	Embracing a change in life
Spaghetti in a Hot Dog Bun	Maria Dismondy	Being yourself unapologetically