



MRS. MILILLO'S CONNECTIONS CORNER



OCTOBER 2022

Rules are meant to be broken so this year, Hartley has implemented our HAWK Expectations that are posted in all classrooms and around the campus. See if you can spot some!

EXPECTATIONS

H - Hands, feet, and objects to yourself

A - Always listen and follow directions

W - Wait for permission to speak or leave your seat

K - Kind and respectful to all



CONVERSATIONS WITH YOUR CHILD

After school, it is so natural to say to our children, "How was your day?". We always get that same, one word answer, "fine", or "good". Instead of asking and prying away to get more out of them, reword the question for them so that it cannot be just a one-word answer.

Try these questions...

- ❖ What was your favorite part of your day and why?
- ❖ Who did you connect with today? When?
- ❖ Who did you sit with at lunch?
- ❖ What was the funniest thing today your teacher said or did?
- ❖ Tell me a high and a low about your day.

WHAT IS CONSCIOUS DISCIPLINE?

Conscious Discipline provides an array of behavior management strategies and classroom structures that teachers can use to turn everyday situations into learning opportunities. It encompasses four components which are scientifically and practically designed for success. It involves the seven skills of discipline that promotes problem solving with social-emotional learning, creating the school family and building connections by creating a culture of compassion, acknowledging the seven powers for conscious adults by shifting perceptions to see discipline situations as opportunities to teach and learn from, and understanding the brain state model and how our internal emotional states dictate our behavior. We will be having a parent workshop coming later this year with more information and our Conscious Discipline leaders available for a Q&A session. Be on the lookout for that date!



SPOTTED AROUND HARTLEY!


Throughout the school year, teachers are receiving training on how to implement certain structures in and around their classroom. These structures are set in place to help with regulating ourselves, getting and staying in a state of calm, and building connections with students and our school family. One of the first structures we are working on setting in place is offering each child a morning greeting with their teacher as they get to their classroom door. Here are a few pictures of incredible examples the way the teachers are going above and beyond to greet and welcome each child every morning. This creates a sense of safety, a culture of connection and caring, and provides a ritual that they can rely on.



NEW BREATHING STRATEGIES

When we have BIG emotions, it helps us to return to a calm state by using our different breathing strategies. Here are some we are learning about.

Practice at home and outside of school.

 <h3>Drain</h3> <p>Extend arms out, pretending your arms are faucets. Tighten arm, shoulder, and face muscles. Exhale slowly making a “ssshhh” sound and release all your muscles, draining out the stress.</p>	 <h3>S.T.A.R.</h3> <p>Smile, Take a deep breath And Relax. Encourage belly breathing where the tummy goes out when the air goes in, and in when the air goes out. Also help children learn to exhale slower than they inhale.</p>
 <h3>Pretzel</h3> <p>Standing up, cross your ankles. Now cross your right wrist over left, turn your hands so your thumbs are facing the floor, put palms together and interlace fingers. Bend your elbows out and gently turn your hands down and toward your body until they rest on the center of your chest. Put your tongue on the roof of your mouth. Relax and breathe.</p>	 <h3>Balloon</h3> <p>Place your hands on top of your head and interlace your fingers. Breathe in through your nose as you raise your arms, inflating an imaginary balloon. Release the air in the balloon by pursing your lips, exhaling slowly, lowering your arms and making a “pbbppbpbpb” sound.</p>