Counselor’s Corner
Ms. Wheeler, School Counselor

A big part of my job is teaching skills and strategies for students to use in every-day life. This is a proactive or preventive approach to help defuse situations before they escalate and teach students life skills needed to be successful.

Over the last month we have been working on steps to calm down and steps to solve conflict. In class we discuss, give examples, and role play the steps. The hope is students carry it over to real life situations when they arise. I have included the steps below and encourage parents to use them as aid whenever conflicts may arise.

I tell students to use the calm down steps before solving a conflict. It is important to get our emotions under control before attempting to solve a conflict. When we are angry, we do not think rationally and tend to do or say things that are not productive and are hurtful.

**STEPS for CALMING DOWN**

- STOP (use a signal word to help you stop)
- NAME YOUR FEELING (how is the situation making you feel)
- CALM DOWN (use calming down strategies like breathing, counting, and positive self-talk)

**PROBLEM SOLVING STEPS**

S- Say the problem without blame (establish the problem without using blaming words)
T- Think of solutions (think of different ways to solve the problem)
E- Explore the Consequences (what are the consequences to the solutions)
P- Pick the best solution (which solution works the best?)
Warm Heart Wednesdays!
Student: Emily Aidukas
Nominated by: Mrs. Larsen 03/28/18

Emily envisioned, planned, and organized the Share the Love food drive for the MICAH House. This was no easy feat! She showed determination and dedication all the way through the project. She created the flyer, researched the MICAH House and their needs, and attended a teacher’s meeting to present her plan all by herself! We are so pleased that Emily’s leadership allowed all of Boyd to use our hands and words for helping the community!

Notice!
If you would like to request a specific teacher for your student(s) next year, please send an email to Mrs. Larsen no later than Friday, April 6, 2018.

Briana.mcleod-larsen@ops.org

Thank you!

State Testing
Make sure your child is in school on testing days!
March 27-April 18 students in grades 3rd-5th will be participating in NSCAS (formerly NeSA) tests. How can you help? Make sure your child is in school each day and on time. Most of the testing will start first thing in the morning. If possible, schedule doctor’s visits or trips to the dentist/orthodontist before school, after school or later in the day. See that your child gets a good night’s sleep by making sure they go to bed early, enough for 8-10 hours of uninterrupted sleep. Encourage your child to eat a healthy breakfast. These simple things can help your child do his or her best on the test!

Next week on Tuesday, April 3rd, 4th grade completes the Math portion of the NSCAS. On Wednesday, April 4, 5th grade will complete the Math portion of the assessment.
Thank you for encouraging your child to do their best and to think of the NSCAS as a way to show off all they know.

GO BEAVERS!
SATURDAY, APRIL 21
BAXTER ARENA

Kids’ Events:
800-meter Kids’ Race and Kids’ Zone Activities

Activities inside Baxter Arena include: many interactive inflatables, speed pitching, basketball, bounce-houses, photo booth.

Free Registration for kids ages 5-12 years

Other Events
10K & 5K runs, 5K walk

Register online at OMavs.com/maverickrun