



The Beeman Buzz

From the Principal's Office

November 2018

Beeman Families,

With the holidays around the corner, we turn our focus towards caring for others. Our school-wide meeting will focus on this theme as we kick off a support for troops drive. Please watch for information coming home in backpacks to tell you more about how you and your student can help.

As we finish- up our first trimester, I wanted to share a few reminders about import school policies to keep everyone safe and life at Beeman running smoothly. Our outdoor supervision does not begin until 8:10. Please do not leave students outside unattended. If you need to drop-off earlier, consider our breakfast program which starts in the cafeteria each morning at 7:45. Students can purchase breakfast for \$1.75. Outside food and drinks are not allowed. When dropping your student off in the morning, please say goodbye at the door. Parents are not permitted to walk students to class. Anyone needing to go past the lobby for any reason must sign-in at the office and get a visitor's pass. Finally, if you are using our live drop-off lane in the circle, you must pull forward to the end of the walkway and have your child exit on the walkway side. You may not park and exit the car in this lane. It is meant to be a quick stop and should consistently move along. If you need to walk your child into school please find a parking space. When parking, be mindful of our fire lane marked with yellow lines. These areas are no parking zones.

As the holidays get closer and schedules are in flux we know behavior can become challenging, both in and out of school. In this newsletter, we have shared an article with you on tips to reduce and redirect challenging behavior when it presents itself. I hope you find it informative and helpful.

*Sincerely,
Jodi Gennodie*

Here are some important dates to remember for the month of November:

- ★ 11/1 - 11/16 Open Door Food Drive, All Donations can be brought to the school lobby collection boxes
- ★ 11/1 Early Release 11:30, no lunch served - Parent Teacher Conferences
- ★ 11/4 Daylight Savings Ends, Turn your clocks back
- ★ 11/6 No School - Voting Day
- ★ 11/7 Veteran's Read to K-2 Classrooms
- ★ 11/7 PTO Meeting 6:30-7:30 PM at Beeman
- ★ 11/9 First Read for K/1 Students
- ★ 11/12 No School, Veterans Day
- ★ 11/14 Gr. 3 Ocean Explorers Visit
- ★ 11/14 School-wide Meeting
- ★ 11/15 Picture Retakes
- ★ 11/21 Early Release 11:30, no lunch served
- ★ 11/22-11/23 Thanksgiving Break, No School

Thank you for sharing your children with us each day!

6 Tips to Reducing Challenging Behaviors: Redirect with the goal to self-correct

Defiance, noncompliance, aggression, and disrespect are common behavior problems that some children exhibit in school and/or at home. If this includes your child, you are not alone. Parents often struggle with finding effective ways to not only manage their child's behavior in the moment, but also change it long term. All too often we are focused on the behavior and not on our response, when in fact how we respond has the most impact on minimizing the behavior. The goal of redirection as a means of behavior management is to teach your child how to make better choices and correct their own behavior. Here are six tips to assist in decreasing challenging behaviors (Logsdon, 2018).

1. Teaching Your Child Why Their Behavior Is A Problem. Most adults know which behaviors are acceptable and are able to anticipate or predict possible consequences when they choose to engage in unacceptable behaviors. Therefore, we often overlook the fact that children need to be taught this skill and think they should know better". Developmentally, children have a difficult time withholding an impulse long enough to anticipate consequences. Talking about behavior with children is a critical first step in behavior management. Using a firm but non-confrontational tone, specifically explain the behavior and state why it is a problem.

. Do say: Throwing a ball in the house can hurt someone or break something.

• Don't say: Stop acting like an animal!

2. Explain why their behavior is a problem and what the solution will be. Children do not inherently know why some behaviors are acceptable and others are unacceptable. In their mind, this is working for me, so why do I need to change it. First, state the problem that was caused by your child's behavior, however do not criticize them in a personal way. Explain how their chosen behavior resulted in an undesirable outcome for them. Then, tell them what the solution will be. Not only does this demonstrate ownership of their behavior choices, but also provides a long-term solution to their problem, that they must execute.

© Do say: Your clothes are dirty because they were under your bed and not in the laundry

basket. I'll show you how to wash them. Don't say: If you're too lazy to put your clothes in the basket, I'm not washing them.

3. Model Appropriate Behavior for Your Child. Our children learn how to navigate through life by watching us and the choices we make, therefore it is critical that we model the behavior we want our children to display. How many times have we yelled at our child to "STOP YELLING"? It's almost comical when you think about it. We are doing exactly what we are trying to get them to stop doing. It isn't easy, especially when your child is on your last nerve, but we must respond calmly. It may be helpful to take a few deep breaths before responding and think about the best approach. Using a firm but unemotional tone, specifically state the behavior you want your child to display.

- Do say: Please use a quiet voice inside the restaurant.
- Don't say: Act right!

4. Your Actions and Attitude Should Show You Believe In Your Child. Catch them doing what you want/expect! Praise is a powerful tool when it comes to changing behavior. Children tune us out when all they hear is criticism, especially when it's the same criticism over and over. When you see your child engaging in the behavior you want, without prompting from you, praise them. This reinforces the positive behavior and takes the attention away from the negative behavior. It also communicates to your child that you have confidence in them and believe in their ability to make good choices.

5. Plan Ahead for Safe and Appropriate Options Identifying your child's triggers (sounds, events, places, words, situations, etc) that result in unacceptable/undesirable behavior and developing coping skills to safely and appropriately manage emotions during those times is key to changing problematic behavior. Replacing undesired behaviors with desired behaviors is the ultimate goal, therefore we have to teach our child not only how to make better choices, but also how to respond when things do not go their way. Role-playing ahead of time to learn the rules and expectations of the setting you will be in is a good strategy for younger children. When they know what is expected, it is easier for them to make good choices. Additionally, practicing with your child which coping skills (deep breathing, playing a word game, taking a quick walk with a parent, using a stress ball, etc) they can use if they become angry, frustrated, or upset is helpful in developing long-term application.

6. Accept that Changing Behavior Takes Time Acknowledge and celebrate small success. Let's say your child throws things or hits things when they are upset, as well as cries and screams. After weeks of redirection, your child has another melt-down, but this time they just cry and scream, no hitting or throwing things, celebrate that success. When your child has calmed down and you are talking about the behavior(s), acknowledge that this time they made a safer choice and tell them they did a good job. Giving honest, specific praise for any progress reinforces your child's desire to continue to do better and shows them that you've noticed the hard work they have done. Changing behavior takes time and has many ups and downs. Realizing your child may have setbacks and that strategies will need to be repeated over time, gives you and your child the permission to make mistakes and turn them into opportunities.