



# LAVILLE ELEMENTARY SCHOOL

## UPCOMING DATES

January 6th: Teacher Work Day - No School for Students

January 7th: Students Return

January 8th: Wacky Wednesday - Movie Character

January 20th: Martin Luther King Jr. Day - No School

January 22nd: Wacky Wednesday - Neon Day

January 27th: PTO Meeting at 3:30 PM

February 14th: eLearning Day

February 17th: President's Day - No School

## MCKINNIES REALTY TEACHER OF THE MONTH: MRS. MEGHAN WILLIAMS



This is Mrs. Williams first year at LaVille Elementary School. Mrs. Williams embodies what it means to be patient and calm. Her students trust her and she has built quality relationships with her coworkers and students' parents. She is hardworking and gives it her all each and every day for her students. We are so very lucky to have Mrs. Williams at LaVille Elementary.

# BUILDING OUR SCHOOL FAMILY

This past month, the LaVille Elementary Staff continued their Conscious Discipline professional development journey by learning about the Skill of Encouragement, the Power of Unity and the Skill of Choices, the Power of Free will. Keep reading to learn additional information about each of these topics.

## **Skill of Empathy, Power of Acceptance**

The moment is as it is. True empathy demands we listen to children's feelings and thoughts without the need to change them.

### **D.N.A. process for emotional regulation:**

**Describe** what you see, saying, "Your face is going like this \_\_(demonstrate)\_\_."

**Name** the feeling, "You seem \_\_(sad, angry, disappointed, etc.)\_\_."

**Acknowledge** the desire, "You wanted \_\_(state their desire)\_\_."

### **Example:**

"Your face is going like this. You seem angry. You wanted to be in charge of the craft supplies."

Empathy does not change the limit on behavior; it helps children to become better able to accept the limits we set.



## **Skill of Positive Intent, Power of Love**

See the best in others; children are either extending love or calling for love. We must be willing to view children's behavior differently if we want them to change it.

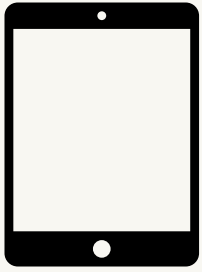
**A.C.T. Use Positive Intent to see the missing skill behind a hurtful action, and then use A.C.T. to teach that skill.**

**Acknowledge** the child's desire. "You wanted \_\_\_\_\_."

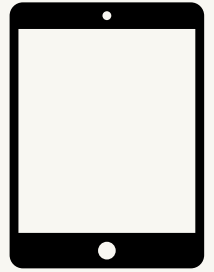
**Clarify** the skill to use. "When you want \_\_\_\_\_, say (or do) \_\_\_\_\_."

**Take** time to practice. "Try it now for practice," or "Let's do it together for practice."

# LAVILLE ELEMENTARY SCHOOL COUNSELORS



## Healthy Screen Time Habits



In today's digital age, managing screen time for your child can be a challenge. While all screen time isn't bad, studies show that excessive screen time can negatively impact a child's development, sleep and physical health.

Encourage your child's health screen usage by setting clear limits, monitoring content, and encouraging balance.

According to a 2023 report by Common Sense Media, children 8-12 spend an average of nearly 5 hours per day on screens for entertainment.

# LAVILLE ELEMENTARY SCHOOL COUNSELORS

## Healthy Screen Time Tips



### Monitor Content:

Use parental blocks for inappropriate content.

Regularly review what your child is watching and playing to make sure it is age appropriate.

### Set Clear Limits :

Establish clear and consistent rules about how long and where they can be on their electronic devices. Consider designated “screen-free zones” in your home, such as bedrooms

### Encourage Balance:

Encourage a variety of activities to have a variety of daily routine; Help them engage in things like outdoor play, reading and doing hobbies, in addition to screen time.



# LAVILLE ELEMENTARY SPECIALS TEAM

## STEAM

This month, LaVille Elementary School was honored to have one of only four elementary teams in the state selected to compete in the Finals of the Nextech CS For Good Contest at the Indiana Statehouse. Olivia Amor, Brynn Endicott, Elizabeth Newton, and Sophia Parmelee showcased their innovative creation: Doug, the robot helper. Designed to assist recess aides with injured students, Doug is equipped to carry essential supplies like band-aids, gloves, tissues, and alcohol wipes. Featuring a front sensor, Doug can detect specific block colors, allowing him to navigate to the required location and deliver the requested item. We are incredibly proud of these students and their remarkable achievement!

