

Hope Academy of NWA

Positive Intent= Positive Action

QUOTES TO REMIND CHILD

“I will do great things today!”

“Today, anything is possible”

REMINDERS

Drop off: 7:30-8:00AM

Pick Up: 2:50-3:15PM

****Vision and Hearing Screening will begin this month If you have any questions, you may talk to Nurse Hannah**

***Please sign up for Remind- can be found in email from Janet**

***We are running low on copy paper, if you would like to donate some, that would be appreciated**

***Monthly, we have a fire drill. Make sure your child knows what the plan is at your house if there is a fire and the importance of sticking together**

***For your child to be most successful, we want to make sure that they are dressed for success, they have had a good meal the night before, and they have a full night of rest. We see most of our behaviors whenever the child is tired and/or hungry.**

***Specials Schedule: Mon: PE Tue: Music Wed: PE Thurs: STEAM Fri: Art**

Children cannot act differently until they are seen differently

BRAIN STATES: Explains the relationship between the brain and misbehavior, showing why shifting from reward and punishment to creating safety, connection and problem solving is critical for success at school and home (Conscious Discipline Book).

Survival (The child is seeking safety): We want to notice what their body is doing and be able to able to guide them to self regulate by modeling deep breaths

Emotional (The child is seeking connection): We want to encourage our kids and give them a job. When we give them a job, we want to offer them choices as well to give them that independence but still be connected and have a boundary.

Executive (The child can now problem solve): We can focus on finding a solution without blaming. We also can give effective consequences that teach them to examine their behavior

We want to Notice:

-Compliance -Helpful Acts -Unique Strengths

We do not want to shame our children.