

COUNSELOR'S CORNER

Belforest Elementary School

December Campaign

What if you were told that you are changing the world right now? Would you believe it? A better future is being built by all of us right now, in the billions of small actions we take each day. Acts of care, love, and understanding extend outward, like the threads of a beautiful tapestry. Whether it's offering a kind smile, a helping hand, or an hour of your time—these acts have a way of rippling out, becoming part of something much greater. That is the power of radical generosity. This month we will celebrate **Giving Tuesday** on Tuesday, December 3rd.

Students will be invited to write something positive about any teacher at Belforest.

SPECIAL THANKS:

Thanks so much to everyone that helped to make the Giving Tree successful this year! From volunteers to help students choose an ornament, to picking ornaments off the tree, and buying the gift that was requested by the child. It truly takes a village. We are so very appreciative of you all!



IF you missed out and want to donate a new, unwrapped toy - Toys for Tots will be picked up on Friday, December 6th. You can send in a toy to the front office, PLEASE make sure you put a note on it to say that it is for Toys for Tots.

Do you need to contact your School Counselor?

Grades K-3 Rebecca Johnson rjohnson@bcbe.org

Grades 4-6 Kim Powell kpowell@bcbe.org

TIPS FOR BUILDING A STRONG RELATIONSHIP WITH YOUR CHILD

COMMUNICATION TIPS

- Really listen to the things your child tells you - big or small!
- Let your child share without jumping to conclusions.
- Talk with your child about how you are feeling, and encourage them to do the same.
- Apologize for mistakes you have made.
- Consider what your child is communicating non-verbally

SPENDING TIME TOGETHER

- Get into your child's world - take an interest in the things they enjoy and do them together.
- Allow your child to lead the time you spend together.
- Prioritize spending time together.
- Spend one on one time with your child.
- Be present in the small moments.
- Don't be afraid to have fun and get silly.
- Set your cell phone or other devices aside in an effort to be fully present with your child.

FAMILY HABITS

- When possible, involve your child in family decision making.
- Have weekly meetings to discuss family plans and goals.
- Invite your child to help establish family traditions.
- Set a culture of trust by doing what you say you will and honoring your family values.