



# The Husky

Orchard Elementary School

120 Jackson Street Billings, MT 59101

Phone: 281-6216

Website: orchardhuskies.weebly.com

Facebook: Orchard Elementary Huskies

Dustin Gaugler, Principal

Melissa Soucy, Assistant Principal

## OCTOBER, 2018

### October:

5-----Individual School Pictures  
9-----Tennis is Elementary Starts  
18-----MEA Conference -NO SCHOOL  
19-----MEA Conference -NO SCHOOL  
23-----PTA Meeting

### November:

7, 8, & 9-----Parent/Teacher Conferences  
19 ----- End of 1<sup>st</sup> Trimester

Remember that our school hours for 2018-2019 are as follows:

**K-3 8:00-2:00**

**4-5 8:00-2:45**

Each Wednesday, students get out an hour earlier.

**K-3 at 1PM, 4-5 at 1:45PM.**

### Picture Day

Lifetouch will be at Orchard on October 5th to take individual pictures of our students. We are looking for a few parent volunteers to help run the show. If you are interested in helping, please contact the office. More information and ordering packets will be coming home in your child's "Wednesday watch" folder.



### Attendance Matters

Please start the day out positive for your child and get them to school on time. Help your child lay out their clothes the night before, pack their backpack and have it setting by the door ready to go for the morning. Let your child have their own alarm clock and teach them how to use it. Each day your child is absent, they are missing out on valuable instructional time that can't be made up. Please make your child's attendance a priority.

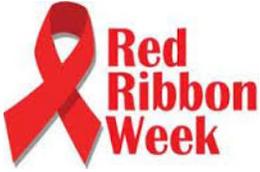
### Box Tops for Education

Orchard School is collecting Box Tops for Education for the 2018-2019 school year. By collecting the box tops you can help our school earn cash to buy the things that we need:

books, computers, playground equipment and more. If you have box tops, please take them to the office or to Mrs. Jeziorski in the Library.



## **Red Ribbon Week October 22nd – 26th**



Red Ribbon week, a week dedicated to drug awareness, will be celebrated at Orchard Elementary School October

22nd – 26th. Below you will find the Dress-up Days. Please encourage your child to participate in this special week.

### Dress Up Days:

**October 22nd:** You Won't See Me Doing Drugs! – Wear camouflage.

**October 23rd:** Team Up Against Drugs - Wear your favorite sports team.

**October 24th:** Give Drugs The Boot – Wear your cowboy/cowgirl gear. Giddy Up!

**October 25th:** Living Drug Free Is No Sweat – Wear workout clothes to school.

**October 26th:** Doing Drugs Will Haunt You For Life – Wear your Halloween Costume to school!

**(NO weapons, face paint, masks, clown costumes, or hair dye)**

### **Orchard PTA**

Orchard Elementary is looking for dedicated parents and community members to join our Parent-Teacher Association. The PTA is a volunteer group that helps to provide resources and programs for our school and families. The PTA is also planning the 100-year celebration of Orchard Elementary this year. If you are interested in joining the PTA, please come to our next meeting in the Orchard Library on October 23rd at 6:00 p.m

### **STAY CONNECTED!**



Like us on Facebook at Orchard Elementary Huskies!

# Encouraging Kids to be Includers

Exclusion is an example of relational aggression, which is defined as behavior that intends to harm others by damaging or manipulating their peer relationships. This subtle form of bullying can be hard to detect but causes significant psychological stress for kids.

The best thing parents can do is to empower kids to act as “includers.” When we instill kids with prosocial skills, we spread kindness and compassion. Follow these steps to teach your kids to include others.

**1. Listen and empathize.** It can be very difficult to sit back and listen when a child tells a story of being excluded, humiliated or otherwise hurt at school, but listening and empathizing are the two best things you can do. While it might be tempting to respond, “What a terrible friend!” or “Don’t play with them anymore!”, what your child *actually* needs to hear is, “That sounds terrible. You must feel so upset right now.” When we empathize with our kids, we teach them to do the same for others. Empathetic kids can create giant ripples of kindness in this world. All we have to do is be there for them and let them work through their emotions.

**2. Be an “includer” yourself.** Ever stare at your phone to avoid social interaction when you’re just not up for it or you don’t know anyone in the room? You’re not alone. Technology makes it easy to avoid uncomfortable situations, but using technology to avoid social interactions sends mixed messages to our kids. If we want our kids to learn to reach out to others and include new people (or people they wouldn’t otherwise sit with), we need to do the same. Show your kids how to make new friends by introducing yourself to new people and striking up conversations with people they don’t know.

**3. Look for someone who needs a friend.** It’s normal for kids to get caught up in their usual groups. Young children like routine and tend to sit at the same table at lunch or play with the same groups at recess, but this can be limiting. Teach your child to scan the room (or playground) to look for someone who might need a friend. Practice ways to invite a kid into the group or ask others to join a game. When kids practice these skills at home, they are better able to use them out in the world.

**4. Talk about unintentional exclusion.** Sometimes kids exclude others without intent to harm. Talk to your kids about what it means to exclude and how they can include others. Coach them on being aware of the people around them and how their actions may affect others. Sometimes children aren’t excluded because someone is being mean but simply because they get wrapped up in playing with their own close friends and they don’t notice who isn’t getting a turn or who is being ignored.

There is no one, quick, easy answer to relational aggression. Neither you nor your child can control how other children act. What you **can** work on is how your child responds to relational aggression or exclusion and how your child can take the lead to be an “includer” of other children.

Content of this article is from: Katie Hurley of pbs.org and Rebecca Eanes of creativechild.com.