

Muscogee County School District's

School Social Work Department



Dates to Remember:

November 11

Veteran's Day (No School)

November 13

Progress Reports

November 23-27

Thanksgiving Break- No School

Dear Parent,

November is here and this is the time we look forward to all year! From spending time with loved ones, eating way too much at Thanksgiving, watching football with the family, and being thankful for all that we have, November is a fun time of year for all!! From all of us at the Muscogee County Social Work Department, we hope that you have a joyous and peaceful time with your family over the Thanksgiving Break.

Teaching your child the importance of Veteran's Day



November 11th is Veteran's Day this year. While your child will have the day off and will surely be ecstatic to have an extra day to play, we in the Muscogee County Social Worker Department want to encourage you to help your child understand the importance of Veteran's Day and find ways to honor veterans in our area.

Below are a few helpful hints on how to do so. By Lauren Penton

- Teach your child about the history of Veteran's Day and how this holiday began.
- Find a veteran that you know or someone who resides in your area and find a way to serve that veteran. Whether it be taking a meal, flowers, or a small gift, find a way for your child to serve and show their appreciation for the veteran.
- Have your child write a thank you note to a veteran thanking them for their service to our country.
- Attend a Veteran's Day program or ceremony if there is one in your community.

Our world is becoming more and more focused on technology. Our children use computers often at school, home, and with friends. It is important that we teach our child how to use the internet safely and what the dos and donts of the internet are. Below are a few tips to help you ensure your child is safe while on the internet.

Internet Safety Tips for Kids (2013, April 10). (website) Retrieved from www.everythingkids.co/internet-safety-tips-for-kids

INTERNET SAFETY RULES

- 1 Never give out your name, address, phone number, e-mail, password, or school name.
- 2 Never send a picture of yourself to a stranger.
- 3 Never open e-mails, files, or web pages from people you don't know or trust.
- 4 Always check with an adult before downloading.
- 5 Never respond to new people online.
- 6 Tell an adult if something makes you uncomfortable, scared, or confused.
- 7 Tell an adult if anyone online asks to meet you in person.
- 8 Never tell a stranger where you are going and what time you will be there.
- 9 Never enter a chat room without an adult present.
- 10 Do not share details about your life with others online.
- 11 Do not use mean or rude language online.
- 12 Do not buy or order anything online without adult supervision.

In the spirit of Thanksgiving and counting our blessings, we would like to give you a few positive statements to spread to your children. Our hope is that you sharing these positive and encouraging words with your child will not only uplift their spirits and attitudes, but will help build positive self-images in your child. Marquess, Alissa. (2015, October 20). 64 Positive Things to Say to Kids. (Web blog post) Retrieved from <http://creativewithkids.com/64-encouraging-things-to-say-to-kids/>



Finding Balance

By Lauren Penton

The holidays can be a crazy time for us all. Family gatherings and cooking large meals on top of your regular daily activities can be overwhelming. Make sure to find small things that you can do to treat yourself.

- Sleep. Make sure you are getting 7-9 hours a night, when/ if possible.
- If/ when you have a little extra funds, treat yourself. It can be something as small as an ice cream cone or as big as that purse/ tool you've been dying to get. It's okay to do something nice for yourself too!
- Feeling down? Find some inspirational quotes on Pinterest or the internet that will help you feel inspired and give you motivation to keep going on.
- Find a new hobby such as knitting, baking, a new craft. Learn something new that perks your interest.
- Write it out. Get a journal and write down your thoughts and feelings. This can help you process what you're feeling and help get your thoughts together.
- Grab a book, a cozy blanket, and cuddle into your favorite chair. Spend some time getting lost in a great story. This will help you distract and forget your own problems.