

Muscogee County School District's

School Social Work Department

Dear Parent,

February is among us and everyone is feeling the love in the air. This is a special time of year where everyone makes sure to tell their loved ones how they feel and appreciation is given freely to our loved ones. This is no different with our children. Take time this month to show your child how much you care. Write them a letter, get them a balloon, make a craft with them for valentine's day. Find ways to show your child how much you love them and how special they are to you. This will go a long way towards showing your love to them and helping them know their importance in your life.



Dates to Remember:

February 5

Progress Reports

February 15

President's Day (No School)

How to Talk with Your Child About Strangers

As a parent, there are certain discussions that you know you have to have with your child to keep them safe. Sometimes it can be hard to know when your child is ready to have these discussions. One important discussion is discussing what it means to be a stranger and how we interact with strangers. Spring and summer will be here soon, which means our kids will be outside playing and are more vulnerable at this time. Its important to talk with our kids about strangers so that when they are not with us, they are prepared as to how to stay safe. It is imporant to help your child understand that strangers don't always look mean or scary. A stranger is anyone that your family does not know or know well. It is important to talk to your child about possible situations where a stranger might talk with them. One popular scenario is when children are asked by adults for help. Your child needs to understand that if they are in this situation, they need to go find an adult they know immediately. Encourage them to not have conversations with adults they don't know when you or another well known adult is not present. Role play dangerous situations that can involve strangers will your child and help them be prepared. Make sure your child knows to never go near a strangers car or to ever leave anywhere with a stranger. The more we can do to prepare our children, the safer they are when away from us. By

Lauren Penton

Fun Ways to Love on Your Kids this Valentine's Day



- Make homemade valentine cards with your kids for their classmates. Let them help you decide what they want their card theme to be and get creative.
- Decorate your child's door with cutout hearts. Write on each heart a different thing that you love about them.
- Help your child make a fun valentine's box to help keep their valentines. You can use a tissue box or cereal box.
- Put a new spin on some old classics like valentine's bingo and valentine's crossword puzzles. Look on Pinterest and you can print several of these out.

Bullying – Signs for Concerning Behavior

Bullying is a real problem that a large majority of children face at some point in their life. It is important to talk with your child about what it means to bully someone and why we should never be a bully. Below are a few different types of bullying to help your child be aware when they see bullying occur before them and to make sure they help take a stand.

RESOURCE SHEET 1.2(b)

What is bullying?

Bullying is:
when these things happen again and again to someone and it is hard for the student being bullied to stop these things from happening.



Exclusion
Being ignored, left out on purpose, or not allowed to join in.



Physical
Being hit, kicked or pushed around.



Lies or Rumours
Lies or nasty stories are told about someone to make other kids not like them.



Threats
Being made afraid of getting hurt.



Verbal Abuse and Teasing
Being made fun of and teased in a mean and hurtful way.


Frendly Schools & Families



Finding Balance

By Lauren Penton

Winter is here and a lot of people can have a hard time during the winter months. Many people can struggle with seasonal depression during these cold months. You may find yourself stuck in the house, not able to enjoy the many fun activities we usually can enjoy here in the south. During these times, it is important to ensure that you are taking good care of yourself and making sure to make your own mental health a priority. Here are a few pointers to help you beat those winter blues.

- Build a fire and grab a cozy blanket, then relax!! Take it easy and enjoy some time relaxing by the fire.
- Call a friend and invite them over for a movie marathon. Don't feel like entertaining others? Make your own movie night by grabbing a few of your favorite movies and a big bag of popcorn.
- Find ways to embrace the cold weather instead of fighting the cold. If it is snowing outside, take a snow day and go build a snowman. Go sledding. Just keep moving!
- Do something to treat yourself in a small way during the cold winter months. Get a manicure/ pedicure, massage, or facial. Some small gesture to treat yourself well.