**Townsview School Guidance Program:**

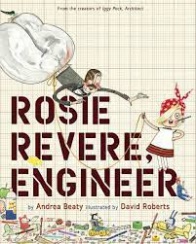
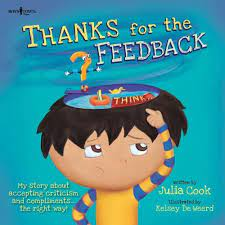
**October Newsletter**

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**Family Connection: Try This at Home**

Last month during SEL, students learned about having a growth mindset and an “I can attitude”. Get your child to give you three examples of something they do well, and one skill they can work on improving. Take this further by making a plan to reach this goal. Try following the **S.M.A.R.T.** goal setting method.

**S.M.A.R.T. goal setting –** Encourage kids to strive for what they want to learn and set specific goals to keep them focused and on track. This could be a school, home, or community goal: organization, kindness, financial, sports/activity, academic, volunteering, etc.

**Discuss and Praise Efforts, Not Just Accomplishments**. The goal of life isn’t perfection, it’s growth. Instead of focusing on the end result, determination focuses on the journey. Encourage your kids every step along the way—the little things and the big things; the goals met and the “good tries.”

**Salmon are famous for their determination** and are quite amazing animals! Check out this link to an explanation and YouTube video that shows the great lengths salmon will go to reach their goals.

[Encouraging Kids To Have Determination — Kathy J Perry, Author & Speaker](https://kathyjperry.com/blog/2019/3/13/tba)

The read alouds below support the SEL theme of the month. You can access each read aloud on **YouTube** (click each photo to open the link). See novel read aloud on next page.



**Theme of the Month**

The school-wide focus for the month of October is **Goal Setting**. Goal Setting is choosing something to improve on and planning a course of action to achieve the desired outcome. Students should focus on making goals that are **S.M.A.R.T.**

**S- specific** (What do I want to accomplish?)

**M- measurable** (How will I measure progress and success?)

**A- achievable** (Is this realistic and how will I accomplish it?)

**R- relevant** (Why is this goal worthwhile?)

**T- time-bound** (What is the deadline to accomplish this goal?)

The behavior of focus for all students will be **“Determination”.** During the month of October, students will learn the importance of overcoming obstacles while working to achieve their goals.

**Guidance Program**

Throughout October, guidance will continue supporting and enhancing student learning through academic, social-emotional, and career development. The ESS (Guidance) teacher supports whole school initiatives (such as the Second Step and Link Program), by providing resources, activities, co- planning, co-teaching, and offering small group/individual learning opportunities related to general guidance curriculum outcomes (such as emotional regulation and friendship groups). If you have any questions about the guidance program at TVS, please feel free to contact me at the school: 506-325-4435 or [Jessica.Irvine@nbed.nb.ca](mailto:Jessica.Irvine@nbed.nb.ca).

Jessica Irvine

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**Check out these websites for some tips, information, and fun family activities. These include making a family Bucket List, Vision Board, Goal Ladder, Games, etc.**

[7 Fun Goal-Setting Activities for Children | Big Life Journal](https://biglifejournal.com/blogs/blog/5-fun-goal-setting-activities-children)

[9 Activities To Build Grit and Resilience in Children | Big Life Journal](https://biglifejournal.com/blogs/blog/activities-grit-resilience-children)

[7 Steps Parents Can Take to Teach Kids Grit (verywellfamily.com)](https://www.verywellfamily.com/how-parents-can-teach-kids-grit-4126106)

[The Importance of Having Determination as a Child (thriveglobal.com)](https://thriveglobal.com/stories/the-importance-of-having-determination-as-a-child/)

[Four Tips to Get Your Kids to Develop Drive and Determination – Sidekicks Family Martial Arts Centers | Kids Martial Arts, After School, Camps, Krav Maga, & Kickboxing in Hillsborough & Pasco Counties (ilovesidekicks.com)](https://ilovesidekicks.com/four-tips-to-get-your-kids-to-develop-drive-and-determination/)

**Novel Read Aloud for Middle School**

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