

## Classroom Guidance Newsletter

Dear Parents,

Classroom guidance is an important element of the healthy relationships initiative here at Westlake Christian School. I will be introducing the students to the fundamental aspects of healthy relationships through classroom lessons. Lessons are 30 minutes in length and each class will have ten lessons over the course of the school year.

Lesson One:	Self-Esteem/Self-Respect
Lesson Two:	Friendship
Lesson Three:	Empathy
Lesson Four:	Tolerance and Respect for Others
Lesson Five:	Decision Making Skills
Lesson Six:	Bullying
Lesson Seven:	Communication/Language (Conflict Resolution)
Lesson Eight:	Assertive vs. Aggressive Behaviors (Conflict Resolution)
Lesson Nine:	Goals and Outcomes (Conflict Resolution)
Lesson Ten:	Problem Solving Steps/Responses to Conflict (Conflict Resolution)

You will receive a follow-up classroom guidance newsletter that corresponds to each lesson. The classroom guidance newsletter will give you an overview of the lesson, discuss how developing the skills related to the lesson correlate with the child's ages and stages, offer ways to reinforce these skills at home, and show other resources such as websites and books where you can learn more.

As we begin, here is a look at "typical" behaviors found at each age, during the elementary school years.

*Developmental Ages Chart*  
*From Total Quality Counseling, by David Burgess*

*The Five Year Old Child:*

*Is "good", helpful, conforming*  
*Attempts only those things ensuring success*  
*Needs attention, affection, praise*  
*Is energetic and "fidgety"*  
*Has short attention span*  
*May show opposite extremes of behavior*  
*"Good" behavior may break up as the school year progresses*

*The Six Year Old Child*

*Is extremely egocentric; wants to be the center of attention, "best" and "first"*  
*Has boundless energy*  
*May be oppositional, silly, brash, critical*  
*Cries easily; shows a variety of tension-releasing behaviors*  
*Has difficulty being flexible*  
*Often considers fantasy real*

*The Seven Year Old Child*

*Behavior is more calm*  
*Can begin to reason and concentrate*  
*Worries, is self-critical, and expresses lack of confidence*  
*Dislikes being singled out, even for praise*

*The Eight Year Old Child*

*Is explosive, excitable, dramatic, inquisitive*  
*Possesses "know-it-all" attitude*  
*Is able to assume more responsibility for actions*  
*Actively seeks praise*  
*May undertake more than can be handled successfully*  
*Is self-critical*  
*Recognizes needs of others*

*The Nine Year Old Child*

*Is an age of "general confusion"*  
*Wants distance between child and adults; may rebel against authority*  
*Needs group membership*  
*Seeks independence*  
*Possesses high activity level*  
*Can express wide range of emotions and verbalize easily*  
*Can empathize*  
*Can think independently and critically, but tied to peer standards*  
*Begins to increase sense of truthfulness*  
*Is typically not self-confident*

*The Ten Year Old Child*

*Has positive approach to life*  
*Tends to be obedient, good-natured, and fun*  
*Possesses surprising scope of interests*  
*Finds TV is very important; identifies with TV characters*  
*Is capable of increasing independence*  
*Shows increase of truthfulness, dependability*  
*Tends to improve self-concept and acceptance of others*

I look forward to working with your children this year in classroom guidance!

Sincerely,  
Heidi Jolliffe  
Classroom Guidance Coordinator