December is Empathy and Cultural Diversity Month

Now that parent conferences have been conducted, it is a great time to discuss with your child what they have done well and what they might want to improve. Working together, you and your child can develop academic and personal goals.

Counselor Tip for Students: Writing your goals will help you keep track of what you want to improve and how to do it.

- Use a notebook to create a graph, chart, or write down your goals.
- Each day, record your progress to see how you are doing.

Counselor Tip for Parents: You can ask these questions to help your child with goal setting:

- In Math and Reading this quarter what would you like to accomplish?
- What are 3 things you would like to improve on at home (ex: finishing my homework, making my bed, going to bed on time?)
- What is a personal goal you would like to work on (ex. being a better listener, using kind words, helping others who need help?)

MCPS Parent Support

Parent support - Links and information specifically related to parents of MCPS students
http://www.montgomeryschoolsmd.org/parents/support/

Parent Academy - Educational seminars and information to support parenting skills and knowledge
http://www.montgomeryschoolsmd.org/departments/parentacademy/

Parent and Family Support in the Community:

- Advanced Behavioral Health, 301-296-6100, of Gaithersburg offers mental health services such as individual, group, and family counseling.
- VESTA, 240-296-5860, of Silver Spring also offers mental health services such as individual, group, and family counseling.
- Hospice of Montgomery County, (301) 921-4400, offers grief counseling to children and adults who have experienced the loss of a loved one.
Empathy and Cultural Diversity Begins With You!

In classroom lessons your child is learning...

**KINDERGARTEN:** Students will review the importance of using kind words and actions towards others and how to be a good friend.

**GRADE 1 AND GRADE 2:** Students will review the definition of empathy and of cultural diversity. Students will learn why including others is important and ways they are similar and different from others.

**GRADE 3 AND GRADE 4:** Students will review the definition of empathy and of cultural diversity. Students will learn about the importance of inclusion and appreciating the differences of others.

**GRADE 5:** Students will review the definition of empathy and of cultural diversity. Students will learn how to include others and about appreciating cultural differences.

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**STUDENT SERVICE LEARNING - EMPATHY AND CULTURAL DIVERSITY**

Students are participating in a school wide event which supports our community:

**Pennies for Patients, 12/1/15 - 12/18/15**

Students will collect pennies which will be donated to the Leukemia and Lymphoma Society. Please help us, help this great cause which seeks to find a cure for cancer! Collection boxes will be sent home so that students can collect spare change from friends and families.

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Sargent Shriver Elementary School wants to keep our parents informed. We use Microsoft Word to translate our notes home to you. If our translated documents are hard to understand, please contact the office at 301-929-4426. Thank you.

Sargent Shriver Elementary School quiere mantener nuestros padres informados. Nosotros usamos Microsoft Word traducir nuestras notas a casa para usted. Si nuestros documentos traducidos son difíciles de entender, por favor póngase en contacto con la oficina 301-929-4426. Gracias.