

## News from the School Counselor- Mrs. Dearborn

Conflict or disagreements are normal in life and often happen when children get together. However, hurtful words, gestures, or physical attacks are unacceptable ways to deal with conflict and disagreements at school.

Our goal at Nunaka Valley Elementary is to teach students several positive ways to deal with these difficult situations. We focus on the positive choices of Kelso the Frog!

We are teaching students that when they have a small problem, they need to try at least two of Kelso's Choices.



Kelso's Choices are as follows:

- GO to another game or activity
- Share and take turns.
- Respectfully talk it over and listen to each other.
- Walk away from the problem.
- Tell them to STOP.
- Ignore the problem behavior.
- Apologize.
- Make a deal or compromise.
- Wait and cool off.

The student decides which Kelso's Choice he/she will use before asking for adult help. When a request for adult help is made, it will include the two ideas tried—"Ms. Donohue, Tad is teasing me about my glasses. I tried ignoring him, and I've told him it hurts my feelings when he makes fun of me. He's still calling me names." The adult at school will get involved and help solve the problem.

Of course, the adult will immediately handle any serious conflicts that cause a child to feel threatened or frightened. When it's a safety issue, we call it a **BIG PROBLEM** and a trusted adult is told immediately.

By using Kelso's Choices, we believe that our students will develop effective problem-solving skills that they can use again and again. It will help them to deal with conflict in a positive manner and to make appropriate decisions. Knowing what to do will help students reduce the stress and number of conflicts they have at school and in their neighborhood.

Kelso's Choices are seen throughout Nunaka Valley. Colorful charts illustrating ways to deal with conflict are posted so all children will know their choices. We encourage you to become familiar with Kelso's Choices and use them in your home. By working together, we can develop healthy life skills for young people to use at home and at school AND throughout life!

Sincerely Your School Counselor,  
Teresa Dearborn  
742-0380