

Counselor's Communication

Harding
Academy

December 2012

Mrs. Hall's Monthly Newsletter

Harding Happenings:

Classroom guidance lessons this month are based on the needs of the different grade levels. Here is what we have been studying in our classroom lessons...

JK & SK – Safety

We learned about personal safety this month. We played a game called *Safety Stand-Up*, which is a game like Simon Says.

1st & 2nd – Differences

We read a book called *Whoever You Are*. This book is about differences in people. We also completed an art project and played *The Crayon Game*.

3rd & 4th – Feelings

We read a book called *The Way I Feel*. Then we played Feeling Charades. Our discussion was based around how we control our behaviors when we have different feelings.

5th & 6th – Bullying

We played *No-Bully Basketball* to help us know when someone is being bullied.

Important Dates:

Friday, December 21st –
Monday, January 7th

Christmas Break – No School!

Alyssa Hall

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Taking Care of Your Body:

God called us to treat our bodies like temples. At a young age, children need to learn to take care of their bodies. Here are some ways to start...

- Make a healthy choice! McDonald's is tempting because it is easy, fast, and the kids love it. Fast food is okay on occasions; however, a healthy home cooked meal would be better. Also, many restaurants now have a healthy food option on their kid's menus.
- Exercise daily! Kids need to be doing activities that get them up and moving. Playing outside allows them to stay active. Exercise is a habit that needs to be developed early in life.

God's temple is holy, and you are that temple.

1 Corinthians 3:17b (NLT)

Picture Books about Nutrition:

- *Good Enough to Eat* (by Lizzy Rockwell)
- *Oliver's Vegetables* (by Vivian French)
- *Oliver's Fruit Salad* (by Vivian French)
- *Peas!* (by Andrew Cullen)
- *Lulu's Lunch* (by Camilla Reid)

Know Your Child's BMI

Find out your child's Body Mass Index. That's the number that measures height against weight and lets you know if your child is at a healthy weight. You can use the parent-friendly online tool at <http://apps.nccd.cdc.gov/dnpabmi/Calculator.aspx>, or ask your pediatrician to figure it out at your child's next check-up.

