

EDucation Connection

Extending Learning Beyond the Classroom



Moving Forward!

The 2016-2017 school year is bringing exciting changes to the Open Arms program. With great enthusiasm, we are proud to announce Open Arms is participating in a center-wide initiative. Throughout the course of the school year your child will practice being a BUCKET FILLER! This character education program is embedded in our new positive behavior intervention support (PBIS) program that will have our bucket fillers focusing on being SAFE, KIND, and RESPONSIBLE.

October 2016



Parenting Resources

Did you know that Open Arms has resources for parents? Resources are available for all ages. Below are just a few of our most popular resources for parents. Please see Ms. Kati for additional information, or to check out any materials.

Second Step: Visit www.secondstep.org. Enter the code SSPE FAMI LY68 to utilize the Second Step strategies at home!

Hawaii Early Learning Profile (HELP): Is your child 6 weeks to 24 months? Are you looking for friendly tips regarding your child's development and progress? Open Arms has purchased the HELP @ Home program, a "parent friendly" binder filled with 1-page tips for 865 developmental skills.

Happiest Baby: Open Arms has a collection of materials in book and DVD format for parents of infants, as well as those busy toddler and preschool children. Dr. Harvey Karp is a wealth of strategies for parents who are looking to help calm and support their child's emotional development.

Devereux FLIP IT: Learn the strategy that offers a simple, strength-based four step process to address children's day to day challenging behavior.



Parenting with Research

Do you ever find yourself sitting and dreaming of the day where you do not have to remind your children to be kind to each other? Do you ever wish your children offered to help around the house without being asked? Do you ever wish that you could explain to your children that you have had a hard day and need 5 minutes to regroup? Are you ready to walk out of a conference hearing that your child positively encourages others around him or her? Join us on **Wednesday, November 9th from 6:00-7:30pm** to learn about the Bucket Fill-osophy and Open Arms' school wide PBIS program.



"It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings.." Ann Landers



Common Language

What is the Bucket Filling Fill-osophy?

This year Open Arms will adopt the "Bucket Filling" philosophy as a way to promote kind, safe, and responsible behavior throughout our building. The concept is from Carol McCloud's book, Have You Filled a Bucket Today? Each person has an invisible bucket that represents emotional feelings and mental health. When kind and positive things happens, it feels as if our bucket is filled. When faced with sad or negative situations, our bucket is "dipped" into unless we "use our lid". This simple metaphor of a bucket helps even the youngest of preschoolers understand the importance of spreading kindness and love and being a helper. To the right and below are posters you will see in your child's classroom to encourage all of us to be bucket fillers and to provide all of us common language and consistency for our children.

Bucket + Fillers

are people who are...

| Safe | Kind | Responsible |
|------------------------|----------------------------------|--------------------------------------|
| Use walking feet | Encourage Others | Take Care of Materials |
| Keep Hands to Self | Share, Trade & Take Turns | Problem Solve or Ask for Help |
| Follow Directions | Include Everyone | Keep it Clean |

Bucket Fillers are those who help without being asked, give smiles and compliments, and generally spread their love and kind feelings to others.

"Bucket Dippers" deplete us of happy feelings by refusing to help with a task or by saying or doing cruel things. Bullying behavior is an example of bucket dipping. We encourage everyone to **"put a lid"** on bucket dipping by speaking up or getting help to stop unkind behaviors.

In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. Matthew 5:16

Clear Expectations = Common Language

* **Be SAFE:** Have a calm body.



* **Be KIND:** Use positive and caring words.



* **Be RESPONSIBLE:** Be a helper.



PBIS Matrix



| | Be Safe | Be Kind | Be Responsible |
|------------|---|---|--|
| Classroom | Walking Feet Hands to self | Encourage others Positive statements Share, trade, or take turns Be a good sport | Keep it clean Problem solve, then ask for help Follow Directions |
| Bathroom | Walking Feet Hands to self Keep it dry Be aware | Wait your turn Your body, your space | 1 in 1 out Wash and dry Keep it clean |
| Hallway | Walking Feet Hands to self Eyes forward | Appropriate voices Hands to self Kind statements | Walking Feet Hands to self Find your buddy, stay in line |
| Big Room | Walking Feet Hands to self Eyes forward Listen for directions | Encourage others Gentle touches Share, trade, or take turns Be a good sport | Keep it clean Follow Directions Take care of materials |
| Chapel | Backs to backs, bottoms to bottoms Hands to self Feet down | Eyes watching Ears Listening Encourage others | Stay in your space Stay with the group Hands to self |
| Playground | Eyes Forward Up the ladder, down the slide Helmets on bikes Rocks/mulch stay on the ground | Include everyone Encourage others Share, trade, or take turns Be a good sport | Keep it clean Follow Directions Take care of materials |

This summer, our PBIS committee met and developed the PBIS behavior matrix shown above to develop consistent school wide expectations for positive behaviors in each of OA's locations. The philosophy of "common language = common expectations" is designed to assist students in being successful no matter which program, classroom, or teacher that a child is in engaging with or transitioning to. The purpose of a PBIS behavior matrix is to identify and display positive behaviors that meet expectations across all school programs and settings. In short, it is a quick reference guide for teachers, administrators, and parents to consistently reinforce a set of key behavioral expectations during students' daily routines. We ask that you look out for the matrix and posters hung in our building and use them to support our PBIS program and your child in being SAFE, KIND, and RESPONSIBLE!

BUCKET FILL-OSOPHY 101™

Weekly words of wisdom to keep your bucket filled

Bucket Nuggets from Carol McCloud, The Bucket Lady

Cindy Bosch, of O'Neal Elementary in Poplar Bluff, Missouri is our Bucket Filler of the Week. Congratulations, Cindy! You have a book coming your way. Every bucket filler is a winner! Encourage your friends to get their buckets filled every week by signing on for our newsletter at www.bucketfillers101.com. This week we hear from Beth Hutcheson of Brentwood, Tennessee: I was recently a speaker at a women's retreat and I must share the results with you. The ladies were just "blown away." They were so thrilled with this "bucket filling" concept. After the speech and through the following morning, many of them shared their thoughts with me on using this metaphor for thinking of others in their classrooms, church groups, workplaces and homes. I know that you see these results often, but it is so exciting to me to be a part of this. It has made a solid impact on the lives of 65 women—who knows how much good will come from this? Changing lives with a bucket

A nursery school teacher was delivering a station wagon full of kids home one day when a fire truck zoomed past. Sitting in the front seat of the truck was a Dalmatian dog. The children started discussing the dog's duties. "They use him to keep crowds back," said one child. "No," said another, "he's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."

BUCKET CHUCKLES One of our Bucket Fillosophy readers recently sent us this question, "How do you reverse the negative thinking in a child?" Perhaps our February 10th article prompted her question. In it, we reminded adults to watch what they say and how they say it, especially in front of children because negative words create negative thoughts. There are a number of things you can do immediately. First, take care of yourself. Manage your own stress and avoid fatigue as much as possible. Adults dip into their children's buckets when they are fatigued, stressed and not thinking clearly. Take care of yourself in order to take care of your children. Realize that your negative words often leave deep impressions of inferiority, fear, hurt and anger. Negative words create negative thoughts in a child's mind. Next, begin to reverse your child's negative thinking with sincere, positive words. Compliment the smallest accomplishments. Praise efforts and progress. Focus on strengths and not weaknesses. Bucket filling is praise, not flattery, and uses words that are specific, sincere, deserved and individualized. Children feel good when they succeed. It's up to you to actively help them succeed in at least one area of their lives. Children feel valued when you spend time with them. Find time to enjoy them while staying alert to anything that may be troubling them. The world is a negative environment for many children. We live in a society that puts tremendous value on physical beauty, intelligence and materialism. "Average" children can quickly develop a sense of inferiority and negativity about themselves. While parents cannot always protect their children from the words of others that often unintentionally cause them pain and harm, they can help their children understand the wrong thinking behind those words. When I was about 12 years old, I overheard my aunt say to my grandmother, "Carol's legs are the skinniest and ugliest I've ever seen." Obviously, those words have stayed with me but, thankfully, my mother helped reverse their negative effect. She reminded me that I could run faster than any kid in the neighborhood. When a child is left out of an activity or ignored, when someone remarks on the beauty or intelligence of a sibling, it's up to you to let your child know that they are valued equally and for their own specialness. Being a good parent is an art. It requires putting yourself in your child's shoes and attempting to feel what your child feels in a world that has an unjust system of evaluating worth. Good parenting involves helping our children feel safe until they develop the self-confidence it takes to navigate in their own world.

Would you like to join your child in singing the Bucket Filler songs? You can listen to the "Circle of Light" cd on YouTube or visit Red Grammer's website, <https://redgrammer.com>, for the songs and lyrics.



It's Music Time!

For more information on Bucket Fillers or to sign up for the Bucket Fill-osophy 101 newsletter, please visit www.bucketfillers101.com.