

Hello Parents!

The students in first through third grade focused on many positive lessons during second quarter in Life Skills! We had wonderful topics to focus on including: healthy choices, bucket filling, empathy, self esteem, and we will soon be focusing on Automatic Positive Thoughts (APTS).

In discussing Bucket Filling, students learned how be positive and share compliments with their friends. We also discussed that "dipping from buckets" (put-downs) is not acceptable or expected behavior at Bay Harbor.. In discussing empathy, students learned how to "stand in another person's shoes".

We had many exciting lessons during 2nd quarter Life Skills! Please review the above concepts with your child regularly. It is important in creating "productive, responsible, civic and globally minded adults who prosper and serve".

Wishing You Well!!

Jen Woulf
Bay Harbor School Counselor