

Park Village Weekly Newsletter

November 21, 2021

Upcoming Events

November 22-26 Thanksgiving Break - NO SCHOOL / ESS CLOSED

November 24 @ 5 p.m. - Progress Reports Accessible on ParentVUE. Directions: ([English](#)) ([Spanish](#))

December 1 - Video Game Character Day

December 15 - Crazy Mask Day

December 20-31 Winter Break - NO SCHOOL / ESS CLOSED

Video Game Character Day

December 1st is video game character day where you can dress up as your favorite video game character. *PLEASE NOTE*: no gory or inappropriate costumes and no fake/real weapons are allowed on campus. I hope you let your inner gamer shine!

Crazy Mask Day

December 15 is crazy face mask day. You can d.i.y on one of your masks or buy a crazy one. Just make sure you can breathe perfectly normally. We want you to stay safe! I hope you join us in the crazy fun.

Parent Ambassadors



MEET YOUR PUSD
PARENT AMBASSADOR
CRISTINA MARTINEZ

A volunteer and parent of a child with disabilities offering support, guidance and perspective as you navigate PUSD Special Education and beyond!

Connect Here:

<https://www.powayusd.com/en-US/Departments/Student-Support-Services/Special-Education/Parent-Ambassadors/Parent-Ambassadors>

Counselor's Corner

TURN NEGATIVE LABELS INTO POSITIVE AFFIRMATIONS

WHEN WE TELL OUR CHILDREN:

"DON'T BE SO BOSSY!"

"WHY ARE YOU SO MESSY?"

"STOP BEING SO SENSITIVE."



WHAT THEY LEARN IS:

"I'M BOSSY. I'M MESSY. I'M SENSITIVE."

THESE LABELS BECOME
THEIR INNER VOICE.

HERE'S HOW TO REFRAME

SHY	→	TAKES THEIR TIME TO KNOW SOMEONE	QUIET	→	THOUGHTFUL, CONSIDERATE
MESSY	→	CREATIVE	STUBBORN	→	PERSISTENT
SENSITIVE, EMOTIONAL	→	EMPATHETIC	BOSSY	→	HAS LEADERSHIP SKILLS
DEMANDING	→	ASSERTIVE	LOUD	→	ENTHUSIASTIC
RIGID	→	ORGANIZED	RESTLESS	→	ACTIVE
PICKY	→	SELECTIVE	DRAMATIC	→	EXPRESIVE
WILD	→	ENERGETIC	NERVOUS, FEARFUL	→	THOUGHTFUL, CAREFUL

BONUS TIP

IF YOUR CHILD IS STRUGGLING WITH SELF-IMAGE, ASK THEM *WHAT THEY LIKE ABOUT THEMSELVES* AND TURN IT INTO SIMPLE AFFIRMATIONS:

"I AM FUNNY."

"I AM KIND."

"I AM GREAT AT LEARNING NEW THINGS."

Friends of the Foundation

A big *thank you* to our
FRIENDS OF THE FOUNDATION
for supporting our students

