



Ms. Liquori Lafayette School Counselor

**September
2016**

Lion of the Month

This year two students from each classroom will be recognized as Lion of the Month for exhibiting the monthly featured characteristic. Students will have their names announced and their picture displayed within the school and on Lafayette's website as well as a certificate showcasing their award.

Each month a newsletter will be posted to highlight the character trait of that month and provide opportunities for both discussions and activities to do at home.

This month's trait is **Courage**. It takes a lot of courage for all of our students to put their best foot forward and venture into a new classroom with different peers and a brand new teacher. Getting out of your comfort zone can be difficult for anyone so provide praise, praise, and more praise for the small challenges your child perseveres through.

Below are some articles that discuss ways to instill courage and also the overall development of character:

[10 Ways to Teach Your Children to be Brave](#)

[Fostering Courage in Your Preschool Child](#)

[How Can We Help Children Learn about Character? -- Helping Your Child Become a Responsible Citizen](#)

To help students understand what is courage you can read literature that highlights and celebrates children that persist and endure in the face of self-doubt. Older students may prefer to read a biography or autobiography of a person whom they respect.

Suggested books to read with your child are:

Wonder by R.J. Palacio (great for 4th and 5th grade, not to mention our 5th grade teachers are big fans!)

Courage by Bernard Waber : A great book to ignite a conversation & teach about the myriad definitions of "courage". Children are encouraged to see courage in less obvious people, ways, and places in life.

If I Never Forever Endeavor by Holly Meade: A fledgling teeters at the edge of his nest in a gorgeously illustrated tale sure to resonate with anyone facing a rite of passage, change, or challenge.

The Monster in the Bubble (worrywoos monsters) by Andi Green: A great metaphor about stepping out of your bubble, your comfort zone, and embracing life!

The Dot by Peter H. Reynolds : A story about a student who gives up on art but finds a way to shine her skills from a small dot on her paper to masterpieces. A story of self-growth, confidence and courage.

The Ish by Peter H. Reynolds: Life's imperfections are what make things exciting and worthwhile. It is how we grow. Children will love this book as Ish, through his younger sister's finds his way back to his art, gaining confidence and, most importantly, accepting himself.

Spaghetti in a Hot Dog Bun by Maria Dismondy: Fun book with beautiful illustrations that encourage kids to be true to who they are, even when faced with challenging situations. Even though the pressures in life make being kind seem "uncool" in the moment, we must teach kids that being the best person you can be is always cool.

If you should have any questions or concerns, please feel free to contact the School Counselor, Ms. Liquori at bluquori@wayneschools.com or at 973-633-3165 X18.

Courage is
what it takes to
stand up and speak.
Courage is also what
it takes to sit down
and listen.
Winston Churchill