**October 2019 5th & 6th Grade JHCS Healthy Place Newsletter**

Hi, and I feel that school is off to a great start! A little about who I am. My name is Samantha Grabert and I am the School Counselor at John k Charter School this year. My purpose is to be an emotional support to the students, teachers and staff. I love John Hancock and have a long history and relationship with all the staff.

The purpose of this newsletter is to give parents/caregivers some tools that will hopefully help you understand and communicate better with your child/children. Unfortunately, there is not a handbook on how to raise each of our children best (although that would be nice) so we do our best. Being a parent is the hardest, most rewarding, and meaningful job.

In the newsletter will be concepts that we will be discussing as a class. I encourage you to talk to your children about the subjects they have learned.

Please feel free to reach out if you have questions or comments. I love working with our children they are all individually wonderful!

Have the Best Day Ever!

Sam Grabert MA, AMFT, EMDR Trained

**What is being taught in the classroom!**

Disappointment and how to process the emotions.

**When I am disappointed, I feel like closing myself off and withdrawing!**

**Is it ok to feel sad?**

Sadness helps you to remember, rather than forget what it is or was that you desired. Often, we need to experience sadness so that we can feel joy. When we feel sadness, we try and avoid it because it is uncomfortable. Positive/ happy/ resilient is what we strive for but to appreciate these positives we have to know sadness and disappointment.

**So how do we deal with disappointment:**

There are 4 steps:

1: **Let it out!** Allow yourself to feel what you are feeling. What you are feeling is OK. Take time to sit with your emotions you don’t have to FIX it or change it right at that moment.

2. **Get some perspective:** Giving yourself time means that you care about yourself and you are allowing yourself to feel what it is you’re going to feel. Allowing yourself to feel means you have given yourself time to see the bigger picture. Now you have given yourself time to see what has happened from a different lens.

3. **Know your heart:** disappointment can burst through you like a lightning rod. A core value to arm yourself when you are disappointed is open heartedness. Open Heartedness means I wish to keep an open heart and be ready to share love and kindness with others, no matter what the outcome or how they behave.

*What do you choose: I choose to act with love and kindness towards others, rather than with negativity.*

4. **Practice acceptance:** As a human being acceptance is not always easy but something to practice daily. When we are disappointed, we want to withdraw and blame others. Learning to deal with disappointment is part of life and practicing how to be disappointed in a health way now will help you for the rest of your life.

**The Serenity Wish**

**May I find:**

**Serenity to accept the things I cannot change**

**Courage to change the things I can, and**

**Wisdom to know the difference.**

Definition of:

Serenity: state of being calm, peaceful or untroubled

Courage: the ability to do something you know is difficult

Wisdom: The ability to apply the knowledge you have learned from experiences and situations you have had.

**Below are the two videos that we watched regarding disappointment and sadness.**

<https://www.youtube.com/watch?v=MJoczdESU24>

<https://www.youtube.com/watch?v=ISaHt3ps1dM>