**October 2019 K – 4th 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!**

The greatest gift in life is friendship:

**Make a Friend, Be a Friend & Share a Friend**

We learned ways to be a good friend by:

Not criticizing, making fun, being honest and listening.

Class discussion was based on questions:

How can I be a good friend?

What does a good friend look like?

What can I do to be a good friend to others?

How do I make, share and keep a friend?

Some book references that may be helpful are:

A Friend Like You By Andrea Schomburg

Thank You for Being a Friend: By Peter Bently

Real Friends: By Shannon Hale