

Dear Parents:

I am excited to introduce you to our comprehensive classroom management program called Conscious Discipline. It is a way of organizing our classroom around the concept of a School Family, where each member learns the skills needed to successfully manage life tasks such as learning, handling frustration, communicating effectively, being sensitive to peoples' needs and getting along with others. Conscious Discipline empowers teachers and students with Seven Basic Skills of Discipline. To celebrate your child's success, we will send home a celebration card that describes how your child contributed to our successful day. We want you to celebrate with us, so this letter explains the meaning behind each card and provides suggestions for ways to celebrate.

**1. Today I used the safe place to keep my class and myself safe.**

If this note is given, your child maintained his/her *composure* when faced with a difficult or challenging situation. Your child remained calm and upheld his/her integrity. **Tell your child: Good for you! It's hard to calm yourself down when you feel frustrated. You did it!**

**2. Today I stuck to my commitment.**

Each day when your child comes in to class, he/she is asked to make a commitment to a rule, value or statement. There are *consequences* if your child sticks to this commitment - a sense of responsibility being one of them. If this note is given, your child honored his/her commitment. **Ask your child: What was your commitment for today?**

**3. Today I helped a friend to be successful.**

If this note is given, your child provided *encouragement* to another child who may have been facing a stressful situation. **Tell your child: It is a gift to help others and you are a gift to me.**

**4. Today I did my class job to help make our class a better place for everyone.**

Every member of our class - including the teacher - has an important job to do each day. This creates interdependence and a sense of belonging. It builds unity in our classroom and promotes the School Family that is so critical to our success. **Say to your child: Tell me about your class job and how you do it.**

**5. Today I took a deep breath and used my S.T.A.R. power to calm down.**

This is the first step toward maintaining *composure* when we are put in uncomfortable situations or when things don't go our way. If this note is given, your child remained calm and in control of his/her life. **Ask your child: Will you teach me how to be a S.T.A.R.?**

**6. Today I worked hard, stayed focused and finished all of my work.**

How do you feel when you know you've completed a job well done? Your child had a *choice* today, and chose to do his/her very best. **Tell your child: Way to go! You worked hard.**

**7. Today I used my BIG voice so others could learn.**

In our class, we work hard each day to set limits respectfully. Your child is learning that he/she must teach others how to treat him/her. *Assertiveness* promotes respect and helps us set healthy boundaries that are essential for all relationships. If this note is given, your child said, "I don't like it when you \_\_\_\_\_. Please say or do \_\_\_\_\_," teaching others how to be respectful. **Give your child a big high five and a hug for using his or her BIG voice.**

**8. Today I took time to make a 'we care' note for a friend.**

Showing *empathy* for others helps us accept each moment for what it is and helps your child accept and process his/her feelings. If this note is given, your child took the time to show compassion for another student. **Write a note to your child and stick it under his or her pillow, saying, "I love you."**

**9. Today I went back in time to change a hurtful situation into a helpful interaction.**

Have you ever said anything you've regretted later, but thought it was too late to change? It's not too late when we *assert* ourselves and have the willpower to make things right. If this note is given, your child chose to take a hurtful situation and change it to a positive interaction. **Tell your child, "Good for you. We all make mistakes and you fixed yours today."**

Please don't hesitate to call or send in a note if you have a question or would like more information about the really cool stuff going on in our classroom! You can also learn more about Conscious Discipline by visiting [www.ConsciousDiscipline.com](http://www.ConsciousDiscipline.com).

Wishing you well,