


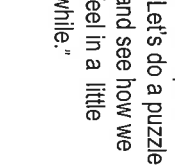









Rays of Resilience

a Sunshine School Calendar

March 2020

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

1	2	3	4	5	6	7
Marsh School adopted a whooping crane almost 25 years ago when Mr. Rob Ines was principal.	Later, we received a grant for art for the building and many pieces feature cranes.	<p>Come see Rango at the Vali 3 at 7:30! Coloring contest prizes will be awarded and the movie will follow...all brought to you by the SLV Crane Festival!</p>				"Kid Crane" became the Marsh mascot in 2003 when we added the crane puppet to the counseling curriculum.
8 Daylight Savings Time Begins—Set Clocks Ahead 1 Hour 	9 Our song "You Can Get Your Sunshine Back" is based on research that shows "Feelings change when you change what you do"	10 The Optimistic Child by Dr. Martin Seligman is designed to "inoculate" children from depression. Normed for children 8 and up, it's a very good investment.	11 When your child tells you about a problem, boost her problem-solving skills: "Wow! That was hard! Tell me what you did! Did that work?"	12 CAPABLE Kids "Keep on trying." Persistence is an optimistic character trait that produces resilient people.	13 Pete the Cat is one resilient feline. Try "Rockin' in My School Shoes" or "Pete the Cat and His Groovy Buttons." 	14 Acknowledge your child's sad feelings. "That is so sad!" Then make a plan. "Let's do a puzzle and see how we feel in a little while." 
15 Look for signs of spring together. The return of spring is a yearly reminder that things <i>do</i> change!	16 Signs of spring family challenge: Who in the family is the first to notice: <div style="background-color: gray; height: 20px; width: 100%;"></div>	17 The first robin 	18 The first baby animal 	19 The first duckling (visit Home Lake!) 	20 The first flower 	21 
22 Resume early bedtimes tonight for a better school day tomorrow.	23 Doing things to build COMMUNITY also builds optimism!	24 The "Itsy Bitsy Spider" is one of many characters in children's books you can use to help your child understand resilience.	25 "Down came the rain, and washed the spider out" But the lesson is that the sun does come out eventually....and the spider went up the spout again!	26 	27 Recommended: <i>The Blue Day Book for Kids</i> ("You can turn a blue day into a new day!") It's full of fun ways to "get your sunshine back."	28 
29 CARING kids fill their own "buckets" by thinking of others and doing things for them.	30 Marsh Improvement Team Meeting 11:15	31 Adults who normalize mistakes help children move past perfectionism. At dinner, ask "Did anyone make a mistake today? I did!" Tell what you did to correct it!	<p>Optimism is the foundation of resilience, the ability to "bounce back" from tough times. It does not mean everything is rosy, but that things do change. Bad feelings are real, but they don't last forever. This month's calendar is dedicated to building optimism in children. Ask your child to sing our optimistic song, "You Can Get Your Sunshine Back."</p>			

