

The Dixie

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Happy Fall Break!!

Great Job!

We have officially completed our first nine weeks of school! As we move into our Fall Break, I would like to thank all of our students, parents, and community members for helping us get through the first quarter safely. Please continue to practice social distancing and wearing your mask throughout Fall Break. Remember that washing your hands and or sanitizing is best practice.

Our attendance so far has been outstanding. Our great percentages are due to everyone working together making sure our students and staff are safe and healthy. As we return from break, let's continue our safe practices and continue to communicate with the office if you have any health related questions. We hope you have a healthy, fun, relaxed Fall Break!

Take care,
Mr. Allen

From the Nurse

This week has been National School Lunch Week. We are grateful that all the students at RSE are currently receiving free lunches. We want to thank our cafeteria staff for making our lunches every day. This year has been a challenge for them, just like everyone else. They have been awesome in helping to figure out how to serve our students lunches while following all the COVID precautions. Keep up the great work!!!!

A Few Reminders

- If you have not submitted verification of residency please do so ASAP. It can be turned in to the office or emailed to rsvor@rssc.k12.in.us
- **NO shorts** will be allowed after we return from Fall Break.

Counselor's Corner

6 PHRASES THAT STOP BACKTALK



EXCUSE ME

Say this gently and firmly. This lets your child know that they have crossed the line. It also does not invite more back talk.



YOU SOUND UPSET AND ANGRY

Responding with empathy helps kids feel less threatened and has the power to stop power struggles in their tracks.



REWIND, LET'S TRY AGAIN

A simple, gentle way to let your child know that they are behaving badly. Using the word, "Let's" shows them that you are on the same team. The underlying message is, "we can work through this and stay calm together..."



TAKE A DEEP BREATH..

Taking a deep breath physiologically helps you calm down. If you do this often, it can become a signal to kids that you are upset and a hint that they should start toeing the line. Sometimes you might not even need to say anything else.



CAN YOU SAY THAT RESPECTFULLY?

This should be said when you are calm. The underlying message is one of faith, "I know you can improve your behavior and be respectful..."



I THINK WE ALL NEED A BREAK NOW

When both you and your child are in the "red zone", mad and totally overwhelmed, this is probably your best response