

Issue 5
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Peace of Mind Newsletter

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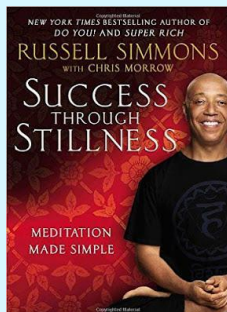
This Week in Peace Class....

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Recommended Reads:

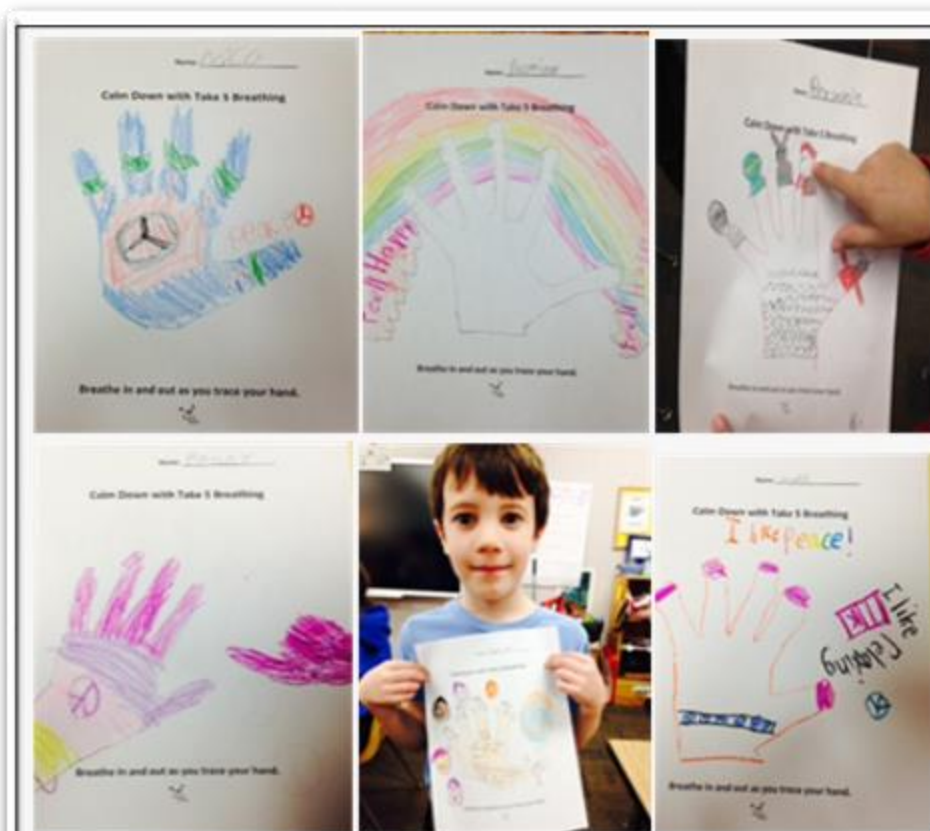
Success Through Stillness:
Meditation Made Simple by Russell Simm



Dates and Events

Winter Break:

12/19/15-1/3/16



We learned about Take Five Breathing

Take Five Breathing is a way of helping us to remember to use deep breathing to calm down when we are angry, sad, nervous, worried, or stressed. All you do is trace your hand and breathe in when you trace up your finger and breathe out when you trace down. My 1st, 2nd, and 3rd grade students made posters to put up at home to help them remember to take five. I also challenged them to teach Take Five to somebody in their families.

School-wide Mindful Moment

This week we started a school-wide mindful moment. During the morning announcements Mr. Catapano led the whole school in a brief mindful moment. This will be a wonderful way to start off the week with a sense of stillness and calm and gratitude. Many thanks to the teachers who are managing to make time for daily mindfulness practice in our very busy schedule!

- Linda

**At Lafayette, we
Speak, Act, and Move
Mindfully**

We're on the Web at:

www.teachpeaceofmind.com



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Ask Your Child

***“How do you do
Take Five
breathing?”***

***“What’s the
difference
between
something you
WANT and
NEED?”***

***“What do we
have that we no
longer need but
others might?”***

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First through Fifth Peace Class Updates

First through Fifth Grade: In addition to learning about Take Five breathing we have been expressing our gratitude to our amazing Lafayette staff by making thank you cards. In 1st – 3rd grade we have made cards for every non-classroom teacher in the school. We’ve made cards for our custodians, our lunch staff, our security guard, our office staff, and our specialists. Classroom teachers usually receive a lot of wonderful thank yous but some of the other less visible members of our staff are sometimes overlooked. We are making sure that everyone receives at least one card to show them our appreciation. Ask your child who they made a card for!

In fourth and fifth grade we have been talking about being mindful of other people’s feelings. We have been reading some wonderful books about bullying and the important role of the bystander to be part of the problem or part of the solution. We have had good discussions with Ms. Mosby about the difference between “telling” and “tattling”. What we decided is that “tattling” is when you are trying to *get* somebody in trouble and that “telling” is when you are trying to *help* someone in trouble. We acted out a skit about kids who need to stand up to a friend who is bullying. Most of the time bullying has three characteristics: it is repeated, the “bully” has power over the “victim”, and the behavior is intended to hurt or harm. We talked about how bullying hardly ever happens here at Lafayette anymore because we all try to be mindful of how we treat others. However, we encouraged the kids to tell an adult if they suspect that they or a friend is being bullied. - Linda

Pre-K and Kindergarten Peace Class Updates

We have started our “Generosity Countdown” as we learn about what it means to give willingly to others. For the next three weeks until Winter Break we will be learning about different ways we can be generous. This week we continued “filling buckets” by making cards for our staff at Lafayette thanking them for all they do. Next, we will learn about the difference between NEEDS and WANTS and discuss how some children don’t have everything they need. We will wrap up our generosity countdown by thinking of what we may have extras of to donate to others. Parents, it’s not too early to involve your children in your year-end giving! Talk with them about charities you support and why, and explain how giving to others makes you feel. Your example is the best way to help your kids learn to be generous and grateful for all we have!

- Jillian