HELLO OCTOBER!

We have officially made it through the first month of school at Anne Hutch. Thank you to all families who made it out for Open House, we were so happy to have you back in our building. Now that we have spent a month focusing on creating kind classroom communities, we are moving on to Self Control! There are so many different types of impulses that we experience throughout the day. Our brain is constantly processing and reacting to information around us. That being said, being able to "stop, think and control" ourselves is a hard skill to develop. For the month of October, teachers will read books like, "How to be a Super Hero Called Self Control" in their classrooms to highlight these how to show self control.

This month we are going to be giving out HEART Recognitions for students who are demonstrating strong Stop and Think skills! In our Second Step Lessons this month, students will be learning about self talk and communicating assertively.

Sincerely

- Mrs. Gelpi
Add Some New Games to Your Family Game Night Rotation

Games can be a fun way to practice executive functioning skills such as: planning and prioritizing, flexible thinking, emotion control, impulse control and organization. If you see a star that means Mrs. Gelpi uses this game in sessions.

- **SUSPEND**
- **JUNGLE SPEED**
- **QWIRKLE**
- **THE MAGIC LABYRINTH**

Second Step Program

Want a peek at what students are learning this month? To create a parent/guardian account click the link [here](#) and enter the code for the appropriate grade of your child(ren). Or click a link below for an at home activity.

- **2ND GRADE CODE: SSP2 FAMI LY72**
- **3RD GRADE CODE: SSP3 FAMI LY73**
- **4TH GRADE CODE: SSP4 FAMI LY74**
- **5TH GRADE CODE: SSP5 FAMI LY75**

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**ACTIVITIES & RESOURCES**

Want to follow up and work on teaching self control at home? Click on any image or underlined phrase and it will bring you to an activity or resource to try on your own!

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**Why is teaching impulse control important in school?**

As kids get older, they develop self-control in three areas:

- **Movement control** so kids aren’t constantly moving in inappropriate ways (called hyperactivity)
- **Impulse control** so kids put on “mental brakes” and stop and think before doing or saying something
- **Emotional control** so kids can keep going even when upsetting or unexpected things happen

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**Read More of the Article Here!**