



OPEN MIND

Guidance Newsletter



This month we learned about

Honesty

"Honesty is more than not lying. It is truth telling, truth speaking, truth living, and truth loving." — James E Faust.

Bible Verses About Honesty

For we are taking pains to do what is right, not only in the eyes of the Lord but also in the eyes of man. — 2 Corinthians 8:21

But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere — James 3:17

Dear children, let us not love with words or speech but with actions and in truth. — John 3:18

November Celebrations and Awareness Dates

National Family Literacy Month

7-11 International Stress Awareness Week

11 Veterans Day

13 World Kindness Day

17 Thanksgiving Family Celebration

18 Thanksgiving Celebration

22-25 Thanksgiving Holiday Break

NEWSLETTER HIGHLIGHTS

October's Character Trait:
Honesty

Upcoming Celebrations
and Awareness Dates

Mindfulness Lessons
Monthly Recap

Parents Tips and
Conversation Starters for
Cultivating Honesty



PARENTS CORNER

FOSTERING HONESTY

TIPS FOR CULTIVATING HONESTY

- Be nonreactive, calm, curious, and nonjudgmental. Otherwise, your child may lie to avoid drama.
- Try to discover the root cause of the lie so you can address it effectively.
- Don't try to "catch" them in a lie. Give them a runway to tell the truth instead.
- To decrease the likelihood of cheating, tell your child you value what they learn more than the grades they earn.
- Tell them you expect honesty, but know they'll make mistakes. Remind them that life lessons don't have to be life sentences.
- Don't let them off the hook, but treat the transgression and the lie as separate issues. Use natural and logical consequences.
- Be authentic and share when you're resisting the temptation to lie.
- Help them understand that the truth has a way of coming out.

MONTHLY RECAP

What did we learn in Mindfulness class this month?



PRESCHOOL

Students pretended to be emotion detectives and identified: happy, sad, angry, scared, confident, love, and peaceful. They also practiced deep breathing and relaxation exercises.

K - 2ND GRADE

Students identified five key feelings: happiness, excitement, sadness, anger, and worry. They practiced turn-taking, patience, coping with disappointment, and social communication while playing with others.

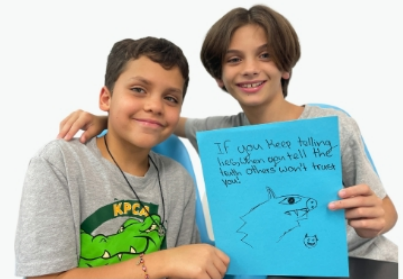


3RD - 5TH GRADE



Students demonstrated an understanding of the term "white lie" and explained how it is a form of dishonesty. They also identified difficult situations and tools they can use to better cope with them.

MIDDLE SCHOOL



Students practiced steady attention with three anchors: breath, sounds, and thoughts. They also analyzed honesty within a variety of tempting situations.

CONVERSATION STARTERS

1. "I'd like to understand your perspective. Why did you feel uncomfortable telling me the truth?"
2. "Tell me about the class where you were caught cheating. Is it difficult for you? Were you unprepared? Did you feel uncomfortable approaching the teacher for help?"
3. "What do you think you'd do differently if you found yourself in this situation again?"