

# SCHOOL COUNSELING CONNECTION



Sinking Fork Elementary  
March 2026

## CONNECTION POINT

Children thrive when they understand what they can and cannot control. Talk about things they can change, like effort, words, and actions, and things they cannot, like the weather or others' choices. When problems come up, guide them to focus on what they can control. This reduces frustration, builds problem-solving skills, and encourages empowerment. See the back of this newsletter for 5 Conflict Resolution Strategies to help when conflicts arise.

## Something to Consider...

**For Caregivers:** The way I speak to myself and my child helps build their inner voice.

**For Students:** I am learning, growing, and getting stronger every day.

## Word of the month...

This month teachers will be looking for students who demonstrate being an **"Innovative Critical Thinker"** showing traits like using good judgment & applying critical-thinking skills to make decisions. Students displaying these characteristics may be chosen as **Student of the Month**.

### An Innovative Critical Thinker

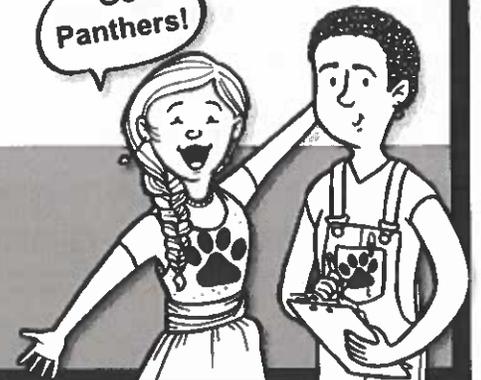
"generates ideas, examines information, & evaluates the impact of solutions." This is a competency of the CCPS Profile of a Graduate (essential skills students need to master for success in today's world.)



## THIS MONTH

Some of the topics students will be learning about in SEL (Social Emotional Learning) classroom lessons are self-control and using good judgment in decision making.

Go Panthers!



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# 5 Conflict Resolution Strategies to Handle Disagreements Peacefully



## ignore

Teach your child that for **small problems**, just **ignoring** is sometimes the best option. We can ignore with our eyes, mouth, and bodies.

## walk away

We can walk away from situations when we need to cool down, or just to play somewhere else.

## talk it out

Encourage your child to discuss problems calmly and respectfully with assertive communication. "I" messages:

**I feel \_\_\_\_\_ when you \_\_\_\_\_.** **Could you please \_\_\_\_\_?**

This is a great way to communicate feelings without blaming others.

## apologizing

Teach your child to give sincere apologies when they've made a mistake:

**I'm sorry for \_\_\_\_\_**  
**Next time I will \_\_\_\_\_**  
**Do you accept my apology?**

Discuss the possibility that the other person may not be ready to accept their apology and why it's still important to try to make things right.

## compromise

When having trouble deciding what to do or how to do something, teach your child to **find a solution that includes a little of what each person wants.**

This might mean sharing, taking turns, or finding some sort of middle ground.

## Escalator



Talk to your child about how conflict can be like an escalator—going up or down depending on how we respond. If a conflict escalates, the situation becomes more intense, and the problem grows bigger. If a conflict de-escalates, it gets smaller. Help your child recognize behaviors that **escalate** a conflict and that **de-escalate** a conflict.