



# Gundagai South Public School

Principal: Mrs Pip McAlister  
**RESPECT, RESPONSIBILITY, CARE**

## NEWSLETTER

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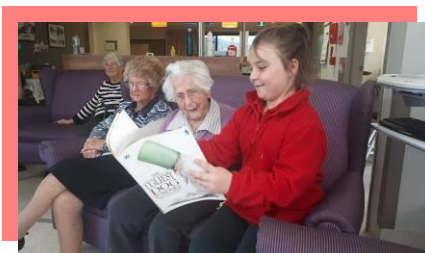
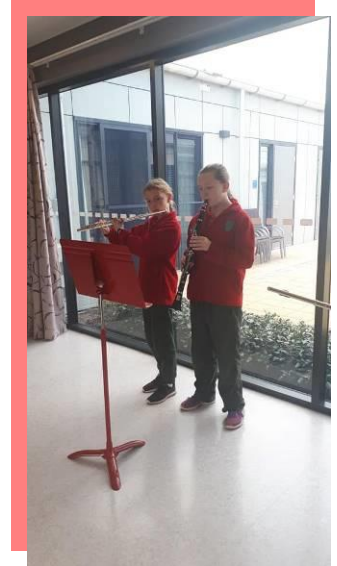
Term 3 Week 5

19<sup>th</sup> August 2019

Dear Parents,

Another busy week last week saw the Todd Woodbridge Cup tennis gala day for students in Years 3 & 4 proceed on a beautiful, fine sunny day. From all accounts our students were well behaved, participated enthusiastically and had lots of fun. Good sportsmanship and a positive attitude was evident, with special recognition of this going to **Hayden Crossley** and **Khyla Warren** with both students awarded a pair of sports socks.

wing of the Gundagai Hospital where they spent some time socialising and chatting to the residents and playing some musical items. Thank you and congratulations to **Kayla Byrne, Amy Myers** and **Lilah Norden** who all stepped up at short notice and performed beautifully for the residents. Thank you to **Kelly, Kerrie Stewart, Bec and Mitch** for assisting with the transport. It was a lovely experience for all involved.



### Vietnam Veterans Day

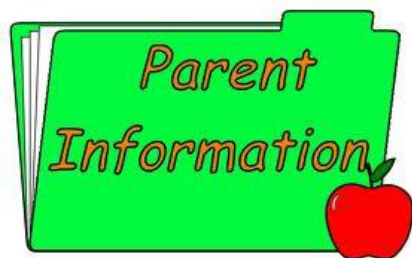


Today, our school leaders participated in the remembrance ceremony at ANZAC Grove to recognise Vietnam Veterans' Day. Although the actual day of recognition was yesterday (18<sup>th</sup> August) it was felt that more people would be able to

Also on Friday, representatives from the SRC, together with some senior students travelled to the Long-term Residential

attend today. Thank you to our school leaders who represented the school with pride.

## P & C Meeting



At our P & C meeting last Wednesday, I spoke about the changes to our class structures for this term and provided some insight into how I have been able to timetable classes so that students are frequently being supported in their learning in their smaller class groupings from earlier in the year. I wanted to share some of that with everyone to help you understand how the classes are operating, and how lucky we are able to provide many smaller grouping opportunities.

### Monday

9.15 – 10.15

**Miss McLennan** – K/1

Literacy

**Mrs Hillier** – 2/3/4 – Kelly & Joe

**Mrs McAlister** 3/5/6 – Mrs Matthews

10.15 – 11.15 – **Miss**

**McLennan** – Small Group 5/6

**Mrs Matthews** – Small Group MultiLit 5 – 6

**Mrs Hillier** 2/3/4

**Kelly** – Small Groups Year 1 & K separately

11-45 – **Mrs Hillier** – Maths Groups K – 4

**Kelly** – Maths Group from K – 4

**Miss McLennan** – Maths Group 3/5

**Mrs McAlister**- Maths Group 5/6

2pm **Mrs Matthews** – Minilit Group from K – 4

### Tuesday

9-15 – K – 1 to tennis lesson; Class Yr 2 – 4

10.00 – Yr 2 - 3 to tennis lesson; Class K – 1

10.45 – Yrs 5 & 6 tennis lesson; Class Yr 3 & 5

11.45 – Yrs 3/4/5 combination to tennis; Class 5 & 6

Minilit lesson from K – 4 – 10.45

Multilit lesson from 3/5/6 – 11.45

### Wednesday

9-15 – 5/6 Senior band **Ms Wild**

2/3/4 – Coding with **Ms Sini**

K – 1 Class with **Mrs McAlister**

10.15 – All 3/4 Band Lesson

5/6 Literacy, K/1/2 – Literacy

**Mrs Hillier**

Multilit – **Mrs Matthews** some 5/6

11.45 – K/1 Music lesson, 2 – 6 Combined “Wake n Shake”, team sport

12-15 – 2/3/4 Music, K – 1 **Mrs Hillier**

2.00 – **Mrs Matthews** - Minilit Group from K – 4

### Thursday

Support in classrooms from **Jess** (Chaplaincy) for the gardening and cooking/healthy living program. Each class is involved in cooking – again the K/1 class and 2/3/4 class is split into 2 groups and the 5/6 class and allows specific time for the other students in small groups learning support from **Miss O** in 3/4/5 Maths,

Scripture classes – students split into different groups

Music group – K/1 music, individual music lesson, Yr 2 Recorder group; 2 – 6 Choir

### Friday

Minilit and Multilit programs operating together with classroom support and smaller group learning with SLSO’s

It is a very complicated timetable and you may not understand it completely, however rest assured that the

K – 4 class and the 3/5/6 class do not operate as whole classes each day of the week. There are ample opportunities for our smaller teacher groupings and it has been designed with our students in mind and what we believe will help to achieve the best student outcomes.

Please also bear in mind; that I have always tried to support all our students’ learning by employing additional teachers when possible so our class sizes have a smaller number and in addition we are so fortunate to have 3 almost full time School Learning Support Officers (SLSO’s) who are there to support all students. This is a very rare treat for our school - other schools with over 100 or 200 or even 300 students do not have even 1 full time SLSO.

Tumut Public School has 1 part time SLSO for 350+ students.

**Mrs Matthews** assists with the delivery of the evidence based explicit systematic delivery of the Minilit and Multilit programs to support our

students; whilst **Kelly** and **Mr Joe** support all students from K – 6 and although funding comes specifically from the DET for students with Specific Identified and High Support needs, they are working to support all students and no student who receives support funding has exclusive rights to support only for them. It will be lovely to see this support distributed evenly amongst all the students, to rebalance the equity. Also bear in mind that in any class e.g. Yrs 4, within the class there may be students operating at a Stage 1 (Yr 1 – 2) level through to a Stage 3 or 4 level (Yr 5, 6 or 7).

If you have any concerns at all or if you need clarification or understanding around our structure, please make an appointment time an come and

have a chat. It is the best way to find out the facts.

## Book Fair & Assembly



Don't forget we will be holding our book fair and assembly this Wednesday, with students being encouraged to come dressed as their favourite book character. Book prizes are on offer for our classes! *There will be a special "Room on the Broom" lunch deal. Please see the attached information.* Assembly begins at 2.00pm and the Book Parade at 1.00pm. Parents and students may purchase books prior to assembly from 1-15 – 2-00pm.

## Canteen Network Meeting



Gundagai South will be hosting the next network Canteen meeting for our area to be held this Tuesday morning. Our thanks to **Lianne Blundell** for volunteering to host the meeting. Such opportunities to showcase our beautiful school are very much appreciated and it's important for us as a school to be positive and proactive about this to promote our school.

## Newspaper Article



It was wonderful to see the positive promotion of our school in the two most recent editions of the Gundagai Independent. Our thanks to **Helen Castles** for her support in including some great photos and words about our school.

## Excursion Costs



Following our excursion to Sydney in Week 2, the final costings have been tallied and I would like to share these with you to give you some understanding of the fantastic experiences your children were lucky enough to enjoy.

Opera House	\$336
Rocks Walking Tour	\$387
Police & Justice Museum	\$195
Museum of Sydney	\$195
Elizabeth Farm	\$375
Taronga Zoo	\$450
Aquarium	\$335
Observatory	\$375
Opal Cards	\$290
Maritime Museum	\$281
YHA Accommodation	\$12888
Goodes Coaches	\$5750
Fruit/Snacks	\$200
Fruit Boxes/Chips	\$120
<b>TOTAL</b>	<b>\$22177</b>

Cost to the school of \$887.08 per student.

## Not Every Act of Meanness in Bullying!



One of our jobs is to help children and young people to interpret events proportionally. In recent times, there has been a shift involving the wording application of 'trauma', 'depression' and 'bullying'. When these very meaningful words are misused, their misuse can result in unwanted consequences. What might be the 'unkind' behaviour of another may, actually **not** be 'bullying'. By determining the difference between unkindness and bullying, we can teach kids resilience and how to cope with conflict.

Conflict is unfortunately a part of life that we all deal with, no matter what age.

According to "Bullying No Way", the National Australian definition of bullying is:

The key terms in the definition of bullying is 'misuse of power' and 'repeated'. The key terms in the definition of what is **not** bullying is 'between equals' and while conflicts or mean and hurtful behaviour may upset a child tremendously, by labelling the mean behaviour 'bullying' we may be disempowering children.

It is important for children to understand the difference between someone being insensitive or mean and what constitutes bullying behaviour



because being able to successfully resolve and navigate these situations is a huge step in their emotional growth and maturity. If the situation is deemed to be simply mean or hurtful behaviour it is important not to over-play this through misleading terminology (i.e. bullying) and offer ways for the child to address and resolve this themselves.

Parents who react too defensively for their child at every negative encounter with their child's peers may be doing more harm than good. In later years, the child may not have the necessary tools to independently handle conflict and may feel 'victimised' in situations that don't go their way, potentially causing social engagement and relationship difficulties in later life.

Further in her article in Psychology Today, Eileen Kennedy-Moore, wrote: *... calling every act of meanness bullying sends an unhealthy message: It says to kids, 'You're fragile. You can't handle it if anyone is even slightly unkind to you.' As these children grow older, they demonstrate less resilience, sometimes publicly. The kids got more easily and deeply upset about perceived offenses, including situations that were unpleasant, but weren't really bullying. Beyond stunting their emotional maturity, their heightened reactions had negative social consequences, as peers responded by disengaging from them.*

By defining the behaviour correctly, we are encouraging our kids to assess and respond in a way that with long term practice, creates resiliency and emotional maturity.

I hope you take the time to read the attached article to help you understand social interactions.

## Professional Learning



This Thursday, I will be attending the Gundagai Network Principals' meeting being held at Gundagai High School.

## Trent Barrett Gala Day Years 3 & 4



The Trent Barrett Gala Day is being held in Gundagai on **Wednesday 28<sup>th</sup> August.**

We will be taking a girls team with all Year 3 – 4 girls participating in the combined Small Schools' team. Please complete and return the attached permission note. A draw with game times will hopefully be included on next week's newsletter when we have received the relevant information.

A canteen will be operating on the day.

Parents will be required to assist with transport please. The day will run from approximately 9.30 – 2.30pm but more exact times when we receive the draw.

## Radio News



Don't forget to tune into school news on the radio station Sounds of the Mountains 94.3. This can be heard each school Monday morning at approximately 9.45am.

Week 6: Monique & Jade

Week 7: Amy & Sam

Week 8: Teleah & Marco

Week 9: Kayla & Khyla

Week 10: Tahlira & Dusty

## School Banking



Don't forget to send in your Bendigo School Banking. Banking will be collected every Wednesday.

## Healthy Recess and Lunch

Congratulations to our healthy recess and lunch awards winners for Week 4



Recess award - **Jack Clarke**  
Lunch award - **Lilah Norden**

## PBL - Uniform Winners



Congratulations to our weekly uniform award winners for Week 4– **David Foster, Jade Harvey, Josie Warren**

## PBL Red, Green, Pink & Blue Level

Congratulations to the following students who have achieved **Green** level – Positive Behaviour for Learning.

**Jack Clarke**

## PBL Weekly Focus Area



This week our focus areas for PBL will be “**Lunch Areas**” in the playground and “**Assembly**” for our Classroom.

### Playground –Lunch Area

**Respect:** Stay seated.

**Responsibility:** Eat your lunch

**Care:** Pack Up. Report problems.

### Classroom – Assembly

**Respect:** Follow instructions.

**Responsibility:** Sit quietly and listen

**Care:** Show manners.

Please discuss our focus areas with your children this week.

## Student of the Week

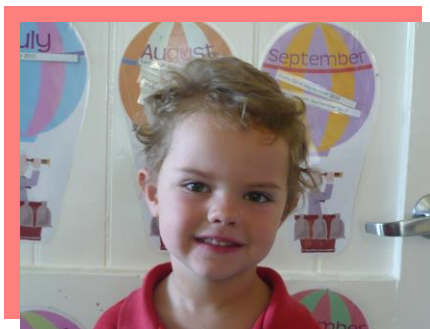
**5/6 – Jasmine Hayes –** Improved results and enthusiastic participation in times tables activities.



**2/3/4 – Jaylee Coulcher –** For her great choice of language, ideas and imagination to rewrite the ending of the story ‘Fox’.



**K/1 - Ethan Hourn –** For always displaying polite and respectful behaviour in the classroom and attempts all tasks with a positive attitude.



## Gold Star Award

**5/6 – Monique Hayes –** Independently volunteering to pick up rubbish in the playground.



**2/3/4 – Hayden Crossley –** For his excellent participation and sportsmanship during the Todd Woodbridge Tennis Cup



**K/1 - Judd Longhurst –** For working hard on his speech and his enthusiasm to share his learning with others.



## How 2 Learn

**5/6 – Kayla Byrne –**  
Persevering with STEM activities and volunteering to play her flute for the residents of the Long Term wing at Gundagai Hospital.



**2/3/4 – Angus Dowell –** For his positive attitude towards his learning in mathematics, always wanting to take on more challenging activities.



**K/1 – Kayden Gould –**  
Listening carefully to instructions and willingly takes on tasks that may seem challenging.



## P & C Minutes



The minutes from the P & C meeting held last Wednesday are attached for your information.

Pip☺

### Canteen

**Wednesday 21<sup>st</sup>  
August  
Lianne Blundell**

**Friday 23rd  
August  
Lianne Blundell**

**Monday 26<sup>th</sup>  
August  
Lianne Blundell**

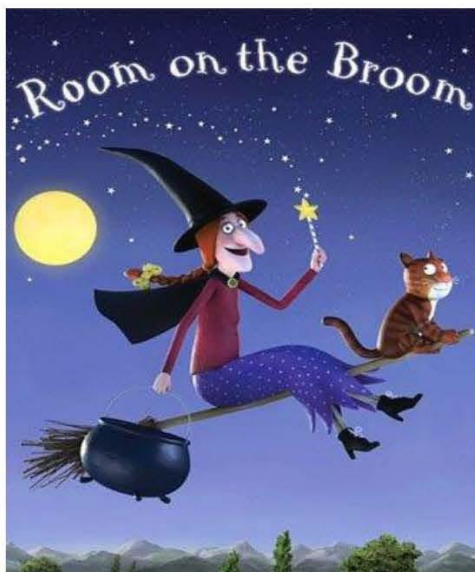


# WHAT'S NEW!



THE RED AND GREEN TUCKERBOX

**BOOK WEEK**



**\$5.00 MEAL DEAL**

**WEDNESDAY 21/08/2019**

See attached flyer for more information.

**Fresh for Kids-Eat Fresh & Win Campaign**  
Monday 06/08/19-Friday 21/09/19



The Eat Fresh & Win canteen campaign promotes fruit and vegetables and offers each student the opportunity to win great prizes.

**Healthy Bones Action Week**  
Monday 19<sup>th</sup>-25<sup>th</sup> August, 2019.



This annual initiative encourages Australians to think about their bone health. Primary school is a crucial time for children to build strong bones for life and ensure their daily routine includes 3 steps to maintaining good bone health:

1. Calcium intake through foods like milk, cheese and yoghurt.
2. Weight bearing exercise, such as hop, skip or jump and
3. Vitamin D from safe sunshine.

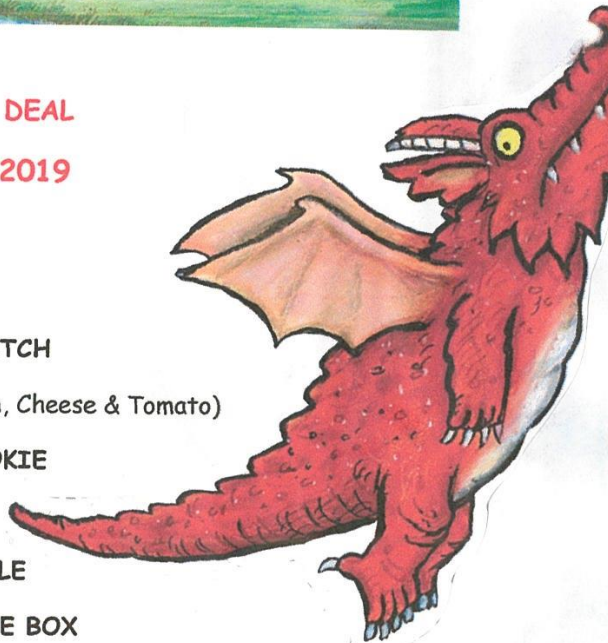
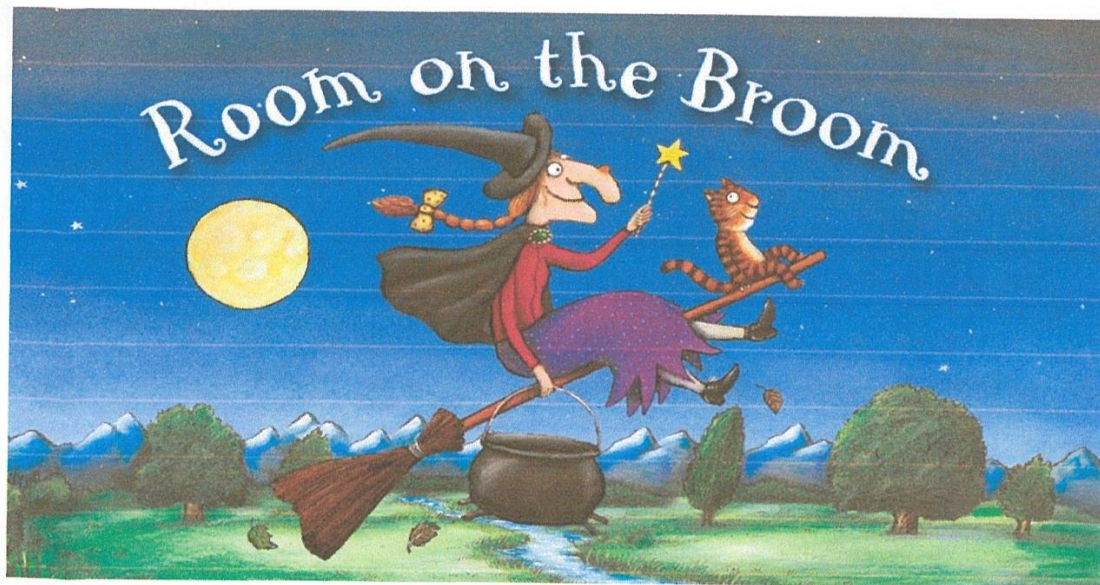
To celebrate this important initiative each student will receive 1 free cup of milk to enjoy with their recess or lunch on Friday 23/08/2019.

**CANTEEN ROSTER**

Wednesday 20/08/19-Lianne Blundell  
Friday 23/08/19-Lianne Blundell  
Monday 26/08/19-Lianne Blundell



GUNDAGAI SOUTH PUBLIC SCHOOL



**BOOK WEEK MEAL DEAL**

**Wednesday 21/8/2019**

**\$5.00**

**TOASTED SANDWICH**

(Ham, Cheese, Ham & Cheese or Ham, Cheese & Tomato)

**SPOTTED DOG COOKIE**

(Chocolate Chip)

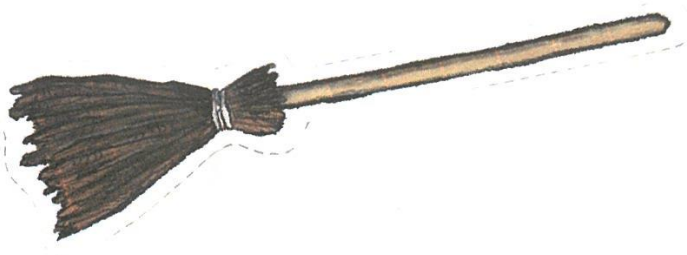
**RED DRAGON APPLE**

**WITCHES BREW JUICE BOX**

(Any Variety)

**CHANCE TO WIN!!!**

Each Meal Deal ordered will receive 1 entry into our Book Week Raffle. You could win a Book Prize and a Canteen Voucher.





## Gundagai South Public School

### P & C Meeting 14.8.2019

**Meeting Opened:** 6.04pm

**Present:** Pip McAlister, Rebecca Sini, Michelle Hillier, Kelly Williams, Lianne Blundell, Casey Norden, Libby Pollack, Kerrie Stewart, Jodie Dean, Kristie Cooper

**Apologies:** Clare McAlister

Minutes of Previous P & C meeting held on 11.6.19

**Moved:** Kerrie

**Seconded:** Lianne

**Business Arising:**

- Fence surrounding school is up. There was a complaint regarding the gate being locked and people unable to walk through to either the school or to the bus stop. One part of the fence needs to be fixed with the correct fencing panel. Several parts need to be fixed due to minimum height restrictions.
- Thanks to all those who collected Earn and Learn stickers. We have selected some items that will be beneficial to the school.
- Annual school report is now online and able to be viewed.
- Thanks to those volunteers who have completed Working With Children Checks which are now compulsory for all volunteers working within a school.
- Pip bought a wooden bench seat with the \$100 anonymous donation and also used the \$100 Bunnings voucher that Kelly Reynolds kindly gave us when she completed her prac.

**Moved:** Lianne

**Seconded:** Kerrie

**Correspondence:** Parents and Citizens Magazine, Catalogue regarding fundraising.

**Moved:** Lianne

**Seconded:** Jodie

## **Treasurers Report** as at 13.8.19

Term Deposit Account:  
Current Balance: \$12,561.81  
Interest Rate: 1.85%  
Review Date: 3.11.19

P & C Account (June):  
Current Balance: \$11,734.93

P & C Account (July):  
Current Balance: \$13,003.11

Canteen Account (June):  
Current Balance: \$7,543.83

Canteen Account (July):  
Current Balance: \$7,624.41

**Moved:** Lianne

**Seconded:** Kerrie

## **Principals Report**

- Great excursion, Enjoyable and one of the best we've had. Thanks to Michelle for photos and posting on Facebook. The excursion reinforced classroom learning.  
The total cost of the excursion for each student WOULD have been \$875.00, The school heavily subsidised the cost and saved parents \$500.
- Wonderful coverage in the Gundagai Independent of the excursion with a full page article.
- Kerrie has moved a motion that the P & C cover the cost of the bus from the excursion.
- Transition Days for 2020 Kindergarten students will be 4<sup>th</sup>, 12<sup>th</sup> and 21<sup>st</sup> November  
and Early Years Engagement program with Gumnut and Gundagai Preschool will be held on 19<sup>th</sup> September and 29<sup>th</sup> October.
- Kelly will make up invitations and posters for this.
- Pip attended starting school expo with Kelly. Presented to 3 families about social and emotional resilience and understanding self regulation. We gave a bookmark about social skills to each person attending.



- Our new instructional leader is Jess McLennan
- Russell Graham and Kim Woodside visited and spoke about more support in regards to a writing focus.
- Pip has indicated that we are interested in a Live Life Well program about healthy eating and physical activities.
- Currently students are enjoying Wake and Shake through Tennis, Fundamental Movement skills, skipping and the obstacle course.
- Canteen Network meeting coming up.
- Mrs Jackson has taken leave for the term. There are no casuals available. During the holidays Pip and Michelle spoke about what they felt would be best for the students. Michelle offered to have K-4 with 4 of her students going up to Pip's classroom to be extended in their learning. Michelle's class splits into ability based groups, Kelly takes small groups for both literacy and numeracy as well as other groups going off to do music, tennis and coding with Miss Sini. Pip said she will do more of an explanation in the newsletter to explain the classroom structure.

**Moved:** Casey

**Seconded:** Libby

**General Business:**

- Canteen: Eat fresh and win is coming up.
- Canteen network meeting to be held at GSPS in the library.
- RSPCA Cupcake Day 19.8.19
- Donation from Lions club – Money was used to buy a Toaster, Blender, cutlery, 2 cereal containers, 2 water jugs, 2 trays, tablecloths and a 3 tier trolley. Letter of thanks has already been sent.
- Vegetable Garden is being used by Lianne to make food for canteen. Lemon and Zucchini muffins and Cauliflower soup.
  
- Going through the process of External Validation. Mandy Crocker is helping with this. Pip presented some examples of what this involves and what evidence we need.
- PBL Pink Reward Level was a movie afternoon which the students enjoyed.
- Book Fair and Book week coming up on 21.8.19
- SRC Meeting regarding holding a Crazy Hair and Face Painting Day.
- Gundagai Remembers is being held on 21-22 September.
- Positive and Active Facebook presence, Great to see photos from the excursion to keep parents in touch with what their children are experiencing.
- Pip expressed thanks to all P & C members for coming and being involved and encouraged parents to keep being positive about our school.

**Moved:** Jodie

**Seconded:** Libby

**Next Meeting:** 11.9.19

**Meeting Closed:** 7.16pm

US

Find a Therapist (City or Zip)

Verified by Psychology Today



Eileen Kennedy-Moore Ph.D.  
Growing Friendships

## Is It Bullying...Or Ordinary Meanness?

What does and doesn't count as bullying, and why it matters.

Posted Oct 01, 2014

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If you say the word "bullying" in a classroom full of elementary school kids, here's what happens: Hands shoot up. Everyone has a story about how someone bullied him or her.

Bullying is a serious problem that can have devastating effects. As a clinician, I've seen more than a few adult clients brought to tears by memories of horrifying peer abuse. I've seen kids who feel frightened or wounded by their peers' cruel words or actions, and parents who feel angry or helpless in the face of their child's victimization by other kids.

I'm glad that there's much more awareness now that bullying is not just "normal" kid behavior or a rite of passage, and that entire communities need to work actively to prevent bullying.

But sometimes the "B word" is thrown around too casually.

### Definition of Bullying

Researchers have a very specific definition of bullying: Bullying involves deliberate, aggressive acts targeting a particular individual repeatedly, over time, (although some researchers also count a single severe aggressive act), AND it involves a power difference between the bully and the target. In other words the bully is bigger, stronger, tougher, or more socially powerful than the person being bullied, which makes it difficult or impossible for targets of bullying to defend or protect themselves.

A lot of what children call bullying is really just ordinary meanness, because there's no power difference.

I want to be very clear about something: I'm not advocating or defending or excusing bullying or any form of meanness. But I do think that calling every unkind act "bullying" is not helpful.

When we fail to distinguish between bullying and ordinary meanness, we trivialize the very serious cases of peer abuse. Also, calling every act of meanness bullying sends an unhealthy message: It says to kids, "You're fragile. You can't handle it if anyone is even slightly unkind to you."

A child's distress is not the only measure of bullying. For instance, Hearing peers yell, "You're out! Yes, you are!" in a game of kickball might be very upsetting for a child who doesn't believe she's out, but it's probably not bullying. It's something she needs to learn how to handle. We could comfort her, we could teach her coping strategies, but labeling the other kids "bullies" won't help her learn to deal with frustration or manage conflicts.

### Meanness is Common Among Kids

Anyone who has spent substantial time with children knows that they are often mean to each other. Debra Pepler at York University and her colleagues, video recorded the playground behavior of children in 1st through 6th grade whose teachers had identified them as either especially aggressive or especially nonaggressive. On average, the aggressive children did some form of mean behavior about every two minutes. But those carefully selected nonaggressive children averaged a mean behavior every three minutes!



everything from hitting and kicking, to lengthy arguments along the lines of "Nuh-uh!"/"Uh-huh!" Some forms of rejection were blatant, such as refusing to let someone sit at a lunch table or announcing "You can't be in our club!" Others were more ambiguous. Teasing could be friendly or mean-spirited. Refusing an offer of food could reflect disinterest in that food or concern about "cooties." Impulsivity, immature problem-solving skills, difficulty managing feelings, limited perspective-taking ability, following the crowd, or just experimenting with social power are all factors that could lead kids to do mean things.



Any of these behaviors could be upsetting for a child, and they're certainly not desirable ways to act, but they only "count" as bullying if there's a power difference between the kids. True bullying is a serious problem that requires intervention from adults. Ordinary meanness is common. It's something that kids need to be able to handle (with encouragement and support from caring adults, if necessary) AND to learn to avoid doing themselves.

We adults haven't managed world peace or even perfect marriages, so it's unrealistic to think that our children will always be perfectly kind to each other. And yet, kindness is a worthy goal. As parents, we can help our children cope with the meanness that they will inevitably encounter. And, even more important, we can try to guide them toward more caring responses to their peers.

### Fighting Bullying By Helping Kids Look At Their Own Actions

Kids are quick to condemn bullies, but they have trouble seeing the impact of their own behavior. Psychologist Brent Harger found that 5th graders often believed in a false dichotomy between bullies and nonbullies. They assumed that bullies were always mean and since they themselves weren't always mean, they couldn't possibly be bullies. They dismissed anti-bullying messages in their schools as "not relevant for them." They looked at the signs and slogans condemning bullying and thought, "Those bad kids should stop that!" They also believed that joking, retaliating, or making fun of younger students doesn't "count" as bullying.



The key to bullying prevention is not protecting the "good" children from the "bad" bullies; it's helping all children learn to behave in kinder ways. Addressing ordinary meanness paves the way toward more caring communities.

Below is a questionnaire I developed with my colleague Mark Lowenthal. Have your child consider the questions and emphasize that he or she does not have to tell you the answers. The point of this exercise is to increase awareness, and to encourage kind choices in the future, not to force children to admit guilt.

### Some Honest Self-Reflection About How We Treat Others...

For each question, decide whether the answer is "Sometimes," "Never," or "Often." Be honest. You will NOT have to share your answers.

US

1) Have you continued "joking" when you could see that someone was getting upset?

Sometimes Never Often

2) Have you laughed or joined in when you saw someone being picked on?

Sometimes Never Often

3) Have you said things about boyfriends/girlfriends that made someone feel uncomfortable?

Sometimes Never Often

4) Have you laughed at someone who made a mistake or was struggling?

Sometimes Never Often

5) Have you told people that you "hate" another kid?

Sometimes Never Often

6) Have you deliberately called someone a silly name, even after being asked to stop?

Sometimes Never Often

7) Have you made fun of how someone looks, dresses, acts, or talks?

Sometimes Never Often

8) Have you said mean things about others behind their backs?

Sometimes Never Often

9) Have you written or passed notes with mean comments about others?

Sometimes Never Often

10) Have you said, "Oh, no!" or complained when you've had to work with a certain student?



Sometimes Never Often

11) Have you told another kid, "Nobody likes you"?

Sometimes Never Often

12) Have you done unkind imitations of how another kid acts or talks?

Sometimes Never Often

[Note to kids: If you answered "Never" to every question, you're probably not being honest. Everyone makes mistakes and does unkind things sometimes. What's important is to recognize when this happens, try to make it right if you can, and promise yourself you'll do the kind thing next time.]

"Honest self-reflection questionnaire" reprinted with permission from Kennedy-Moore, E., & Lowenthal, M. S. (2011). *Smart Parenting for Smart Kids*. (Jossey-Bass/Wiley). PLEASE USE ONLY WITH ATTRIBUTION.

**Related posts:**

[Frenemies](#)

[Why Do Girls Gossip?](#)

[Helping Children Who Cry Easily](#)

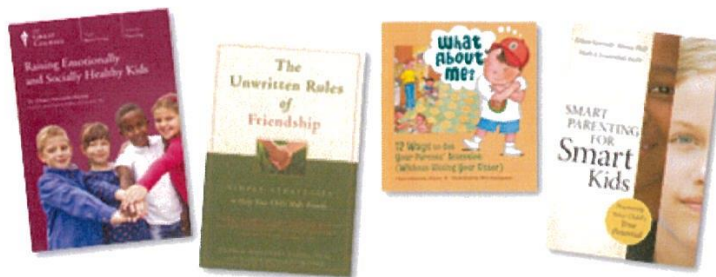
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