Ms. Khan’s Discipline Policy



We live in a world where we are constantly faced with making choices. The choices we make determine the quality of life we live. Early Childhood experts agree that we must teach our young children to make helpful choices. We must also teach them that the choices they make not only impact their lives, but also the lives of those around them. It is my hope that children will leave First Grade with the ability to see the impact of their choices. After using it in Kindergarten last year, I found that a program called Conscious Discipline produces remarkable results. More information about this program can be found at [www.consciousdiscipline.com](http://www.consciousdiscipline.com).

In order to accomplish this goal:

\*We will conduct class meetings to solve class problems.

\*The children will be taught to use words to discuss differences and solve individual problems. Your child will learn to use their “Big Voice” as conflict resolution tools.

\*An emphasis will be placed on developing and using self-control as a tool to help make helpful choices.

I am convinced that all people, including young children, learn more, produce more, show more compassion toward others, and feel better about themselves when they are in a positive, caring and safe environment. A nurturing environment where they are guided not forced will help them make helpful choices.

Research has shown that connections (with people) on the outside develop neural connections on the inside. This is accomplished in the school setting by building a “School Family.” Our School Family will be coming up with our class commitments together. Once they are established, I will send home an agreement for you to sign/review together with your child.

Children will learn to use the “SAFE PLACE” in order to regain composure and join the group. They will be taught skills to help them relax and compose themselves. Research has shown that the brain functions optimally when a child feels safe. I tell the children that my job is the “Safekeeper” and their job is to help me keep it safe.

Every year brings a wonderful new combination of personalities that need to learn to function as a cooperative group. We will all grow together as we celebrate learning.

Wishing you well,

Ms. Khan