

# Middle School Guidance



## Four Attributes of Empathy

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Empathy is an essential trait that aids meaningful connection with others in both our personal life and work life. Instilling empathy as a norm for children at any age promotes the development of good character that is necessary in the complex social environments in education and the workplace. Numerous articles highlight and explore ways to recognize and cultivate empathy in both children and adults. One such article by Theresa Wiseman published in the *Journal of Advanced Nursing* is "A Concept Analysis of Empathy." Wiseman takes a practical exploration of the mechanics of empathy and its development. **I would walk a mile in your shoes.** The first step to developing empathy for other people is to see things from another's perspective. **Hey! No judgment here.** Once we adopt another's

point of view, we must reserve negative judgment. **No hidden agenda.** Staying neutral as positive, we can gain an understanding of how another feels. **I feel you.** The final step to developing empathy is to communicate the understanding we have gained. In this way, the circle of empathy is reciprocated and barriers are dissolved.

Empathy requires two fundamental **social emotional** components: understanding emotions and applying effective communication. The development of these skills from a young age establishes an intrinsic capacity to connect with peers. We encourage children along the path toward empathy by helping them identify their emotions and to recognize those emotions of others. Furthermore, children who build

effective communication skills are able to have an open dialogue about their emotions that they identify in others. Ultimately, it is in the affirmation of one another's emotions that we truly connect. (Discovery Education, Too Good Mendez Foundation - October 1, 2015)

### Quote of the month

"If you don't like something, change it. If you can't change it, change your attitude." - Dr. Maya Angelou



Happy Halloween

### Points of Interest:

- ✓ - Absent from school? Check out the teacher lesson plans by logging into PowerSchool parent portal.
- ✓ - Excuses are due the day students return to school. A grace period of three days is allowed before becoming illegal.
- ✓ - Bullying information can be found at: [www.bbsd.com/Page/16088](http://www.bbsd.com/Page/16088)

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## Important Upcoming Events

The following are a listing of important dates to remember:

**October 2, 2015** - Middle of the first nine week grading period.

**October 12, 2015** - ACT 80 (County In-Service)

**November 3, 2015** - End of the first nine week grading

period.

**November 16, 2015** - Act 80 Day. Parent/Teacher Conferences.

**November 25, 2015** - Early dismissal.

**November 26, 2015** - Happy Thanksgiving.

**November 27 through December 1, 2015** - Break.

**December 10 through December 11, 2015** - P.T.S.O. Bazaar.

**December 10, 2015** - Middle of the second nine-week grading period.

**December 24, 2015** - Christmas Eve.

**December 25, 2015** - Merry Christmas!

