



## Kelso's Choices

We are thrilled for another school year at Vassiliadis! We hope our students build meaningful friendships and connect with those around them. While we wish we could say that students will get along with each other all of the time, we know that conflict is a normal part of life and will occur from time to time. However, hurtful words, gestures, or physical aggression are unacceptable ways to deal with problems and disagreements at our school.

Our goal is to empower students to solve small problems on their own by teaching them positive ways to deal with conflict. To do this, we will be utilizing Kelso's Choices, which focuses on teaching the difference between small and big problems and on the following conflict resolution strategies:

1. Go to another game or activity
2. Talk it out
3. Walk away
4. Ignore the problem behavior
5. Tell the person to stop
6. Apologize
7. Make a deal or compromise
8. Share and take turns
9. Wait and cool off

Whether in the classroom, lunchroom or on the playground, students with a small problem will be encouraged to try two of Kelso's Choices before seeking adult help. Allowing students to solve small problems on their own will help them develop valuable life skills including problem solving, decision making, communication, and self-confidence. We recognize not all problems will be small and expect big problems that are dangerous, involve physical injury or aggression, or unkind acts that are repeated & intentional are reported to an adult immediately in order to maintain a safe environment for all students.

Not only can Kelso's Choices be used at school to help students become independent problem solvers, it can also be utilized at home to assist siblings in solving problems between themselves. If you would like to incorporate the philosophy and strategies of Kelso's Choices at home, Kelso's Choice wheel is included for you to place in a visible spot for your children. As we work together to teach our kids to become leaders of their own lives, we increase their likelihood for success in the future.

Thank you,

Vassiliadis Staff