



Dear First Grade Families,

In alignment with the PUSD Counseling Master Plan to assist students in K-12 career and college readiness, a lesson was presented in your child's first grade class. Students learned about self-control and self-discipline today through a guidance lesson in which students practiced self discipline in a fun and interactive lesson. Through the use of bubbles, your child was able to contribute to a discussion about what self-control and self-discipline are, and realize they are able to resist or refrain from distractions through the use of self-discipline and self-control.

Next Steps at home:

Ask your child to talk to you about what these key concepts are and about "the bubbles." As we promote creating appropriate learning habits in the early grades, it will connect skills of school responsibilities as an elementary school student through lifelong learning and being a responsible member of society. Discuss with your child ways in which you as an adult must practice self control to be successful in the workplace.

Please feel free to contact me with any comments, questions, or concerns.

Warmly,

A handwritten signature in cursive script that reads 'Dulcie Martinez'.

Dulcie Martinez, MS, PPS
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