

Pinewood Counseling Connections



December Part II Issue

Have a happy, safe holiday season and a relaxing holiday break!

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Classroom Guidance Lessons during the month of December on the character word **Responsibility**

This month students learned about the character word responsibility. Responsibility means to be reliable, accountable and always do what you are supposed to do. Things that you can do to help your child with becoming responsible:

1. Make a family chart of chores, so that everyone shares the responsibility of getting chores done; i.e. setting the table, taking out the trash, loading the dishwasher, etc.
2. Encourage them to use their assignment notebook
3. Encourage them to make lists of responsibilities
4. Hold them accountable for their actions by giving them a reasonable consequence and talking about better choices for next time.

Next Month's Word: Kindness

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Resource: Community Based Food Pantries

- The Salvation Army** – 222 Lafayette St., Sch'dy, NY (518) 346-0222, ext. 16
- SICM Food Pantry** – 839 Albany St., Sch'dy, NY (518) 346-4035, (518) 346-4445
- St. Luke's Church** – 1243 State St., Sch'dy, NY (518) 347-1385
- Carver Community Center** – 700 Craig St., Sch'dy, NY (518) 374-8456
- Refreshing Springs Food Pantry** – 327 Georgetta Dix Plaza, Sch'dy, NY (518) 346-5303
- Bethesda House** – 418 Liberty St., Sch'dy, NY (518) 374-7878

Pinewood Students recognized for “Filling a Bucket” during the month of December



Students recognized by other students

- 3rd Grade:** Shelby Warman , Alyssa Papa , and Anna Sherman
- 4th Grade:** Hailey Stutzman, Michael Standhart, and Dylan Pusz
- 5th Grade:** Lauren Merritt, Mackenzie Carr, and Connor Tope

Students recognized by Pinewood adults

- 3rd Grade:** Emma Drake, Jacqueline Shaw, and Emilio Vernon
- 4th Grade:** Madison Seligman, Gurvinder Singh, and Cristina Angela
- 5th Grade:** Anna Newman, Madison Demarest, and Amira Stevens-Salih



Hip Hop Dance Experience

Fifth graders were invited to participate in a six week after-school hip hop dance class at the beginning of this month. Under the direction of three high school students and supervision of the School Social Worker, Mrs. Haynesworth, students are learning a hip hop dance routine that involves complex moves and spins. Students are having a great time dancing to the beat! The class may be offered to fourth graders in late January depending on the schedules of the instructors and the availability of space.



Pinewood Family Fund

The Pinewood Family Fund Committee sponsored a holiday candy gram sale during the third week of December to raise funds for Pinewood families in crisis. Students were invited to send a special treat to a friend, family member, or teacher with a note of holiday cheer. The Committee would like to take this opportunity to express its deepest appreciation to the Pinewood community for supporting its fundraising activities during the first part of this school year. Should you have any questions about the Fund or would like to assist in any of the Committee's fundraising events, please feel free to contact the School Social Worker, Mrs. Haynesworth. Have a wonderful Holiday Season and Happy New Year!



HAVEN's Grief & Loss Group &



Girls' Inc.

Through our collaboration with community based agencies, over the last few months, we have offered an eight week grief and loss group and a six week girls' group focused on discussions of self-esteem, sexuality, and risk taking. Last week, both groups facilitated their final sessions. Parents whose students participated in the groups will receive additional information and resources relevant to the topics discussed in the coming week. Another six week girls' group will be offered in the next couple of months. An invitation for the group will be extended in an issue of the parent newsletter. Should you have any questions about these programs, please feel free to contact the School Social Worker, Mrs. Haynesworth.

Activities for the Holiday Break

Pinewood's Counseling Department would like to wish you a Happy and Safe Holiday Season! We have appreciated your support in 2009 and look forward to our continued collaboration in the New Year in our efforts to address your children's needs. Below are some activities that you might consider exploring during the holiday break:

December Break Activities (Mon., Dec 28 until Thurs., Dec 31 from 12:30 to 3:30 p.m.: Enjoy cool hands on Science activities.)
Schenectady Museum & Planetarium 15 Nott Terrace Heights, Schenectady, NY (518) 382-7890 Free with Museum admission.

Holiday Break Science Camp: Winter Backyard Adventures (Mon., Dec. 28 from 9 – 3: An adventure in exploration and discovery - learning about different backyard animals and the many things they need to survive.) **All About Snow** (Mon., Dec. 28 from 1:00 – 2:00: Explore the differences in water, snow, & ice.) **Opposites Attract** (Tues, Dec. 29 from 9 – 3: Experiments exploring magnets & energy.) **Exploring the Cartesian Diver** (Tues., Dec. 29 from 1:00 – 2:00 p.m.: Exploration of gas laws and buoyancy in a hands on Science lab) **Children's Museum of Science & Technology**, 250 Jordan Rd., Troy, N.Y. (518) 235-2120

Albany's Figure Skating Skate Fest (Wed., Dec. 30 from 3:00 – 5:00 p.m., Albany Academy Rink: Exhibitions, games, free skate, prizes, etc. Registration form online at <http://www.albanyfsc.org/>)