

Pinewood Counseling Connections

March Issue



A Monthly Newsletter from Pinewood's Counseling Dep...

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In This Issue:

*Character word during the month of March:
Patience

*Bucket Program: Students recognized for "filling a bucket" during the month of March

*Pinewood Family Fund

*Pinewood's "Next to New" Closet

*Pinewood Peace Partners

*Parent Tips- Test Taking Tips and Reducing Test Anxiety

Classroom Guidance Lessons during the month of March



Patience is waiting calmly and also having the endurance to achieve goals. Students learned why being patient is important and how they can show patience. Remind your child that when they are not patient they will feel stressed, anxious, bored, disappointed and annoyed. When they are patient they will feel relaxed, calm, and proud.

Stories to read with your child: "Leo the Late Bloomer", "Salt in His Shoes: Michael Jordan in Pursuit of a Dream"

Resource for parents on the internet: <http://hubpages.com/hub/TeachPatience>

April's Character Word: Citizenship

CONGRATULATIONS to all of Pinewood's "Bucket Fillers"

Pinewood Students recognized for "Filling a Bucket" during the month of March



"Bucket fillers" are those who help without being asked, give hugs and compliments, and generally spread their love and good feelings to others. ~Carol McCloud, Author of "Have you filled a Bucket Today?"

Students randomly selected from our "school bucket" that were recognized by other students:

Tiffany Lieu, Cole Wright, Troy Williams, Briana Blesser, Jaelyn Coppolo, Jason Santiago, Adam Murray, Ryan Starr, and Nick Wellek

Students randomly selected from our "school bucket" that were recognized by Pinewood Adults:

**Dale Smith, Tyler Fetter, Students in Mrs. Stahl's Class
Maddy DeMarco, Tim Fedder,
Sonya Sousa**



Pinewood Family Fund

To date, the Pinewood Family Fund has offered donations to three families who have experienced a major life change or crisis. The Committee is presently working on organizing its final fundraising event for the year – a Luau themed Spring Fling. The event is scheduled to be held on Friday, April 16, 2010 in the Pinewood cafeteria. Students will dance to the tunes of DJ Burmeister, enjoy the artistic talent of Pinewood’s Art Club, and have the opportunity to snack on the tasty treats of our PTO parents who have graciously agreed to contribute to this event. If you would like to assist in planning the dance or would like additional information about the Fund, please contact Elizabeth Haynesworth, School Social Worker.



Pinewood’s “Next to New” Closet

Pinewood’s Next to New Closet was developed to provide clothing to Pinewood students in need. To date, the Closet has offered donations to five students. As a result of the generosity of the Community Closet, Pinewood parents, and faculty members, Pinewood’s Next to New Closet presently has boys and girls’ tops, pants, and coats available to donate to students in need. If you are in need of a donation, please contact Elizabeth Haynesworth, School Social Worker. All referrals will remain confidential.



Pinewood Peace Partners

S.T.A.R. students are recognized by their teachers for demonstrating positive problem solving skills and good citizenship.



March’s S.T.A.R. students are:

Third Grade: Michael Gunn, Kelsey Hisock, Brandon Kiernan, Mai Trihn Le, Lena Calkins, Abbi Stanley, Sarah Suplicz, Daniel Reedy, Lauren Foti, & Ruby Avila

Fourth Grade: Jayne Bernardi, Tyler Starr, Chris Cowell, Fiona Rockenstyre, Hannah O’Clair, Nick Carmello, Ashley Reinke, Hannah DeMarco, Tara Beck, & Nicholas Johnson

Fifth Grade: Alyssa Klouse, Vittoria Costantini, Erin Dunleavy, Karlina Ramirez, Shannon Vermette, Emily Helinski, Maria Andrew, Sam Ingersoll, Shelby Hendrickson, Curt Roscoe, & Ryan Reinke

Unkind words create an unhealthy atmosphere at home and at school. They create conflicts, negatively affect relationships, and hurt others’ feelings. It is important for adults to take a stand against put downs, even when made in jest, because they are hurtful and cause tension. Adult role modeling is critical in reinforcing this message and serves to counterbalance the negative influences children experience daily. Children learn that words have the power to both harm or heal through the words we choose. Consider posting and adopting the following mission (Derived from Learning Peace.com) in your home. It can be generalized to school and discussed and reinforced in a weekly family meeting.

- ~ I will be aware of the words I speak.
- ~ I will not use or tolerate put-downs of any kind.
- ~ I will use I messages when I get upset.
- ~ I will use and encourage put-ups instead of put-downs.



Parent Tips- Test Taking Tips and Reducing Anxiety

*Preparation is the Key to Success

- ✓ Do homework assignments regularly
- ✓ Keep organized- using folders or binders
- ✓ Have all needed supplies
- ✓ Practice listening skills
- ✓ Practice following directions
- ✓ Make flash cards for each unit and review on a regular basis even when the test is over
- ✓ Even if there is no homework in a particular subject review the material taught in class
- ✓ Each night set aside 20 minutes to review material learned that day so you continue to learn rather than memorize
- ✓ Communicate with teacher regularly

*Reducing Anxiety

- Be prepared
- Talk to your child about their feelings
- Recognize strengths and help them use positive self-talk
- Practice taking deep breaths
- Get the proper amount of rest
- Eat healthy
- Exercise

*Classroom Guidance lessons and study skills groups are offered by the School Counselor. Please contact the school counselor if you would like more information!