

Pinewood Counseling Connections



November/December Part I Issue



A Monthly Newsletter from Pinewood's Counseling Department

Pinewood's Counseling Staff:

Michelle Gaffney

School Psychologist

Tel: 356-8445

Elizabeth Haynesworth

School Social Worker

Tel: 356-8443

Amy Christopher

School Counselor

Tel: 356-8449

Kim Martin

Options for Kids Counselor

Tel: 356-8430

In This Issue:

- * Coping with Holiday Stress
- * Pinewood Students Recognized for Filling a "Bucket"
- * Character word for the month of November: MANNERS
- * Books and Websites
- * Pinewood Family Fund
- * Pinewood Peace Partners
- * Pinewood's "Next to New Closet"

Coping with Holiday Stress

The holiday season can be a time full of joy, cheer, and family gatherings. For some, however, it is a time of loneliness, self-evaluation, and reflection on past experiences and losses. This coupled with balancing the demands of the holidays may contribute to increased tension and feelings of being overwhelmed. Stress symptoms may include headaches, disturbances in eating and sleeping habits, and excessive drinking.

The following are some tips for coping with holiday stress:

1. Set realistic goals for yourself – Do not take on more responsibilities than you can handle.
2. Make a list and prioritize the important activities.
3. Do not put all of your energy into just one day.
4. Encourage others to share the responsibilities of holiday tasks.
5. Try volunteering some of your time to help others if you are lonely.
6. Find holiday activities that are free, such as looking at holiday decorations, going window shopping, etc.
7. Make time for yourself.
8. Reach out to old and new friends.
9. Spend time with supportive and caring people.
10. Keep track of your holiday spending.
11. Limit your consumption of alcohol.

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



November "Bucket Fillers"

Remember when you are a "Bucket Filler" you do something to be kind, respectful, caring or helpful to the people around you

Students recognized by other students for filling their bucket

Grade 3: Amelia Sobieski, Jovani

Ducharme, Brandon Wellek

Grade 4: Jenna Coutant, Jared Park,

David Maher

Grade 5: Kaitlyn Kline, Caitlin Hilder,

Shannon Vermette

Students recognized by Teachers and Staff for filling their bucket

Grade 3: Austin Vuignier, Anthony

Russo, Tyler Fetter

Grade 4: Gianna Pigliavento, Rose

Napoli

Grade 5: Courtney Beblowski, Faith

Brown, Erin Dunleavy

Classroom Guidance Lessons during the month of November

MANNERS

As a part of the Character Counts program here at Pinewood, Miss Christopher will be going into each classroom the first week of every month to teach a lesson on the character word for that month. The character word for the month of November was MANNERS. Manners are actions and words that we use every day that display being polite using words like please and thank you, your welcome and excuse me. This lesson focused on the difference between good and bad manners and how they look and how they sound.

December's Character Word: Responsibility

Books and Websites



Have you filled a Bucket Today?

by Carol McCloud

The Berenstain Bears Forget Their Manners

by Jan & Stan Berenstain

Dude That's Rude

by Pamela Espeland

Today I feel Silly

by Jamie Lee Curtis

Dinosaurs Divorce

by Marc Brown

What in the World Do You Do When Your Parents Divorce? A Survival Guide For Kids

by Kent Winchester

www.bucketfillers101.com

For more information on the Bucket Program and book

<http://www.activitiesforkids.com/Default.htm>

Ideas for activities for kids during the holidays and all year round

<http://www.familyeducation.com/home/>

More ideas for kids and family



Pinewood Family Fund

The Pinewood Family Fund offers monetary assistance to families who have experienced a significant loss or crisis. Revenue for the fund is solicited through fundraisers. The Committee facilitated two successful fundraisers, a basket auction and bake sale, in the months of October and November as a result of the generosity of the Pinewood faculty and parents. They are preparing for another fundraiser in the month of December and are excited about their upcoming school dance. Should you have any questions about the Fund, would like to assist with a fundraiser, or are in need of assistance, please feel free to contact Mrs. Haynesworth, the School Social Worker.



Pinewood's Peace Partners

Pinewood's Peace Partners is a peer mediation program comprised of fifth grade students that is focused on offering support to students on the playground and in the cafeteria who are experiencing lower level conflicts. The program's secondary goal is to encourage fifth graders to assume the responsibility of serving as role models for their younger peers. The "Peace Partners" draped in vests, will be available during lunch periods beginning in December to help students talk through their difficulties and problem solve solutions. We are excited about this initiative and look forward to students taking ownership of promoting a peaceful and respectful school environment. Should you have any questions about this program, feel free to contact its facilitators, Ms. Lori Ranze, Third Grade Teacher, and Ms. Elizabeth Haynesworth, School Social Worker.



Pinewood's "Next to New" Closet

Pinewood's "Next to New" Closet offers used clothing to students in need. The Closet has been made available as a result of the generous donations of Pinewood faculty. We recently established a collaboration with a Community Closet which has expanded our resources. If you are in need of a donation or would like to make a donation to the Closet, please feel free to contact Ms. Haynesworth, the School Social Worker.