

Pinewood Counseling Connections

Fall Issue

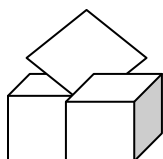


A Monthly Newsletter from Pinewood's Counseling Department



ASSETS: 40 Keys to Effective Parenting

Assets are 40 key building blocks of development that help youth grow up healthy. The more assets youth have, the more likely they are to succeed.



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In this issue:

- Asset Category – Support
- Tips for Coping with Holiday Stress
- Classroom Guidance
- School Programs
- Websites and Books

Asset Category: Support

The more love, support, caring, and adult contacts a child has, the more likely he or she is to grow up healthy.

Who are the people that really support you in your life?

These people are important champions. They cheer us on when things go well. They stick with us when life throws us a curve ball. They listen. They ask questions. They smile. They hug. They're people we like to be around. What kind of a champion are you for your child? Are you a fair-weather supporter? A rain-or-shine supporter? What's your unique way of supporting and loving your child? Your love and support for your child are critical. But you can't go it alone. You need others. Your child needs others. How supported and cared for does your child feel by teachers, neighbors, coaches, grandparents, aunts, uncles, parents of their friends, youth workers, and mentors? These other key adults are important players in helping your child jump over the hurdles in life. In fact, the more supportive adults your child has, the better. And by nurturing and loving all the children in our communities, we help them grow to be loving, caring people themselves.

Search Institute researchers have identified six specific assets in the support category that are crucial for helping young people grow up healthy – Family Support, Positive Family Communication (You and your child communicate positively and your child is willing to seek you out for advice), Other Adult Relationships (Your child receives support from three non parent adults), Caring Neighborhood, Caring School Climate, and Parent Involvement in Schooling.

* Derived from a newsletter by the Search Institute.

Tips for 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 and keep track of your holiday spending.
7. Make time for yourself.
8. Reach out to old and new friends and spend time with supportive and caring people.
9. Limit your consumption of alcohol.

Over→



Classroom Guidance Lessons

Character Lessons: Grades 3-5 each month

October's character word lesson: Respect with a focus on "The Bucket Program"

November's character word lesson: Manners

December's character word lesson: Responsibility

Career Awareness and Goal Setting: Grades K-5.

Each student fills out a student planner about likes, dislikes, goals, etc. at the beginning and end of each school year.

Anti-Bullying Unit for 5th grade

5th grade classrooms receiving lessons in December:

Taylor, Nelson, Kelts, Rasmussen, Gilroy and Pollick

5th Grade classrooms receiving lessons in January:

Townsend, Buzzo, Wheeler, and Colvin



School Wide Programs



Bucket Program

"October's Bucket Filling Class": **Ms. Brousseau's class**

"November's Bucket Filling Class": **Mrs. Wager's Class and Ms. Brousseau's class**

Peaceful School Bus Program

The Peaceful School Bus program is designed to include administrators, bus personnel, teachers, and students to work together on decreasing the amount of bullying and inappropriate behavior taking place on the bus. Faculty and Staff members facilitate meetings with each bus separately 3 times a year to discuss the dynamics of their bus, rules of a bus, and how well they are working together as a bus community.

Meeting 1: September/October

Meeting 2: January/ February

Meeting 3: March/April

Websites and Books

Learn more about being "bucket filler"

<http://bucketfillers101.com/>

Activities for kids around the holidays and year round

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

"Have You Filled a Bucket Today?" By Carol McCloud

A book about a simple message with big meaning- teaching children to be kind and respectful

"Just Kidding" by Trudy Ludwig

A children's book about bullying