



Pinewood Counseling Connections

April Issue



A Monthly Newsletter from Pinewood's Counseling Department

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Classroom Guidance Lessons during the month of April

3rd Grade: Coping with Anxiety and Ways to Feel Calm and Relaxed

4th Grade: Lesson on Character word "Citizenship"

5th Grade: Study Skills and Test Preparation

Classroom Guidance lessons provide preventatively focused instruction designed to address topics directly related to children's social, emotional, and academic well-being. Lessons will contribute to the development of student's character, inter-personal skills, emotional intelligence and academic engagement. Please contact Miss Christopher, the School Counselor if you would like additional information on topics covered in your child's class.

Next Month's Character word: "Teamwork"



CONGRATULATIONS to all of Pinewood's "Bucket Fillers"

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



"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 during the month of April:

Rebecca Concepcion, Jayson VanWely, Jacob Brock, Keanu Meyre, Troy Williams, Nick Rivera, Jasmin Florian, Milan Pfister, Kayla Mulvaney, Hanha DeMarco, Khadija Qasem, Jordan Parker, Charles Moore, and Tyler Heroux
AWESOME JOB! Keep "filling buckets"



Pinewood Family Fund

On April 16, 2010, the Pinewood Family Fund Committee facilitated its final event of the school year, a Luau Themed Spring Fling. It was a tremendous success. The students had a wonderful time dancing the limbo, joining the conga line, and grooving to the Cha, Cha Slide. The Committee is extremely grateful to the Art Club, DJ Meister, the faculty members who volunteered, and the PTO parents who contributed treats for the dance. It is also appreciative of all the support it has received throughout the year from students, parents, and faculty. This collaboration has been critical to the success of its events and the Fund's mission to provide for Pinewood families in crisis. Should you require support or additional information, please contact the School Social Worker, Mrs. Haynesworth.



HAVEN's Grief & Loss Group & Girls' Inc. Group

Through a collaboration with HAVEN and Girls' Inc., we are offering, once again, a seven week grief & loss group and a six week girls group that focuses on positive problem solving skills, self-esteem, and sexuality. The groups began in April and were offered to students who were referred by their classroom teacher or parent. These groups are a component of the social work services at Pinewood whose focus is to foster children's self-esteem, problem solving skills, and social-emotional development. Should you require additional information, please do not hesitate to contact the School Social Worker, Mrs. Haynesworth.



Pinewood Peace Partners

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



April's S.T.A.R. students are:

Third Grade: Kimmy Koretnicki, Jack Fitch, Leah Brewer, Emma Drake, Jonathan Frank, Cole Wright, & Bailey Ford

Fourth Grade: Michael Moutray, Tyler Struffolino, Serena Drago, Meghan Buchanan, Dakota Schworm, Jared Park & Samantha Attanasio

Fifth Grade: John Crowther, Brianna Jean-Pierre, Ryan Lanaro, Austin Gage, Emma Sharer, Geoff Heller, Conway Vumbaco, & Liam Donnelly

Pinewood Peace Partners have reinforced good listening skills in their announcements. Being an effective listener positively affects interactions and relationships. To model and teach this skill, you may (Derived from learningpeace.com):

1. Listen more than you speak. In conversation with your child, make eye contact, nod, and encourage them to continue.
2. Catch yourself when you have the impulse to interrupt – breathe deeply and let the impulse pass. Let your child know if this skill is difficult for you and explain that you are also working on it.
3. Choose a time each day when you can give your child complete focus. Let him/her know when you are unable to listen. Explain that listening is not only about hearing – it also involves noticing body language and non-verbal cues.
4. Review regularly the following skills in family meetings: 1. Look and face the person you are talking to. 2. Consider your words carefully. 3. Keep your attention on the speaker instead of your own thoughts. 4. Resist the urge to interrupt. and 5. Comment or ask questions.
5. Teach your child reflective listening. Try a game, "I heard you say..". Take turns being the listener and speaker. The listener asks a question, the speaker answers, and then the listener paraphrases (reflects back) what was said by starting with the phrase "I heard you say". Each time the listener is correct, the speaker gives him/her a thumbs up.

For further information about the Pinewood Peace Partners Program, please do not hesitate to contact Ms. Ranze or Mrs. Haynesworth.



Summer Camp Information

Below is a listing of websites that you may be interested in referencing to obtain information about summer program/camp options for your child:

(Girls Scout Camp): <http://www.gsneny.org/images/images/E-Mails/SummerOpportunities2010/GSNENY-SummerOpportunities-Web.pdf>

(Listing of Camps in the Capital Region): <http://www.timesunion.com/data/campguide/>

(Grief & Loss Camps): www.comfortzonecamp.org