

Pinewood Counseling Connections

February Issue



A Monthly Newsletter from Pinewood's Counseling Department

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"Honesty is the best policy" During the month of February students recognized what honesty meant to them, why honesty is important, and shared times they showed honesty. It is important to understand that it is not always easy to be honest, but in the end people will respect you more when you're honest.

CONGRATULATIONS to all of Pinewood's "Bucket Fillers"

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



"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:

**Ana Gesek, Alyssa Klouse, Ceryna Kiraly, Dylan Hart, Karlie Ullman,
Lewis Sciocchetti, Savanna McGrath, Taylor Lupi, and Jerimiah Tooley**

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

**David Mahar, Jack Fitch, Lena Calkins, Liam Smith, Michelle Breithling,
Rebekkah Dean, and Brandon Gilliland**



Pinewood Family Fund

The Valentine's Arts and Crafts Afternoon fundraiser sponsored by the Pinewood Family Fund Committee on February 9th was a huge success. Seventy students participated resulting in the event raising \$210.00 to support Pinewood families in crisis. Students created Valentine glitter hearts, heart cards, and coupon books. They showed off their creative talents and did a phenomenal job of working together. The next and final fundraiser the Committee is sponsoring is a Luau themed Spring Fling in April. If you would like to assist in organizing this event or would like additional information about the Fund, please do not hesitate to contact the School Social Worker, Mrs. Haynesworth.



Hip Hop Dance Experience

Fifth grade students displayed their talent in front of members of the faculty in their brief Hip Hop Dance routine on February 3rd. The routine was a culmination of their six week fifth grade Hip Hop Dance Experience program.

The next Hip Hop Dance Experience program has been extended to both third and fourth grade students due to the limited response to the fourth grade flyer. The program is scheduled to begin on February 24, 2010 and will run for six weeks. It will be held in the gymnasium from 2:50 – 3:40 p.m. Should you have any questions about this program, please do not hesitate to contact the School Social Worker, Mrs. Havnesworth.



Pinewood Peace Partners

Pinewood Peace Partners are recognizing S.T.A.R. students. S.T.A.R. students demonstrate positive problem solving skills and good citizenship. Beginning in February, Peace Partners are asking all teachers to nominate one student in their class each month who demonstrates these skills. The nominees will receive a certificate and have their names announced and picture displayed on the Peace Partner S.T.A.R. wall. In combination with this program, S.T.A.R. tickets will be given to students who utilize the Peace Partners program to mediate conflicts on the playground or cafeteria. They will also be distributed by the cafeteria staff to students who are demonstrating positive problem solving skills. All students receiving a S.T.A.R. ticket will have their name placed in a container. Every other week a student's name will be selected to receive a prize or gift coupon to the school store or snack bar. The goal is to encourage students to utilize positive problem skills when faced with conflict or personal difficulty.



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

Third Grade: Brian Pecor, Jacob Mallia, Kailee Beblowski, George Alden, Nina Serafini, Faith Borkowski, Michael Romano, Kendahl Peterson, Brendan Dunleavy, & Sophie Mathis

Fourth Grade: Jacob Lagasse, Emily Bascom, Sarah Parisi, Earl Nicholson, Alexis Rhodes, Alyssa Belcastro, Milan Pfister, & Timothy Fetter

Fifth Grade: Nick DiNicola, Elizabeth Brown, Mahala Ballantyne, Jordan Nowak, Alyssa Montemarano, Brendan Contreras, Ethan Evans & Stephen Turnbull

Helping your child manage his/her anger, is an important tool in developing his/her problem solving skills. Three anger management strategies (Derived from Learning Peace.com) to introduce to your child are: 1). **Abdominal Deep Breathing** – (Sends oxygen to the brain which enables one to think clearly, calm down, and eventually detach from feelings of anger, hurt or upset). Have your child sit up tall, place their hand on their stomach, take in a deep breath through their nose, filling their stomach with air, and let it out gently and slowly, deflating their stomach. 2). **Positive Self-Talk** – Anger is magnified by one's thoughts. Have your child write down and practice positive self-statements that they can make when faced with anger such "I can calm down" or "I can relax". 3). **Teach your child how to cool off** – Help your child make a list of 8 things that help them feel better when angry (Talk a walk, get a drink, draw, listen to music, talk to a friend, physical exercise – jumping jacks, running in place, etc.).



Parent Resource

For information regarding the Free Cell Phone Plan for the Low Income of New York State refer to: <http://www.assurancewireless.com/Public/MorePrograms.aspx>.