

Pinewood Counseling Connections

January Issue



A Monthly Newsletter from Pinewood's Counseling Department

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Classroom Guidance Lessons during the month of January



Students focused on the character word "Kindness" during the month of January. During the character lesson this month students brainstormed many ways to be a kind and caring person. Each student had a puzzle piece that they wrote a kind act on and colored. Each piece fit into the class "Heart Puzzle of Kindness", which have all been beautifully displayed in our main hallway. Students know that they have the choice to be kind or not and it is up to them to decide how they want to treat others.

Resources and Ideas: Showing Kindness at Home and Everywhere

Here are some ideas to help your child care and show kindness towards others:

- * Set aside time each day for a week or once a week for each person in your family to name one person (a different person each time- a family member, a friend, a teacher, etc.) and have them share something kind about that person.
- * Have a note pad or board somewhere in the house and write down each time someone does something kind. At the end of the week count up how many there are and hopefully each week the number grows!
- * Encourage your child to volunteer, help carry the groceries, invite friends over to play, and assist others whenever they can.

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



"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:

Keanu Meyre, Samantha Bigness, George Alden, Lily Belber, Michael Stanley, Madison Seligman, Max Keparutis, Ryan Deguire, Thomas Robbins

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

Victoria Gage, Jaynie Sardos, Tyler DuBois, Lillian Hood, Emily Bascom, Sam Surls, Nicholas Brant, Dylan Pusz, Tyler Willey, Steven Turnball



Pinewood Family Fund

The Pinewood Family Fund Committee is sponsoring a Valentine's Day Arts & Crafts afternoon on February 9, 2010 from 2:50 – 3:40 p.m. Students will have the option of creating a Valentine coupon book, heart card, glitter heart, or poem. The cost for participation is \$3.00. Proceeds of this event will support the Committee's mission to assist Pinewood families in crisis. For additional information about this event or the Fund, please do not hesitate to contact the School Social Worker, Mrs. Haynesworth.



Hip Hop Dance Experience

The final class of the fifth grade Hip Hop Dance Experience will be held on Wednesday, February 3, 2010. Students participating in the class have enjoyed grooving to the rhythm and learning new dance moves. Faculty and staff have expressed excitement about watching the group perform their routine. We are extremely grateful to our high school instructors who volunteered their time and expertise to this program.

Flyers have been recently sent home about a six week Hip Hop Dance class that is going to be offered to fourth grade students. The class will begin after the February break. Should you have questions or require additional information about this program, please do not hesitate to contact the School Social Worker, Mrs. Haynesworth.



Pinewood Peace Partners

Pinewood Peace Partners were officially introduced to Pinewood students in January. Draped in their blue vests, the Peace Partners initially informed students about their role and then began assisting them to resolve their conflicts. In conjunction with their mediation efforts on the playground and in the cafeteria, Peace Partners began making morning announcements that offer all Pinewood students positive problem solving strategies. Additional posters and signs will soon fill the walls of Pinewood School that reinforce the message of peace and positive problem solving.

Promoting discussion with your children about their experiences with conflict is an important first step in teaching them how to resolve them effectively. Although conflicts are inevitable, negative responses to them are not. Below are some guidelines and rules (Derived from the Learning Peace website) that can help your children be "solution finders". They are being reinforced at school by our Peace Partners program.

Rules to reach a Win/Win solution:

1. Tell the truth
2. Treat each other with respect (no put downs, name calling, threats, etc.)
3. Attack the problem, not the person.
4. Take turns talking
5. Be willing to work toward a solution

Guidelines for problem solving when faced with a conflict:

1. Take time to cool off
2. Take turns talking
3. Listen carefully and restate what you hear the other person say
4. Take responsibility for your role in the problem
5. Brainstorm solutions and choose a solution together that satisfies you both
6. Affirm and thank one another

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



Community Counseling Resources

Increasing stressors and demands associated with school, work, family, etc. may weigh heavily on children and families. Accessing outside resources may be necessary in instances when children and/or families are overwhelmed or struggling to cope. Below is a list of community based providers that you may reference in your efforts to seek support:

HAVEN (Bereavement Counseling)	370-1666
Associates in Mental Health	372-6080
Karner Psychological Associates	456-5056
K. Keller & Associates	374-5011
Union Counseling Center	374-6263
Samaritan Counseling Center	374-3278
Northeast Child Guidance	381-8911

*This is not a recommended list of providers, but rather a quick reference for families who are seeking assistance.