

Pinewood Counseling Connections



October Issue



A Monthly Newsletter from Pinewood's Counseling Department

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Classroom Guidance Lessons during the month of October



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 October was **RESPECT**. Respect means to treat others and the things around you the way you would want to be treated and the way you would want your own things treated. This lesson focused on how to show respect to **Others, Authority, Yourself, Property, All living things, and Our World.**

Next month's word: Manners

Have you filled a Bucket today? School Wide Program



October "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: Skylar Madden, Sophia Lostritto, and Anthony Anzalone

Grade 4: Kenneth Horn, Austin De'Ambrosio, and Karlie Ullman

Grade 5: Gabrielle Del Bracco, Holden Maynard, Kayla Fountain

Students recognized by Teachers and Staff for filling their bucket

Grade 3: Rebecca Tegiacchi, Mackenzie Triolo, and Eric Fryer

Grade 4: Steven Schott, Zachary Bailey, and Chris Simard

Grade 5: Taylor Lupi, Michael Nowiak, and Kayla LaBombard



Pinewood-Draper Study Buddy Program

With the assistance of the 7th and 8th grade guidance counselors, the School Social Worker, Mrs. Haynesworth is facilitating, once again, the after-school study buddy program at Pinewood. This program offers support to third through fifth grade students with homework completion and organization. Students are assigned to 7th and eighth grade tutors for assistance. The program is held every Monday from 2:50 – 3:45 p.m. It began on October 26, 2009. Students participate as a result of a teacher's referral and parental consent.



Girls' Inc.

Girls' Inc. of Schenectady County is "committed to helping girls build skills to become responsible, confident, and self-sufficient...". The School Social Worker, Mrs. Haynesworth, has collaborated with Girls' Inc. once again this year to provide group counseling sessions to fifth grade girls focused on self-esteem, body image, peer pressure/decision making, risk taking, puberty, etc. This six week program began at Pinewood on Tuesday, October 27, 2009. Students in the program were referred by their teachers and given parental consent to participate.



HAVEN &



Banana Splits

Through a collaboration with HAVEN, Mrs. Haynesworth has arranged, once again this year, for an eight week grief & loss group to be offered to students at Pinewood. The group, which is facilitated by a bereavement specialist from HAVEN, began on October 19, 2009. Participants were facilitated by parent referral and consent.

Banana Splits is a six week program that is offered to students who have experienced a recent divorce or parental separation. The Fall session of the Banana Splits program began on Monday, October 26, 2009. Mrs. Haynesworth, the School Social Worker, and Ms. Martin, the OK Counselor, are currently facilitating six groups.

OK Program (Options for Kids Program)



The OK program is presented in 4th grade classrooms by Ms. Martin. She will be doing a session I and Session II once per week for seven weeks. For Session I she will be going in the following classes: Mrs. Hitrick's, Mrs. Masick's, Mrs. Howard's, Ms DiBiase's, and Ms. Brousseau's. This program offers information regarding drug and alcohol awareness. The program encompasses a wide variety of areas including teaching skills to facilitate good decision making, positive coping abilities, and resisting peer pressure. The program utilizes several methods including role play, games, videos, and other experiential activities to enhance positive learning. When these skills are taught at an early age students are better equipped to develop better responses to dilemmas that they encounter in their lives.

Halloween Safety Tips (Derived from the American Academy of Pediatrics website)

1. Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to avoid tripping. Consider adding reflective tape on costumes or trick or treat bags for greater visibility.
2. Secure emergency information (name, address, phone number) discreetly in your child's costume. Teach your child his/her phone number and how to call 911 should he/she have an emergency. Encourage your child to alert you if they experience an uncomfortable encounter or see someone suspicious. Contact the police to alert them to the situation.
3. Provide flashlights for your child and their escort(s) and assist him/her to plan a route that you deem safe. Remind them to stay on well lit streets and use sidewalks. Encourage your child to remain in a group and to maintain communication with you.