



Pinewood Counseling Connections

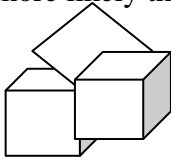
Spring Issue

A 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.



Pinewood's Counseling Staff:

Michelle Gaffney
School Psychologist
Tel: 356-8445

Elizabeth Haynesworth
School Social Worker
Tel: 356-8443

Amy Christopher
School Counselor
Tel: 356-8449

Kim Martin
Options for Kids Counselor
Tel: 356-8430

Asset#3: Other Adult Relationships – The Support of Others

Think back to your childhood. Was there one adult you really enjoyed talking with? Maybe it was a grandparent, a club leader, an aunt, a coach, a neighbor, an older cousin, someone in your congregation, or your piano teacher. This person helped you sort through growing-up issues. Even if you can't recall any specific conversations, you will remember the warm feelings brought by talking with that person. Young people need parents to talk to, but they also need other adults to bounce ideas off, to ask questions of, to laugh with, to help sort through sticky situations. Researchers have discovered that young people who have other caring adults to talk with are:

- Less likely to do risky things, such as use alcohol or other drugs.
- More likely to grow up successfully. Even children in abusive, financially stressed, chaotic, or otherwise difficult situations have better futures if they find at least one caring adult outside the home.
- Likely to think they can make a difference and that they matter.
- Better able to succeed in school.

*Derived from a newsletter by the Search Institute

In this issue:

- Asset #3: Other Adult Relationships
- Time Together
- Family Support Programs
- Yoga for Students
- Study Skills and Reducing Test Anxiety
- Check It Out
- Classroom Guidance
- School wide Programs

Time Together

Three ways to encourage your child to build relationships with other caring adults:

1. Help your child find an adult you both trust who shares a similar hobby or interest with your child.
2. Play games with other families where teams consist of adults of one family paired with children from another family.
3. Use letters, phone calls, and email to keep relationships strong with caring adults who are far away.

*Derived from a newsletter by the Search Institute

Family Support Programs



The Pinewood Family Fund Committee sponsored another Movie in the Afternoon fundraiser on April 1st which raised \$497.50. Monies from fundraisers sponsored by the Committee are used to support Pinewood families that have experienced a crisis or significant life transition.



In conjunction with Ms. Pollick's 5th grade class, a drive was sponsored for the Home Furnishings Program on Friday, April 29th. This program provides gently used household items and furnishings to families in need. If you were unable to provide a donation, but remain interested in supporting this program or require a donation yourself, please feel free to contact the program directly at 346-2444.



Yoga for Students

In a continued effort to build upon our students' strategies for health and wellness, yoga classes were offered to 4th and 5th grade students in the month of April. A session for 3rd graders is scheduled to be offered in May.

Study Skills and Reducing Test Anxiety



Feelings

- Talk to your child about their feelings and brainstorm a plan to feel better
- Have child write in a journal or draw a picture about worries

Keep Mind and Body Healthy

- Relaxation and movement is essential to keep calm and good energy up
- Eat well and get enough sleep
- Encourage positive self-talk focusing on strengths

Build Study Skills

- Read every day
- Have a calendar with appointments, extracurricular activities, commitments, etc.
- Prioritize
- Do not cram or memorize
- Review work each day even if there is no homework to learn information
- Make flash cards
- Practice listening skills
- Create a quiet study place



Classroom Guidance Lessons

Character Lessons:

Grades 3-5 each month

March character word lesson:

Patience/Self-Control

April character word lesson:

Citizenship

May character word lesson

Teamwork

4th Grade Unit in March

Coping Skills

3rd Grade Unit in April

Problem Solving



School Wide Programs

Bucket Program

February's

"Bucket Filling Classes":

Ms. Pollick and Mrs. Kuebler

March's "Bucket Filling Classes":

Mrs. Altomer and Mrs. Hitrick

April's "Bucket Filling Classes"

Mrs. Olsen, Mrs. Howard Mrs.

Altomer and Mrs. DePiero



Peaceful School Bus Program

Working with everyone to ensure a safe and comfortable ride to and from school

The final meeting (meeting 3):

March/April

During this meeting through various activities students learned about appropriate behaviors we see on the bus and inappropriate behaviors to keep off the bus. We reviewed the year and concluded with a "Thank you" to the bus driver. Busses who received the most peaceful bus awards will be able to participate in a special kickball game.

Check It Out...

Caring for Kids



Caring for Kids is a Bradt and Pinewood fundraiser to raise money for students in the district battling cancer. A jar is set up outside the main office for any donations. For every \$10 collected a heart will be hung up. The hearts at Pinewood were made by Ms. Furlong's 4th gr. class.



Pinewood's Website

<http://www.mohonasen.org/PW/index.cfm>

- Parent Programs offered throughout year from Pinewood's Site Based Planning Team: Homework and Study Skills Videos, Anti-Bullying assembly, ELA video, etc. (please be sure to look for the parent survey coming soon to provide us feedback!)