

# Counselor Connection

## What's Happening in the Counseling Program?

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*At South Hancock we are:  
Striving To Achieve Remarkable Success*



### Busy, Busy, Busy

The counseling office has been extremely busy the last few weeks..., which I love! We finished National School Counseling Week today. Students that completed the home and school challenge will be entered for a prize. I'm also giving a small consolation prize to everyone who filled it out.

We also collected money, as part of National School Counseling Week, for a family who lost their home to a fire. The students and staff at SHES collected \$250.00. I'm completely humbled and in awe of your giving. Your kiddos know how to care for others and that is an essential skill in life.

Many parents have contacted me in the last few weeks about school anxiety. This is something that many students struggle with and vary in degree of severity. It can happen at any grade level and is very common. I've placed a brochure in the front lobby of the school (under library window after walking in the front door). In the brochure you will find information about school anxiety as well some strategies to help your student cope. If you are concerned about your student feel free to make a counseling referral.

In the next few weeks we will begin planning for our Career Day. Students will be exploring colleges and careers the week of March 14<sup>th</sup>-18<sup>th</sup>. If you have a career that you would love to share with kids please contact me. We are still looking for presenters.

Lastly check out the Counselor Connection tab on the left side of the school webpage to keep up with all the Counseling Department happenings!

If you have any questions please feel free to ask. My contact information is listed below.

*Kaylie Fullenwider*

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Counseling Facebook Page-Coming Soon!

### Core Essential of the Month: Cooperation

The Core Essential for the month of February is **Cooperation**. We will focus on how to practice cooperation in our classrooms and at home. The meaning of *cooperation* is *working together to do more than you can do alone*. In guidance classes we've been doing some cooperation games and discussions of ways to cooperate. So, look for cooperation in your child and encourage them when they practice it.

## Kindergarten-1<sup>st</sup> Grade

Mrs. Tindle and Mrs. Pulliam's classes we are finishing our anger management unit. Students have been talking about their buttons (things that make them instantly mad) and their bugs (things that make them mad, but it takes a while). We will finish the unit in month talking about strategies to use and handle anger appropriately.

## 1<sup>st</sup> Grade-2<sup>nd</sup> Grade

In Mrs. Williamson's class we've completed our focus on empathy and moved on to becoming a problem solver. Students the last two weeks have been learning about the size of problems (big, medium, small). Next we will move on to coming up with solutions, resolving conflicts, and how to handle bullying.

## 2<sup>nd</sup> Grade-3<sup>rd</sup> Grade

In Mrs. Porter and Mrs. Gaynor's classes we concluded our focus on empathy and bucket filling this week. Students had an assignment to fill the bucket of someone at home and at school, so I hope you are seeing it. Next week we will start our focus on problem solving. We are going to learn about problem sizes, coming up with solutions, and how to handle bullying/teasing.

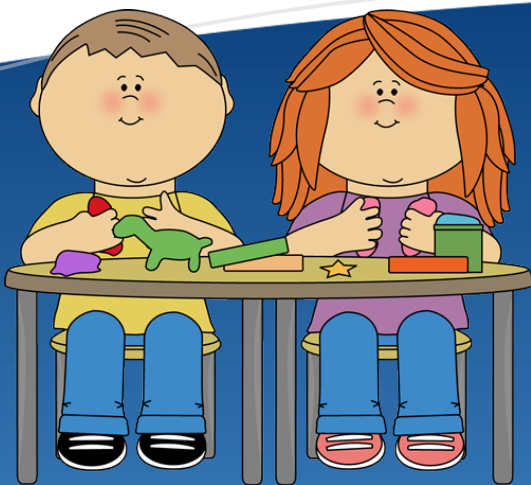
## 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Grade

Since Christmas break our focus has been on our Steps to Respect unit. We are focusing on respecting others, being a good friend, characteristics of a good friendship, bullying, etc. Students have been having great conversation about what makes a good friendship last. Keep it up, its been great!



### Parent Referrals to the Counselor

There are times that you, as a parent or guardian, feel that your child may need to see the school counselor. You are welcome to make a Parent Referral to the Counselor. I've placed a form outside of my office door (by the mailbox) if you need make a referral. Simply fill out the form and return it to me. I will get with your student as soon as possible after getting the form. If you have any questions please ask! Thanks!



### Tip of the Month:

#### *Tips for Talking to Your Kids about Tough Topics*

**Find out what your child knows already.** If your child asks you a difficult question (about sex, death, politics, etc.), you might simply ask, "What have you heard?" This allows your child to tell you what she understands — or misunderstands — and perhaps what concerns are prompting her question.

**Keep your answers simple.** Give answers that are appropriate for your child's age. One simple sentence may be enough. Underneath a child's question, she may be worried about her safety, so offer reassurance. You might describe the different ways she is safe and say, "The policeman is there to protect us," or, "The flight attendant is showing us how to stay safe on the airplane."

**Ask more questions.** For example, if your child asks you about people being injured on the news, you might say, "I feel sad those people got hurt. How do you feel?"

**Talk again.** Be prepared for children to ask the same question many times. This means they are continuing to think about the issue and may need more information. You might save some information for later discussions.

This month's Tip of the Month came from [http://www.pbs.org/parents/talkingwithkids/strategies\\_10.html](http://www.pbs.org/parents/talkingwithkids/strategies_10.html)

