

Counselor Connections

Bache-Martin School Counselor Newsletter - Ms. Cocca, Rm 134

<http://bachemartinschoolc.wixsite.com/mysite>



Save the Date!

11/7 & 11/10
NO SCHOOL!

11/13
School Selection Ends

11/17
Town Hall K-5

11/20-11/22
Report Card
Conferences

11/23 & 11/24
NO SCHOOL!
Happy Thanksgiving!

Happy November!

We are already finished with two months of school! We hope you are enjoying it as much as we are! Highlights of the last two months include:

- MANY classes K-8 earning extra recess with Mr. V for having "Awesome Attendance" (10 days of whole-class 100% attendance!)
- Our SPARK program started and is underway for 7th graders!
- Wonderful classroom presentations in Town Hall (K-5)
- Halloween parade and "boo grams" in October!
- Ms. Malloy's "Tiger Talk Tuesday" in K-4 cafeteria – sharing positive shout outs to students and teachers!
- "Effort Awards" displayed outside of each classroom for students who are recognized for giving their best effort!
- "On-Time" winners K-8 enjoying pizza at the end of the month!

Reminders!

- ✓ Our goal is to have each student at 95% attendance or better! That means under 9 absences, per student, for the year. So many of our students are doing a great job! Help us reach our goal by being in school every day and on time!
- ✓ Earn Tiger Tickets by showing the 5 POWER P's: Be... Polite, Positive, Prompt, Prepared and Productive!

SELF CONTROL is our character theme for NOVEMBER!

During the month of November we will focus on SELF CONTROL and encourage our students to **STOP and THINK before they act or speak!** Join us in practicing and modeling SELF CONTROL!



Have you ever been really angry or frustrated? Have you ever made a choice when you were angry and it ended up being hurtful? It is difficult for our minds to make positive choices when we are angry. We make our BEST choices and decisions when our minds are CALM. When we are calm we are better thinkers and more likely to think of others, too. Practicing self-control helps to calm our minds so that we can make safe, positive decisions!

Check out the tips on self control on page 2!

To practice SELF CONTROL. Try to remember the following phrase and picture:
STAY CALM and STEP UP!

STAY CALM

How do I STAY CALM and STEP UP?

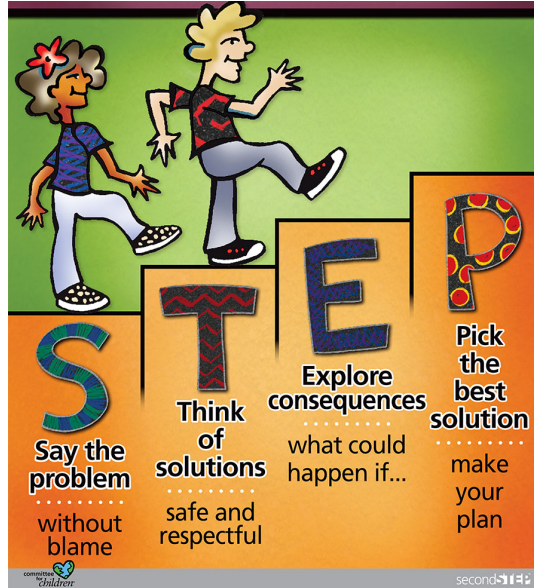
START HERE!



STAY CALM!

We make the best decisions when we are calm but sometimes it is **really difficult** to calm down! Here are some tips on calming down in the moment:

- ✓ Take 10 deep breaths – slowly breathe in through your nose, hold it for 3 seconds and slowly blow out of your mouth. Sometimes it helps to think of yourself blowing out 100 birthday candles!
- ✓ Stretch and relax your muscles! Try the exercise “Robot to Ragdoll”
 - First, become a “robot” – tense up all of your body and become stiff like a robot
 - Next, slowly, relax your muscles, start from your head and relax all the way down to your toes until your body feels loose like a ragdoll
- ✓ Squeeze a stress ball! If you don’t have a stress ball, you can squeeze your hands together and slowly release.
- ✓ Close your eyes and think of a peaceful person or place. Fill your mind with a picture of the person or place
- ✓ Write or draw about your thoughts and feelings and share with an adult
- ✓ Walk away from the situation and ask for help



AFTER YOU’RE CALM...



S.T.E.P. UP!

S = Say the problem without blame
Practice “I statements” to explain the problem and how it impacted you:
“It made me feel _____ and think _____ when _____”

T = Think of safe & respectful solutions
Get help from an adult if you are having trouble thinking of solutions!

E = Explore the consequences.
Think, “what could happen if I...”

P = Pick the best solution
The BEST solution is a solution that is safe and respectful for yourself and others