

# Counselor Connections

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

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



Save the Date!  
12/8 - HALF DAY!

12/18  
Winter Concert  
(6<sup>th</sup>-8<sup>th</sup>)

12/20  
Winter Concert  
(K-2) (3-5)

12/18-12/21  
Holiday Store!

12/22 -Town Hall

12/25 – 01/02  
WINTER BREAK!

Happy DECEMBER!

Welcome, Winter! There is so much to look forward to this month! In addition to our daily and weekly incentives, students are getting ready for and looking forward to the Winter Concert, Town Hall, SPARK Program, the SWAG95 first quarter Award, the Holiday Store and of course, winter break! Make sure to look at the Bache-Martin calendar for details on these events!

Special Note! As the flu and cold season is in full effect, take a look at the reminders on student absences. Wishing you a **healthy** and **happy** holiday season!

- ✓ If a student is out sick, a written note is accepted upon return. The teacher must receive the note within 3 days of the absence for it to be marked as an excused absence. Students, don't forget to hand in those notes!
- ✓ After 8 (cumulative) days absent, a doctor's note must be presented for additional absences to be excused. (District policy)
- ✓ You can access your student's attendance record by creating a parent/family account at [philasd.org](http://philasd.org) and signing up for the parent portal – let me know if you'd like any assistance with the parent portal

## KINDESS is the character theme for DECEMBER!

During the month of December we will focus on KINDNESS. Join us in practicing and modeling KINDESS by considering others, being warm-hearted and positive toward someone. The holiday season is a **wonderful** time to focus on spreading joy and kindness!



We can show kindness to one another in MANY ways! Above, you see the word **kind** three times and in three different shapes. Use it as a guide to decide how you will show kindness this month!

The Heart - We can do kind things for one another, which fills our hearts with kindness!

The Speech Bubble – We can say kind words to each other, about others and to ourselves!

The Thought Bubble – We can have kind thoughts about others and ourselves! We can also think of many ways to show kindness!



Being kind isn't always easy and sometimes it's not the first thing that comes to mind. Being kind takes **practice** and it helps if you can find ways to be kind **on purpose**! Spend some time thinking of ways you can show kindness. Fill out the blanks below as a guide! I'm excited to see a school and community full of kindness!!

## My Kindness Plan

WHO? During December you can show kindness to **lots** of people but especially to these 3 people – write their names!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



WHEN? Look at your list of people. When do you see them? When will you do something kind for them? Write your ideas below:

HOW? How will you show kindness? What will you say? What will you do? Make your own list below and if you need help, there are some ideas already listed!

- ❖
- ❖
- ❖
- ❖
- ❖

Here are some great ways to show kindness this month!

TRY ...

- Holding the door for someone
- Playing with someone new at recess
- Helping a friend or your teacher
- Writing someone a nice note
- SMILING!
- Offering your classmate the first turn
- Writing a thank you note
- Volunteering at your school or neighborhood
- Helping around the house

SAY ...

- "You mean a lot to me"
- "Please" and "Thank you"
- "You are a great student!"
- "How are you today?"
- "Do you need help with anything?"
- "I like the way you did that!"
- "You can do it!"
- "You are such a good friend to me!"
- "You're really good at that!"

