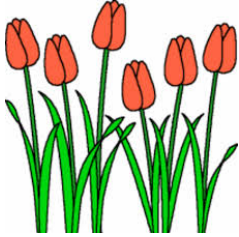


Counselor Connections

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

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



Save the Date!

4/10-4/12
ELA PSSA

4/17 & 4/18
MATH PSSA

4/24 & 4/25
SCIENCE PSSA
(4th and 8th Grade)

4/27
Town Hall K-5
Career Day 6-8
HALF DAY!

Happy April!

Our students have been working hard all year and our 3rd-8th grade students will be able to show all that they are learning on the PSSAs! The PSSA test can be intimidating and we want all of our students to know that **WE BELIEVE IN YOU! YOU CAN DO IT!** Take your time, take a deep breath and tell yourself, “I got this!” Your brain learned SO much this school year – believe that you can do it!

Tips for PSSA prep:

- ✓ **Get plenty of rest! Your brain is working hard and needs to rest and recharge every night. Go to bed early!**
- ✓ **Eat breakfast! Food is fuel for our body, including our brain! Do your brain a favor and feed it with breakfast each morning. It will help you concentrate and help your overall mood.**
- ✓ **Get to school on time! We don't want you to feel rushed or stressed. Being on time to school will help you feel prepared and ready with the rest of your class/group.**

SELF CONTROL is our character theme for APRIL!

During the month of April we will focus on SELF CONTROL and encourage our students to **STOP and THINK before they act or speak!**

Look at the steps to self control in the picture >>
Which step is most difficult for you? Which are you best at?

1. Is it easy or difficult to STOP yourself before you think or act?
2. Is it easy or difficult to THINK of different ideas?
3. Do you think of consequences to your actions?
4. Do your words and actions usually help you get what you want?



Take a minute and fill out this SELF CONTROL survey. Go over it with an adult that you trust and see how you are doing with your SELF CONTROL.

1. I have a hard time controlling my temper.
Sometimes Always Never
2. I sometimes lose control of my feelings and say or do things I don't mean.
Sometimes Always Never
3. I think about the future and consequences of my actions.
Sometimes Always Never
4. I get distracted by little things.
Sometimes Always Never
5. It is difficult for me to sit still.
Sometimes Always Never
6. I know how to calm myself down.
Sometimes Always Never
7. When I don't do something the right way, I try to learn from my mistakes
Sometimes Always Never

REMEMBER! It is difficult for our minds to make positive choices when we are angry. We make our **BEST** choices and decisions when we are 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!

