

# Counselor Connection

## By: Laura Jones

January/February 2007

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### Expect The Best From Your Child...And Get It!!

Expectations play a key role in a student's success. If parents and teachers hold high expectations, children usually live up to them.

Emphasize these 3 A's:

\*Attendance-Show your child that you think daily attendance and being ready for school on time is important.

\*Achievement-Help your child learn to set goal and achieve them. Praise them for accomplishing their goals.

\*Attitude-Let your child know you expect them to always try their best.

Add these 3 B's:

\*Be positive-Talk to your child about the things they are working on, or excel in, rather than their weaknesses.

\*Be consistent-Establish a daily routine of doing homework or studying at a certain time and stick to it!



\*Be there for your child-Take time to talk and listen to your child. Plan some special time alone with each child each week. Talk about your hopes and expectations.

You can learn how to put the power of positive expectations to work for you!!

### Kids CAN Make A Difference

In December, our students worked hard to make a difference for those in need this winter season.

Our hat and mitten tree was a huge success!! We collected 2 big boxes of hats and mittens. They were given to our CASS coordinator who included them in with the holiday gifts that were purchased for those families in need from our community.

The canned food drive was amazing. Students were very motivated by the contest to see which grade could bring in the most items. The winner of the contest was 5th grade. They won a popcorn and movie party the last day of school before winter break. But, all students should be congratulated because a total of over 1700 items were donated to the St. Peter's Church food bank.

## Classroom Guidance

January began with lessons in Second Grade. Students were asked to define the "qualities of a good friend." Their responses were recorded on chart paper. Next, they were asked to identify "Friendly vs. Unfriendly" behaviors. Finally, students made a "compliment web" using yarn by saying kind things to each other.

In February, I will have an opportunity to visit each classroom for Multicultural Lessons. These lessons are designed to help students recognize and appreciate the differences in each other. Each student will have an opportunity to create a "Family Crest" to be hung around the school. This will serve as a precursor to our International Festival which will be held on



Counselors Care

Thursday, March 29, 2007.

Also in February, I will begin to work with 5th graders on Middle School Transition. Students will have an opportunity to look at the Windsor Knolls Middle School Website, take a virtual tour of the middle school, and create a "Getting Ready for Middle School" booklet. Students will have an opportunity to talk about some of their "Middle School" worries and to get an idea of what a typical 6th Grader's day looks like.

We try to eliminate any anxieties that your child might have about going to Middle School, but if he/she is still having some difficulty, please feel free to call us so we can provide additional help.

## Learning Lunches

Our Learning Lunch program, which is designed to share the career, hobby or talent of a community member with our fifth grade students, is going very well. The speakers have been very knowledgeable as well as entertaining, and the students really seem to be enjoying themselves.

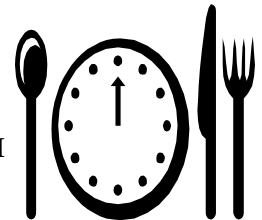
The following are upcoming Learning Lunch opportunities for our students:

January 12: Karen Skidmore, a personal trainer, will discuss ways to keep a healthy mind and body. As

well as demonstrating ways to use different types of exercise equipment to vary your routine.

February 7: Rona, from KEY 103's morning show, will talk about what it is like to be a D.J. for a radio station.

If you are interested in sharing your career, talent or hobby, please contact the Guidance Office at (240) 236-3508 and I can schedule you as a speaker!



## Parent Lending Library

Thanks to the generosity of the PTA, I was able to purchase several parenting books on a variety of topics that are housed in the Guidance Office. Some of the book titles are: Angry Children, Worried Parents, Sibling Without Rivalry, The Homework Handbook, No More Misbehaving, Helping Your ADD Child, How to Say It to Your Kids, Raising A Son, Raising A Daughter, The School Savvy Parent, Parenting After Divorce, and Healing Your Grieving Heart for Kids. If you are interested in reading any

one of these books or any book in the Guidance Library, please let me know. You can either come in and check books out or contact me and I will send them home with your child. After you are finished reading the book(s), please return them to the Guidance Office. Also, if you know of a book that has been a good resource for you and your family, please let me know so that I can purchase it and add it to our KES Parent Lending Library.

## National School Counseling Week February 5-9, 2007

This special week honoring school counselors provides recognition for school counselors who implement comprehensive school counseling programs, a vital part of the educational process for all students as they meet the challenges of the 21st century.

During National School Counseling Week, we will be hosting a number of great activities for our students. We would hope that you will encourage your child(ren) to participate in all of the activities during this week that reflect our theme for this year, School Counselors: Helping Students Reach New Heights."

The following is a list of the activities scheduled for each day:

Mon., Feb. 5- Balloons. Students will receive a balloon that will serve as a reminder of how school counselors "help students reach new heights."



School Counselors: Helping Students Reach New Heights

Tues., Feb. 6- "Reaching New Heights." Students are encouraged to write how a staff member has helped them to be successful on a paper balloon. (Ex: Mr. Parsons for...)

Wed., Feb. 7- Career Dress Up Day. Students are encouraged to dress in the career attire "that they wish to be when they grow up."

Thurs., Feb. 8- Poster Display. Students are encouraged to make posters depicting "School Counselors: Helping Students Reach New Heights." All students who complete a poster will be entered into a random drawing for a McDonald's lunch with Mrs. Jones and 3 of your friends.

Fri., Feb. 9- College/Career Wear. Students are invited to wear their parent's college sweatshirts, etc. of career attire to school. Our goal is to help children make the connection from school-to-careers.

We know that with your continual support, National School Counseling Week will be a huge suc-

## International Festival

On Thursday, March 29, 2007 from 6-8 p.m., Kemptown will host an International Festival.

During this evening event, we will be celebrating different cultural heritages. Students from Frederick Community College will be in house to present our students with dress, desserts, artifacts, books, videos, crafts, chil-

dren's games, jewelry, etc. depicting a particular culture. Students will be given "passports" which will get stamped as they visit each cultural station. Having completed their "cultural tour", students can turn in their passports for a free gift.

There will also be several multicultural performances throughout the evening.

If you have a culture or heritage that you would like to showcase in our festival, please call Laura Jones at (240) 236-3508.

The Peer Mentors at Kemptown have been very busy participating in lots of service learning projects throughout the school.

The Book Buddy program is under way. Once a month, mentors meet with their buddies to read with them, while developing long lasting relationships.

Currently, our mentors are working on designs for Character Counts murals to beautify our intermediate bathrooms.

## Peer Mentors Making A Difference



ing plays on Bullying. These plays will address the different types of bullying behavior (i.e. physical violence, name calling, mimicking, personal space, gender based bullying, and exclusion). They will offer ways to change bullying behavior and strategies to resolve conflicts appropriately and effectively.

A Special Thanks to Taylor Gonzalez for coming up with this terrific idea!!!

Finally, our mentors are getting very excited about writing, acting, and directing

### Contact Information

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Note: Please make sure you include the ".v." in between the laura jones in order to send messages to me.

Visit us at:  
<http://schools.fcps.org/kes>

## Tour KES With Our School Ambassadors

School Ambassadors are 5th graders who have been selected to take prospective Kemptown families on a tour of Kemptown Elementary. Our Student Ambassadors are: Sarah Hill and Antonio Punturiero. The following is a list of dates and times for our school tours:

January 9	10 a.m.	January 25	10 a.m.
February 8	10 a.m.	February 28	10 a.m.
March 9	10 a.m.	March 22	10 a.m.
April 3	10 a.m.	April 17	10 a.m.
May 8	10 a.m.	May 25	10 a.m.

\*\*\*Please have families call Laura Jones at (240) 236-3508 to make a reservation for a tour on one of the dates and times listed above. Thanks!!

### Remember The Wounded

Christine Blice, a former student of Kemptown, is doing a service learning project. Her project was designed to recognize those service men and women that have been serving our country. She is asking students to write Thank You or Get Well letters, periodically throughout the year, for soldiers who are recovering at the Bethesda Naval Hospital.

There is a mailbox set up in the front hallway. Please take some time to write a note of thanks or a get well card to someone who got injured serving our country and place it in the mailbox to be delivered to any injured Marine or Sailor.

## Urbana Feeder Pattern Workshops

January 24, 2007 at 6:45 p.m. at Centerville Elem. Internet Safety and Cyber bullying. This presentation will provide information on MySpace, Facebook, Instant Messaging, Cyber bullying and more. The Internet safety program will instruct parents on how to set limits and encourage responsible use of email, chat rooms, and surfing tools.

February 26, 2007 at 6:45 p.m. at Urbana Elem. Oh! Those Double Digits!-Brain Development, Maturation and Self-Regulation. This presentation will cover the adolescent's physical, moral, spiritual and emotional development and the challenges they present for parents.

March 7, 2007 at 6:45 p.m. at Windsor Knolls Middle School. The Worried Child: Identifying and Treating Anxiety in School

Age Children. All children suffer anxiety at some time in their lives. The first day of school, a big test, or meeting new people can cause stress. But when a child develops severe anxiety, parent and caregivers may have questions about when and where to seek help. This presentation will discuss the symptoms and treatment for anxiety disorders.

April 26, 2007 at 6:45 p.m. at Green Valley Elem. Who's In Charge At Your House? 1-2-3 Magic Discipline Model. This presentation is based on the model of discipline developed by Dr. Phelan who addresses three simple steps to control obnoxious behavior, encourage good behavior and strengthen your relationship with your child.

For more information on any of these workshops contact Laura Jones at (240) 236-3508.