

# Counselor's Connection

## By: Laura Jones

March/April 2007

### Urbana Feeder Pattern Workshops

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.

May 8, 2007 at 6:45  
p.m. at Windsor  
Knolls Middle School.  
The Worried Child:  
Identifying and Treat-  
ing Anxiety in School  
Age Children.

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

*Visit Us At:*

<http://schools.fcps.org/kes>

## Handling Spring Fever

Spring is in the air! What a wonderful time of year. It is when the outdoors is begging us to come out and enjoy. While outdoor activities are important, let's not ignore effective study habits for the remaining of the school year. Now is a good time to review some strategies for effective learning.

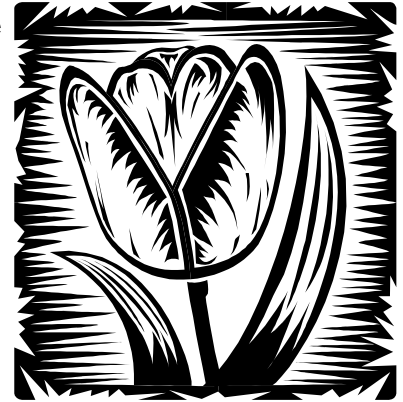
\*Designate specific time and areas for home-work and studying. Try to select a site and try to eliminate as many distractions as possible.

\*Organize study and homework projects. A large calendar allows space for you and your child to organize their work.

\*Talk to your child about what he or she is learning in school. Find out about upcoming exams and projects. This helps eliminate frustration and anxieties related to assignments.

\*Get out and play! While the weather is beautiful (and even when it isn't), research shows that playtime with parents is also important. Children crave time with their parent and the time together builds a bond that lasts forever.

Enjoy the blessings of Spring!



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## International Festival

On Thursday, March 29, 2007, Kempton Elementary hosted our 1st International Festival.

During this evening event, we celebrated different cultural heritages. Students from Frederick Community College were here to present our students with dress, desserts, artifacts, books, videos, crafts, children's games, jewelry, etc. depicting a particular culture. Students were given "passports" which they got stamped as they visited each cultural station. Having completed their "cultural tour", students turned in their passports for a free gift.

In addition, there were several multicultural performances throughout the evening. Also, our Peer Mentors hosted an "International Tasting Table", where you were invited to sample baked goods from around the world.

This event a huge success!!! Thanks to all!!!

# Empty Bowls Banquet

On Tuesday, April 17, 2007, the Urbana Feeder Community will hold its annual Empty Bowls Banquet from 5:45-8:00 p.m. at Urbana High School. The Empty Bowls Banquet is an international program designed to help raise awareness of the homeless and the hungry. This program provides an opportunity for the community to come together to meet the needs of the less fortunate and to raise funds to help alleviate hunger and assist the homeless. Tickets are \$5. each., which includes 1 ceramic bowl per family. Come out and enjoy a meager meal and entertainment with friends, while supporting our service learning project. If you are interested in purchasing tickets, please call Laura Jones at (240) 236-3508.



Help the Homeless and  
the Hungry

## Classroom Guidance

In March, I continued my visits to each classroom for an introduction to our International Festival. During these mini-lessons, students were asked to share their "Family Crest", which will be hung around the school, to help students recognize and appreciate the differences in each other.

Also in March, I continued to work with 5th graders on Middle School Transition. They had an opportunity to take a virtual tour of the middle school and to navigate through the building using the school map. In addition, I will visit each 5th grade classroom to talk about bullying. In this lesson, the 6 different types of bullying behaviors were discussed. They are: physical violence, name calling, mimicking, personal space, gender based bullying, and exclusion. Students read stories and role played how they would deal with a bully in each situation.

"When faced with a challenge, look  
for a way, not a way out."  
-David L. Weatherford

In April, I will begin to conduct lesson on self-esteem with the 1st graders. During the lessons, students will discuss ways that they are special, things that they can do well, and complete a "ME" project.

## Learning Lunches

to discuss her career. She shared with us the many tasks she is assigned to as part of her vocation.

On March 20th, we welcomed  
Becky Brashear, Executive Director for  
the Great Frederick Fair to Kemptown

If you have a career that you would like to share at a Learning Lunch, please call Laura Jones at (240) 236-3508.

COUNSELOR'S CONNECTION

KEMPTOWN ELEMENTARY SCHOOL