

Counselors' Connection

By: Laura Jones

November 2009

Kemptown Elementary School

Goals Are Dreams With Deadlines



Keep Dreaming!!

What is success? Some say that success is the accomplishment of worthy goals. The process is always the same: a dream becomes a goal, the goal becomes an achievement, and achievement equals success! The act of goal setting is a process that begins with defining what is important to you. But first, it is important to understand the difference between a goal and a wish. A wish is a vague dream that we *hope* happens to us like becoming rich or famous. A goal is a clear dream which becomes an achievement because we *make* it happen. Goals motivate you towards change, fosters independence and gives you a purpose in life. As Earl Nightingale once said, "People with goals succeed because they know where they're going."

Goal setting is much more than deciding what you want to do. It involves developing a special plan of action (steps or activities needed to reach your goals) and a target date for completion. The following are steps needed to successfully complete your goals:

-Write down your goals. Be as specific as you can. Think about what obstacles you may have to overcome and whose help, if any, you may need to accomplish your goals.

-Develop an action plan. Write down the specific steps or activities needed to reach your goals. As you complete each of your action steps you are getting closer to accomplishing your goal. Each step completed should be celebrated!

-Create a target date for when your dream will become a reality. Keep a calendar posted. Cross off days and make note of tasks completed. Review time line and make adjustments, if needed.

So, how can you help your child set goals and reach them? At the start of each school year, help your child to set specific short and long term goals that they can achieve as the school year progresses. Short-term goals can be accomplished in a few hours or days. For example, passing a test or reading a particular book. Long-term goals are ones that you can achieve over a longer period of time (i.e. a semester or a year) like winning a prize at the science fair. Report card time is another good time to set goals. If your child would like to improve his grade in spelling, talk to him about what strategies he can apply to improve his grades. Have your child write down his goals and post them on the refrigerator or bulletin board so that it is seen and reflected upon daily. It is a good idea to remind your child of his goals and to check to see if progress is being made toward reaching them. Encourage your child to do at least one activity or step every day needed to reach their goal. Try to minimize the bummer words like *can't, won't or never*, they will hold your child back from reaching their goals. Eliminate excuses! Once your child achieves his goal, CELEBRATE!! Make him a certificate, do something special together or have your child pick what he would like to do to celebrate (i.e. go to the movies, invite a friend over, host a family game night, etc.)

Help your child learn about the broad range of job and careers, so that they can make the connection from reaching goals in school to future options for them. Take your child to work with you for a day and if you are traveling, point out universities, technical school, military bases, art schools, and other places that prepare people for careers. This will help them to visualize themselves in one of them, and motivate them to reach their goals.

Goal setting helps students plan for their future and is a fundamental building block for success!!

Welcome New Students

On September 30, 2009, we hosted a New Student Get Together where we invited all newly enrolled students in grades 1-5 to a social gathering featuring cookies, juice and "Get To Know You" activities, followed by a question and answer session with Mr. Parsons and Mrs. White.

In addition, all the new students were asked to appear on the morning announcements for all to see and

recognize.

We would like to officially welcome all of our new students and families and would encourage you to become active members of our KES community.

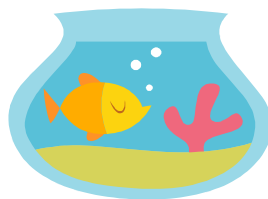
Please help us

Welcome...



Jared Lewis, Emma Conover, Kayla Mustafa, Olivia Keller, Nate Morton, Austin Rohn, Cheyenne Humphrey, Maria Benavides, Daniel Kerecman, Noah Boyer-Rios, Emma Jackson, Natalie Kerecman, Shelby Rohn, Alison Greenlees, Zack Morton, Benjamin Hardison, Caroline Sanford, Carlee Keller, Nick Jackson & Tony Morton.

"Caught Ya" Kick-Off



To kick-off our Fish program here at KES, all staff members were given "Caught Ya" certificates. If a staff member "catches" any student displaying the "Fish Philosophy" (Choose A Positive Attitude, Make Someone's Day, Be There and Play), they will be given a certificate. The right side of the certificate will be given to the stu-

dents to take home so parents can praise their child for "Being a Good Fish". The other side of the certificate is sent to the office to be placed in the "Caught Ya" boxes. Names will be randomly select from each box (K-2 and 3-5) on Fridays, and those student's names will be read by our Electric Eels (KES' student Fish Committee

members) on the morning announcements. Students will receive a small prize that day, and will be entered into the end of the year final drawing for a \$15. Wal-Mart gift card. One student will be randomly selected per grade the last week of school.

If you would like more information on the "Fish Philosophy", or ideas on how you can model "Good Fish" behavior at home, please contact Laura Jones at (240) 236-3508.

Learning Lunches

Learning Lunches are an opportunity for fifth graders to eat lunch together and learn about the career, talent, or hobby of a special guest speaker. This educational opportunity is available to fifth graders who want to learn more about a variety of careers out there in our world.

On November 3, we will hear



career with our 5th graders.

from Melissa Udbinac. She will speak to our students about her career as a Broadcast Journalist. Later in November, Chris Van Bloom, Director of the Kitchen Studio in Frederick will be sharing her

I would love to host at least one Learning Lunch a month!! So, if you are interested or know of someone who has an interesting career, talent, or hobby and would be willing to share it with our students at Kemptown, please contact the Counseling Office at (240) 236-3508.

Classroom Counseling Lessons

During the first several weeks in September, Counselor Introduction lessons were completed in all Kindergarten and First Grade classes. The role and responsibilities of the School Counselor was explained. Students learned that the School Counselor is a friend, someone that they can talk to, a teacher, she teaches life lessons, and someone who cares about them. "Counselor's Care!"

Also in September, I visited each Fifth Grade class regarding our Peer Mentor Program here at Kemptown. The Peer Mentor Program enlists 5th grade students to assist in a variety of service learning projects throughout the school year. The expectations and duties of Peer Mentors were explained and all students were given a Peer Mentor application. Those students interested in becoming a Peer Mentor filled out the application and were interviewed. The selection process was based on student interest, teacher recommendation and parent permission. Congratulations to the following students who were selected to be Kemptown Elementary Peer Mentors for the 2009-2010 school year: **Rebecca Duke, Riley Jones, Ryan Jones, Bri Markle, Sarah Przybocki & Emma Wynkoop.**

In October, Kindergarteners learned about "Personal Space." They discovered that personal space is the amount of space that you need to feel comfortable. And, that everyone has a "comfort bubble", which is about the size of a hula hoop. If you get too close to another person, you break their comfort bubble. Students practiced sitting in their own "personal space" on the rug, and walking in line, being careful not to break another persons' comfort bubble.

Also in October, I visited each class during one of their scheduled media times to review the "Fish Rules." Students identified the rules (Be There, Make Someone's Day, Choose a Positive Attitude and Play), and behaviors that they could do to show "Good Fish Behavior." Kindergarten learned ways to "fill someone's bucket. First grade realized that it is better to work together and to share to get the job done. Second and third graders heard the story, The Pout-Pout Fish and understand that it is so easy to have a positive attitude with a SIMLE. They also created a handprint fish. Forth and fifth graders made a "Fish Cube" where they can role it to see what they can do to demonstrate our fish philosophy each day.

Are you ready for some football? Our 4th graders will be!! In November, I will be working with the 4th graders on Study Skills. In these lessons, I will be focusing on 3 "Team Strategies." The strategies are: LOG (Listening, Organizing, and Goal Setting) that will help them to become more successful in school. The students will learn the "strategies", participate in "Time-Outs" and "Practice Runs", where I will highlight the main points and run the new "plays." Finally, students are encouraged to "score a touchdown" by making a commitment to reaching a long-term 4th grade goal.

Also in November, I will visit each class during media to talk with students about Bully-Proofing Our School. During this lesson, students will learn the definition of a bully, develop interventions on how to deal with bullies, and gain power in knowing that they have the right to say, "No!" to bullying behaviors. The 6 bullying behaviors that will be discussed are: Physical Violence, Name Calling, Mimicking, Personal Space, Gender Based Bullying, Exclusion and Cyberbullying. If you would like more information on how to talk with your child(ren) about ways to deal with bullying behaviors, please contact Laura Jones at (240) 236-3508 or by email at laura.v.jones@fcps.org.

At Kemptown, we strive for a caring community where students give strength and support to the targets of bullying behavior and try hard to defuse the power of the bullies.



Stop Bullying Now!!

Kempton Elementary
Tour Schedule 2009-2010

November

Fri., November 20, 2009 10 a.m.

December

Fri., December 18, 2009 10 a.m.

January

Fri., January 8, 2010 10 a.m.

Fri., January 22, 2010 10 a.m.

February

Fri., February 5, 2010 10 a.m.

Fri., February 26, 2010 10 a.m.

March

Fri., March 5, 2010 10 a.m.

Fri., March 26, 2010 10 a.m.

April

Fri., April 9, 2010 10 a.m.

Fri., April 23, 2010 10 a.m.

May

Fri., May 7, 2010 10 a.m.

Fri., May 21, 2010 10 a.m.

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

Contact Information

Laura Jones
(240) 236-3508

E-Mail:
laura.v.jones@fcps.org

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>



Canned Food Drive

Beginning November 9-20, 2009, we will be holding a non-perishable food drive. This is another wonderful service learning project that provides an opportunity for the community to come together to meet the needs of the less fortunate.

All non-perishable food items will be donated to the St. Peter's Church local food bank.

Our mentors will be responsible for collecting and graphing the number of items collected daily. The grade with the highest number of donated items will win a popcorn and movie party.

In order to ensure that these families have nutritious food to last throughout the winter, we are asking that each grade bring in specific items:

Kindergarten: Pounds of Peanut Butter (can include peanuts, apple sauce, jelly, jam, apple butter, marshmallow fluff, etc.)

Grade 1: Piles of Pasta (can include pasta sauce, rice, instant potatoes, macaroni & cheese)

Grade 2: Tons of Tuna (canned tuna, chicken or fish, can include Saltine, Ritz or packaged crackers)

Grade 3: Stacks of Soup (canned, boxed or pre-packaged soups)

Grade 4: Volumes of Veggies (canned vegetables & Beans)

Grade 5: Shelves of Cereal (boxed cereal or cereal bars, oatmeal, cream of wheat, dry milk, etc.)

Parent Power

There are many ways you can support your child's learning and school. Here are a few ideas:

-Spend a few minutes every evening looking over handouts your child brings home. Fill out forms to return the next day.

-Tell your child's teacher if you can help them out at school or home.

-Make sure teachers know you appreciate their efforts. From time to time, send a thank-you note or an e-mail.

-Contact your child's teacher immediately if you see a problem. Working together will help your child succeed.

-Attend conferences, parent meetings, and school events regularly.