

# Counselor Chat



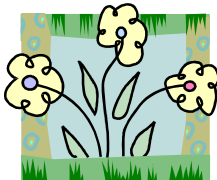
## Counselor Chat Spring 2016

### Dear Families,

*Happy spring! Students have come to understand that by being capable of developing appropriate character traits, they feel connected and can therefore become contributing members of their community.*

### How to CONTRIBUTE to your community:

- Donate gently used items or clothes to those in need.
- Donate your time in community organizations or events.
- Keep trying and don't give up!
- Remember to reuse, renew, and recycle.
- Gather a group of friends and neighbors to take part in a clean-up project, clean up a park, paint over graffiti, pick up trash, or plant some flowers. Maybe you will even meet a new friend or two!
- Take responsibility by doing things for others without being asked or told.
- Get out and walk instead of driving to school or other nearby places.
- Smile and say "hi" to others you see. It makes people feel good and special when they are acknowledged by others.



### Skills students are learning and practicing:

- I-Message
- Being your BEST
- Problem Solving-FIG TESP

Students can use the I-Message to help communicate with others. It is a way to let others know what you need or want.

I feel \_\_\_\_\_

Because \_\_\_\_\_

I wish \_\_\_\_\_

Being your BEST when communicating with others:

Body Posture-open and inviting

Eye Contact-direct

Speech-kind words

Tone of Voice-clear and calm

Problem solving is involved in every decision that we make. Students are working on the problem solving steps, FIGTESP.

- Find the feelings
- Identify the problem
- Guide yourself with a goal
- Think of many possible solutions
- Envision the consequences
- Select the best solution
- Plan/prepare for pitfalls
- Notice what happens next



Please continue to monitor all forms of electronic communication (text messaging, email, instant messaging, and social networking sites) for appropriate usage.

