



Counselor's Corner

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GALLOP FOR GOOD CHARACTER

It is with great excitement that I begin my career at Cora Spencer as your child's counselor. One of my responsibilities is to collaborate with teachers and parents in order to help teach our Broncos how to Gallop for Good Character through classroom guidance, group counseling, and individual counseling.

Classroom guidance will be provided to all grade levels one time per month. During classroom guidance, the *Second Step* program will be reinforced through extension activities on empathy, impulse control, and problem solving skills. Respect, responsibility, kindness, and test-taking skills are among



other topics that may be taught depending on the needs of each classroom.

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Group counseling

Group counseling is provided for students who have been recommended by teacher or parent referral. Students who participate in small group counseling sessions meet once a week during their elective period for thirty minutes. Small groups are developed based on the needs of the students. The following small groups are being considered for this school year:

Divorce: Coping skills are emphasized as students learn to constructively deal with typical issues associated with divorce.

Anger Control: Students are taught about anger and ways to manage angry feelings.

Leadership: Positive self image is strengthened through learning leadership skills.

Tools for Success: Basic learning skills that are critical to long-term school success are reinforced.

Friendship: Social problem solving skills are developed using a problem-solving model to apply to typical social problems.

Stop and Think: Students are taught about impulse control and ways to stop and think before taking action.

If you feel that your child would benefit from individual or small group counseling please contact me via telephone 817-299-6680 or email middsa@mansfieldisd.org.



Test Taking Tips

- Get a good night's sleep.
- Eat a nutritious breakfast.
- Relax...take slow deep breaths.
- Think positively. Tell yourself: "I am smart and I am going to do my best!"
- Follow directions carefully.

SECOND STEP

This is a busy time for children who are learning many new skills in school. They may be learning to read, reading chapter books, writing stories, or using graphs. These are all important skills for children to learn.

Another area of learning that requires specific skills is social-emotional learning. These important skills are often overlooked. This is the realm where children learn how to understand and manage their feelings, how to make friends and be a friend, and how to solve social problems. Learning takes place throughout the day – in the classroom, on the playground, and at home. Children learn by watching and listening to how teachers, family members, and friends interact with one another.

Second Step program is designed to help children think about, develop, and practice positive social skills. Research tells us that children who learn and use these skills are more likely to get along with others and do well in school.

The *Second Step* program is divided into three units:

Unit I: Empathy Training. Children learn about feelings and ways to show understanding and caring toward others.

Unit II: Impulse Control and Problem Solving. Children learn new ways to solve problems and practice skills such as calming down, apologizing, interrupting politely, and making new friends.

Unit III: Anger Management. Children learn to manage their anger in ways that do not hurt others.

Families play a crucial role in the success of the *Second Step* program. You will be receiving letters about what your child is learning at school and what you can do at home to help him or her understand and practice the new skills. If you have any questions regarding the *Second Step* program, be sure to ask. I would be delighted to hear from you.



RED RIBBON WEEK 2009

Red Ribbon Week is October 26-30. The Red Ribbon Campaign is designed to encourage healthy, drug-free and violence-free lifestyles among youth. Red Ribbon Week is a national event honoring Enrique Camerena, a Drug Enforcement Administration special agent, who was killed in 1985 by drug traffickers. Since Enrique's death, stu-

dents have united together and pledged to lead drug-free lives. Parent groups embraced the campaign, and in 1988, Congress proclaimed the first U.S. Red Ribbon Campaign. During this week, students will be learning about the significance behind Red Ribbon Week, how to make healthy choices, and say no to drugs. I look forward to working

with the students reminding them that leading a healthy lifestyle is something that one must work towards everyday, not just the week of the Red Ribbon Campaign. Please take time out this week to talk to your child/children about making healthy choices when it comes to nutrition and exercise. Help your child join in the fun by reminding them of the daily themes listed below, so they can dress accordingly.

**Stay in the Game:
Make Healthy Choices and
Be Drug Free**

Tuesday: Wear a team jersey

Wednesday: Wear a Cap

Thursday: Wear Shades

Friday: Spirit Day



UPCOMING EVENTS

- Please check out the Guidance and Counseling page on the MISD website for free Fall workshops from the Parenting Center available at local MISD schools.
<http://www.mansfieldisd.org/departments/guidance/home.htm>
- Tuesday, December 1– Friday, December 11: Broncos Care Canned Food Drive
Show support for our neighboring communities who need extra assistance during the holiday season by sending canned foods to school.

