

# Vaughan Elementary—A Global School

## The Counselor's Corner

Renee Mizelle, Principal

December 2019 and January 2020

Brooke Callahan, School Counselor

### Guidance Curriculum News

I conducted classroom guidance lessons on cooperation during the month of November. Kindergarteners learned about how important teamwork is in order to reach a common goal. First through fifth graders learned that cooperation not only involves working together, but also doing one's part. Students learned that listening to each other, sharing, taking turns, helping, and treating others with respect are all a part of cooperation. Students learned that with cooperation and teamwork tasks and assignments can be completed more quickly than when working towards the goal alone.

During the month of December I conducted classroom guidance lessons on caring for others and positive friendships. In 1st grade I used a new computer program called Everfi to present scenarios on empathy and compassion for others. The students were shown a situation and then had to determine what the compassionate choice would be. In 2nd grade we read the book "How the Grinch Stole Christmas" and discussed what types of caring activities students could do to show the Grinch compassion and empathy.

This month we have been focusing on the character trait of honesty. Students in fifth grade played classroom jeopardy on the topic of honesty and trustworthiness. Students had to decide what the most trustworthy or honest response would be in certain situations. We also listened to the book "The Empty Pot" which teaches students that with honesty comes great reward.

### Light of Character

Congratulations to Morgan Lunsford for being the Light of Character for the month of December for caring! Morgan is a very caring student. She is always willing to help everyone she meets including her teachers and classmates. She encourages her classmates to do their best and cheers them on when they are successful. She is always sure to use kind and polite words with others. Morgan is a joy to have in the classroom.



The character trait for the month of November was Cooperation! Congratulations to Evan B. Silver in 5th grade for being the light of character for the month of November! Evan cooperates with others in a variety of ways. As his math teacher Mrs. Allen has noticed how he is willing to help others with their work in math. He displays a positive attitude and listens attentively. His little brother is in the PreK class here at Vaughan. He shows love and kindness to his brother and sets a good example for him. Evan demonstrates cooperation with family, friends, teachers and staff.

The character trait for the month of January is honesty. Honest people have the inner strength to be truthful, trustworthy, and dependable in their words and actions. Honesty builds trust. Honest people do not cheat or steal. Remember to encourage your children to be honest even if they might get in trouble!

### Career Day



### Career Day

Mark your calendars because Vaughan's Annual Career Day is quickly approaching! Career day will be held Friday, April 3, 2020 from 9:00-12:30. We anticipate having various individuals come dressed in work attire to share and present hands-on activities concerning their occupations. We are in need of presenters this year, so please consider participating! Parents, if you are interested in presenting about your career, please contact Brooke Callahan at 257-6802 or [ccallahan@warrenk12nc.org](mailto:ccallahan@warrenk12nc.org) for more information! We would love to have at least half of our presenters be parents. We need a lot of parent support for this event. We would greatly appreciate your time and assistance!

## Teaching Mindfulness to Our Students

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way. Many people believe mindfulness increases a person's concentration and attention which can have a positive impact on academic performance and social skills. Also, it is believed to reduce stress and anxiety.

1. **FIVE SENSES**—Have children focus on their senses by naming three things they hear, three things they smell, three things they see, three things they taste, and three things they feel in the present moment.
2. **Go on Listening Walks**—Go on a walk with your students and ask them what they hear and what it reminds them of.
3. **Belly Breathing**—Have your student lay flat with a small stuffed animal on their stomach. Tell them to give their stuffed animal a calm ride by breathing slowly and calmly. They will be able to see the animal move up and down slowly on their stomach as they breathe.

### Resources:

There is an app called Stop, Breathe, and Think. This app offers meditation activities. It is free to download, but it has in app purchases available which are pricey. However, there are a few free activities in the app.

There are short videos available on classdojo which focus on mindfulness and controlling ones emotions. The link to the videos is <https://ideas.classdojo.com/b/mindfulness>

## Growth Mindset

In many academic situations students who are struggling with something will say I can't do it, it's too hard, I don't know how. It's important to teach kids to have a growth mindset.

What is a growth mindset? A growth mindset is the belief you can develop your strengths through hard work, dedication, perseverance, practice, and grit.

How can you teach your child to have a growth mindset?

1. **Praise Effort over Results** (I love how hard you tried. You worked every problem out on your own!)
2. **Frame Mistakes as Part of the Learning Process** (Mistakes help me learn.)
3. **Reward Effort and the Process** (We are going to have ice cream tonight because you read every word of your book outloud and while you were answering the reading questions you looked back in the text to find the answers.)
4. **Teach positive self talk** (I can do this! I am going to keep trying even though it is really hard.)

---

If you would like for your child to receive school counseling services, please complete this form and return to Mrs. Callahan.

### School Counseling Referral Form

Student Name: \_\_\_\_\_ Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Briefly Describe Concern: \_\_\_\_\_

---