

Counselor's Corner

September/October 2020

“Tell Me and I Forget, Teach Me, and I May Remember, Involve Me and I Learn.”

-Benjamin Franklin

Parent Teacher Conferences

Our teachers are looking forward to meeting with you to discuss your child. Here are some tips to help be prepared.

Remember: Parents and teachers have common goals. They want the children to be successful and progress at the rate that is best for them. They want children to feel that the standards at home and at school complement each other. Parents and teachers believe that learning takes place at school and home.

- ◆ Decide what you want to ask the teacher about your child
- ◆ Determine what you will tell the teacher about your child
- ◆ Advise the teacher of any special circumstances that might be keeping your child from performing at peak level

Prepare some questions ahead of time. Examples:

- ◆ What is my child's achievement level?
- ◆ Is my child working up to his ability?
- ◆ What are the classroom rules?
- ◆ Are there any discipline problems?
- ◆ How does my child get along with classmates?

Be prepared to answer questions that the teacher may have for you. Examples:

- ◆ How does your child feel about school?
- ◆ Are there any health or emotional problems/concerns?
- ◆ Are there special interests/activities that your child pursues at home?
- ◆ What type of discipline works best at home?

When you get home:

- ◆ Talk about the conference with your child—talk about the good and then the areas for improvement.
- ◆ Start right away on any action you have decided to take.
- ◆ Make sure your child understands that you and the teacher are working together.
- ◆ Feel free to call the school if you think another conference is needed.

Meet the Counselor:

Hello! For those of you who do not know me, I am Ms. Hurley, your Saint Bridget School counselor! This will be my tenth year at Saint Bridget and I am excited to be working with our elementary school students as well as middle school students this year.

I received my Bachelor's Degree in Early Childhood Education from James Madison University and my Masters of Education in Counselor Education from Virginia Commonwealth University. Prior to attending VCU, I taught 1st grade. I love working as a school counselor and having the opportunity to build relationships with the students and families in this wonderful school community.

Please reach out if I can help in any way!

Email: ehurley@saintbridget.org

Phone: 804-288-1994 Ext. 417

Practical Ways to Teach Your Children Values

1. Model them.
2. Apologize when you make mistakes.
3. Read the Bible with your child.
4. Share your personal experiences, mistakes and all.
5. Hold your children accountable.
6. Don't let them take the easy way out of situations.
7. Monitor television and internet use.
8. Involve your children in encouraging and helping others.
9. Applaud their good behavior.
10. Use everyday experiences to spur conversation.
Slow down and listen!

Second Step

I have enjoyed being in the classrooms with each of your children over the last two months to focus on learning critical skills to support their learning now and in the future.

For our families in JK-5th grade, please be sure to activate your family accounts to watch videos about the *Second Step* program and get information about what your student is learning. I appreciate you reinforcing many of these skills at home through the Home Links.

The next page lists the various topics that have been covered in your child's class so far this year.

(www.secondstep.org—activation key on Home Links and introductory letters, email me if needed)

Second Step Lesson Topics

Week of...	August 31	September 7	September 14	September 21	September 28
Junior Kindergarten	Welcoming	Listening	Focusing Attention	Self-Talk	Following Directions
Kindergarten	Learning to Listen		Focusing Attention	Following Directions	Self-Talk for Staying on Task
1st Grade	Listening to Learn		Focusing Attention	Following Directions	Self-Talk for Learning
2nd Grade	Being Respectful		Focusing Attention & Listening	Using Self-Talk	Being Assertive
3rd Grade	Being Respectful Learners		Using Self-Talk	Being Assertive	Planning to Learn
4th Grade	Empathy & Respect		Listening with Attention	Being Assertive	Respecting Similarities & Differences
5th Grade	Empathy & Respect		Listening with Attention	Being Assertive	Predicting Feelings
6th Grade	Starting Middle School	How to Grow Your Brain		Trying New Strategies	Making Goals Specific
7th Grade	Helping New Students	Creating New Pathways in Your Brain		Learning from Mistakes and Failure	Identifying Roadblocks
8th Grade	Welcome!	Who Am I? My Identity		My Interests and Strengths	Harnessing My Strengths

Week of...	October 5	October 12	October 19	October 26	November 2
Junior Kindergarten	Asking for What you Need or Want		Identifying Feelings	More Feelings	Identifying Anger
Kindergarten	Being Assertive		Feelings	More Feelings	
1st Grade	Being Assertive		Identifying Feelings	Looking for More Clues	
2nd Grade	Identifying Feelings		Learning More About Feelings	Feeling Confident	
3rd Grade	Identifying Others' Feelings		Understanding Perspectives	Conflicting Feelings	
4th Grade	Understanding Complex Feelings		Understanding Different Perspectives	Conversation & Compliments	
5th Grade	Taking Others' Perspectives		Accepting Differences	Disagreeing Respectfully	
6th Grade	Breaking Down Your Goals	Monitoring Your Progress		Bringing it All Together	Common Types of Bullying
7th Grade	Overcoming Roadblocks 1	Overcoming Roadblocks 2		Advice on Roadblocks	What is Harassment?
8th Grade	Pursuing My Interests	My Future Self		My Path Forward	Understanding Bullying