

Counseling Connection



ORANGE GROVE ELEMENTARY SCHOOL COUNSELING DEPARTMENT

Volume 5, Issue 2

November/December 2014

Citizenship the OGE Way



The topic in November was Citizenship. The students have some great ideas about what it means to be a good citizen and I wanted to share some of those ideas with you. After learning the definition of citizenship, I asked them, "How can you show good citizenship and get involved to make your school, community, or country a better place to be?" Here are some of their responses:

◇ "You can make sure you recycle."

◇ "If there is trash on the ground you can pick it up and throw it away."

◇ "Be responsible."

◇ "Be kind to each other."

◇ "If you see someone who needs help, you can help them."

◇ "Don't bully."

◇ "Respect each other."

◇ "Respect your teachers."

◇ "If you see someone who is upset, ask them if you can help."

As we discussed citizenship, one thing that was stressed was that you have to get involved

and be active. Being a good citizen means that you don't sit back and let other people do the work. You also understand that, even though you are only one person, what you do can still make a difference. With that in mind, when our kids thought about what they could do to get involved and make Orange Grove a nicer school or the community or country a nicer place to live, these were their ideas. These were quality, thoughtful answers and good ideas for both children and adults to follow. When we are good citizens, other positive character traits will follow—respect, responsibility, kindness (December's character word), self-motivation, and many more.

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Character Trait of the Month—Citizenship

During November and December, we are talking in the classrooms about Citizenship. Citizenship means being law-abiding and involved in service to school, community and country.

In Kindergarten and 1st grade, our discussion has focused on the difference between tattling and telling. We're reading the book *A Bad Case of the Tattle*

Tongue and learning the Tattle Rules. We're also discussing situations when it's appropriate to talk to an adult, and when it's appropriate to handle the problem ourselves.

In 2nd and 3rd grade, we're discussing careers and how you contribute to your community through your job. We are completing two different activities where students can explore

their interests and their skills, and then we relate these to the jobs they might be interested in.

In 4th and 5th grade, we are spending time in the computer lab for career exploration. We visit www.flchoices.org to explore interests, personality types, and skills, and the link they have to future careers.

Upcoming Events

Healthy Habits	January 12
BUGs Celebration	January 15

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Healthy Habits Destinations

- ◇ LEGOLAND
- ◇ CLINTON, ME
- ◇ TALLAHASSEE
- ◇ NEW YORK
- ◇ MEXICO
- ◇ PHILADELPHIA
- ◇ HAWAII
- ◇ DENVER
- ◇ #4 PRIVET DR, SURREY, ENGLAND

Healthy Habits

Our Healthy Habits program is up and running (or jogging) and our students are logging in their miles. Healthy Habits is a program that I coordinate along with Coach Stanney and Coach Dudley at PE.

Every other Monday the students start out their PE class with a short character message from me as well as an update of their class Healthy Habits miles. Then they have 15 minutes to walk, jog, or run laps on our track. When that time is up, we

record the number of laps each student has run.

Besides a focus on physical health, Healthy Habits has several character development benefits. For every mile (eight laps) that students run, they earn a token for their Healthy Habits chain. Students learn to set goals and persevere. Also, each class has a goal; a destination they decide to "run" to by combining the miles of each student in the class. This is great practice in teamwork. I

stress that the number of miles they have to go to get to their destination (about 170 miles for our lower grades and 220 for our upper grades) is too far for one, two, or even 10 people to run in a year of Healthy Habits. They will only reach their goal if everyone does their part. While not everyone is able to run the same number of laps, each student doing their personal best is the teamwork needed for the class to be successful. See the sidebar for some of our current class destinations.

"So why not decide to be a bucket filler today and everyday? Just start each day by saying to yourself, 'I'm going to do something to fill someone's bucket today.'"

- [Have You Filled a Bucket Today](#)

Story Suggestions

- 1) [Just a Dream](#), Chris Van Allsburg. This is the story of Walter, a boy who litters, doesn't care about nature, doesn't want to make any effort to take care of the environment. Then he has a dream about what would happen if everyone acted as carelessly as he did.
- 2) [Wilifred Gordon McDonald Partridge](#), by Mem Fox. This is the story of a little boy who lives near a nursing home. It tells of the friendships he makes with the residents there. When Miss Nancy, one of the ladies he becomes friends with, starts to lose her memory, he sets out to help her with her struggle.
- 3) [Have You Filled a Bucket Today, A Guide to Daily Happiness for Kids](#), by Carol, McCloud. This book uses buckets as an illustration of how our words and actions can effect others. We can choose to be "bucket-fillers" (show love to someone, say or do something kind, or just smile) or a "bucket-dippers" (tease in a hurtful way, say or do mean things, or ignore someone.) Filling another person's bucket fills our bucket too.

Orange You Special

Part of our school-wide behavior program includes a positive behavior recognition plan. Our program is called *Orange You Special*. When a class is "caught" demonstrating our four school-wide expectations (respect, responsibility, honesty, and self-motivation) they are awarded a paper orange. As the class earns oranges, their teach-

er writes a letter on the orange and hangs it in the classroom. The goal is to earn enough oranges to spell a word (the list of words our classes are trying to spell are our four school-wide expectations). The first word each class is working on is respect. Once they've earned enough oranges, the class votes on a

reward - time on the playground, lunch with the teacher, etc. You can check out the orange trees in the mallway to see which classes have been able to spell out Respect and are working on earning oranges to spell Responsibility.



R-E-S-P-E-C-T
R-E-S-P-O-N-S-I-B-I-L-I-T-Y
H-O-N-E-S-T-Y
S-E-L-F-M-O-T-I-V-A-T-I-O-N

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Kindspring.org

As I was looking for kindness websites (see below), I came across kindspring.org. This site has tons of great ideas and activities to explore kindness with your kids. So many that I had to give it its own article. Here is what you'll find:

- ◆ **Stories** - you can read some of the more than 65,000 stories that people have shared. This collection of stories is not a place to brag, but to inspire
- ◆ **Community** - connect with other people who can encourage and share
- thoughts and suggestions
- ◆ **Ideas** - This page has a collection of themes (there are 20, including Under \$5, For the Elderly, Handmade, and At Work) and each theme includes various ideas for showing kindness
- ◆ **Smile Card** - You can download and print smile cards or request that some be sent to you. Then you complete an anonymous act of kindness for someone, leave the card encouraging them to pay it forward, and share your story

on the site.

- ◆ **21 Day Challenge** - Create a challenge for your family or join one that's already established. Choose any theme you'd like (examples are Kindness, Mindfulness, and Gratitude). For three weeks, you'll receive a daily email with a prompt (make a card for someone, pick flowers and give to someone) involving an idea for doing something involving your theme, and time for reflection upon the challenge.

THINK ABOUT
IT:
HOW DID YOU
PRACTICE
KINDNESS
TODAY?

Kindness

The character trait for the month of December is Kindness. This means being nice and considerate towards others. Kindness is something we should be aware of and striving for all the time, but it's an especially common theme this time of year.

- 1) sproutonline.com/kindness-counts - This is a kindness website for younger kids. It includes ideas for showing
- 2) kidactivities.net/category/random-acts-of-kindness.aspx - This website is designed for teach-

kindness to others and a gallery for sharing the kindness you have shown and to see what others have done. There are also activities like a Kindness Counter, crafts, and activity worksheets you can print out.

ers and childcare professionals, but has plenty of ideas that you would be able to adapt for your family. If you want to take some time to focus on kindness, use some of the ideas, quotes, and activities. There is a list of 100 Kindness Ideas for Adults on Page 2 that you would easily be able to do with your child.



Visit these sites for kindness ideas.

Character Quotes - Talk about what these quotes mean to you

"Kindness in words creates confidence. Kindness in thinking creates profundity. Kindness in giving creates love."

- Lao Tzu

"You cannot do a kindness too soon, for you never know how soon it will be too late."

- Ralph Waldo Emerson

"I actually think that the most efficacious way of making a difference is to lead by example, and doing random acts of kindness is setting a very good example of how to behave in the world."

- Misha Collins

"The first requisite of a good citizen in this republic of ours is

that he [or she] shall be able and willing to pull his [or her] own weight."

- Theodore Roosevelt

"The best portion of a good man's life. His little, nameless, unremembered acts of kindness and love."

- William Wordsworth



"A community is like a ship; everyone ought to be prepared to take the helm."

Henrik Ibsen

Orange Grove Elementary—Pick of the Crop!

PCS

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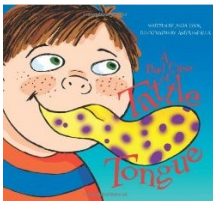
Pinellas County School Counselors Vision

The vision of Pinellas County counselors is for all students to graduate empowered with the knowledge and skills necessary to achieve academic, personal/social, and career success, and be inspired to reach their full potential as respectful, responsible citizens.

Pinellas County School Counselors Mission Statement

As student advocates, Professional School Counselors provide a comprehensive program that promotes student success through a focus on academic achievement, social/personal/emotional and career development.

Tattling vs. Telling—What's the Difference



Follow the Tattle Rules so you don't get Tattle Tongue!

Tattling can become a major problem at school or home. It causes problems between students, disrupts teaching and learning, and, as most parents know, becomes an annoying habit. It's important to know the difference between tattling (trying to get someone into trouble) and telling (trying to get someone out of trouble).

In K/1st, we're reading the book [A Bad Case of the Tattle Tongue](#), by Julia Cook. This is a book about Josh who tattles too much and loses friends and gets in trouble because of it. The following are the Tattle Rules, which help Josh know the difference between tattling

and telling.

1) Be a Danger Ranger - If a person or animal is in danger, you must warn someone.

If you, someone else, an animal, or property is being hurt, tell an adult. That's telling, not tattling.

2) Be a Problem Solver - If the problem involves you, take charge and try hard to solve it yourself first.

If no one is in danger, it's probably a kid-sized problem and you can solve it on your own.

3) Now or Later? - Is the problem a "Now" problem or "Not

Now" Problem? Can your problem be solved at a later time?

If it can wait, try to keep thinking of ways to solve the problem on your own.

4) MYOB (Mind Your Own Beeswax) - If the problem is not dangerous and it does not involve you...DO NOT TATTLE!

You are in charge of making sure you follow the rules. If someone else breaks the rules, don't get involved. Let an adult handle it.