

Counselor's Connection

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Welcome Back to School!

WOW! We are already off to an amazing start! The beginning of the school year usually comes with great excitement.

What do you do when the excitement disappears? Here are a few ways to combat back to school blues...

1. Get a routine. It is critical for young students to know what is expected in the morning and what the routine will be when they return home.
2. Designate a homework time and place. Discuss it with your child that way they know what to expect.
3. Designate a relax time. Every student needs some time at home to kick their shoes off. Naming a relax time helps them to see an order to their day and assists in their time management skills.
4. Ask your child specific questions like, "Tell me one thing you did in Math or Reading class today?" This encourages them to give you a response other than "Nothing".

I look forward to all opportunities to work with each family, please let me know how I can be of assistance to you or your family.

Important Tidbits...

1. **Small group counseling will begin in mid October.** Small groups provide opportunities for students to meet and discuss issues they may be struggling with and recognize that they are not alone. It provides a positive outlet and allows children to share feelings and learn coping skills.. For more information please contact me about groups that deal with friendship skills, anger/self control, self-esteem, changing families/divorce, or family grief.
2. **Testing Already?** Yes, it is already time to start thinking about standardized tests including the Fall administration of the Ohio Achievement Test, Terra Nova and Inview Tests. Here are the dates for our Fall testing period. Please mark your calendar with these important dates to avoid any absences.
 - October 6: Ohio Achievement Test (Reading) Gr. 3
Inview (Aptitude) Grade 4
 - October 7: Terra Nova (Reading), Grades 2 and 4.
 - October 8: Terra Nova (Math), Grades 2 and 4

This Month's Focus- What is this PUBS stuff?

This month I visited each Cluster including AM and PM Kindergarten to share and discuss information related to our new Positive Unified Behavior Supports (PUBS).

PUBS is a process for creating safer and more effective schools. It is a systems approach to enhancing the capacity of schools to educate all children by developing research-based, school-wide, and classroom behavior support systems. The process focuses on improving a school's ability to teach and support positive behavior for ALL students.

PUBS includes school-wide procedures and processes intended for every student and all staff in all settings. It is a team-based process for systemic problem solving, planning, and behavioral evaluation. My goal for helping implement this process is to produce a safe and productive learning environment where teachers can teach and all students can learn.

Check it out!

Go to www.nordoniaschools.org and click on "Schools" under Hot Links in the left column. Scroll down and Click on the Rushwood Elementary link..

Next, visit my Counselors Connection tab located in the right column.

Here you will find information about the role of a school counseling program.

Keep checking back! Helpful information and links related to the academic, career, and personal/social development of students will be available as the school year proceeds.