

Counselor's Corner

Pine Road Elementary School

Winter 2018

Pine Road School Counseling News

We have had many exciting school counseling events at Pine Road! In October, we celebrated Red Ribbon Week which teaches students about how to make healthy choices and live drug free. During Red Ribbon Week, we celebrated Mix It Up Day which gave students an opportunity to wear mixed up clothing and practice mixing up their social circles at lunch. We are so proud of our students for making an effort to expand their social circles and celebrate our diverse student population!

We have also been visiting classrooms to teach developmental counseling lessons. In September and October, we taught students about their "job" at school. Their job is to be a good student and demonstrate the four Pine Road pillars: respect, responsibility, honesty, and kindness! In October and November, our students learned about bullying and are prepared to stop bullying by being an upstander (instead of a bystander). They also learned that our school is united together against bullying and we stand for kindness, acceptance, and inclusion!



Newsletter Highlights

Pine Road School Counseling News.....	1
Pictures from Fall School Counseling Events.....	2
Parent Teacher Conferences.....	3
Hope for the Holidays.....	4
Parent's PIECE: Grief During the Holidays.....	5

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**We are happy to address
 any questions or concerns!**

Contact Information

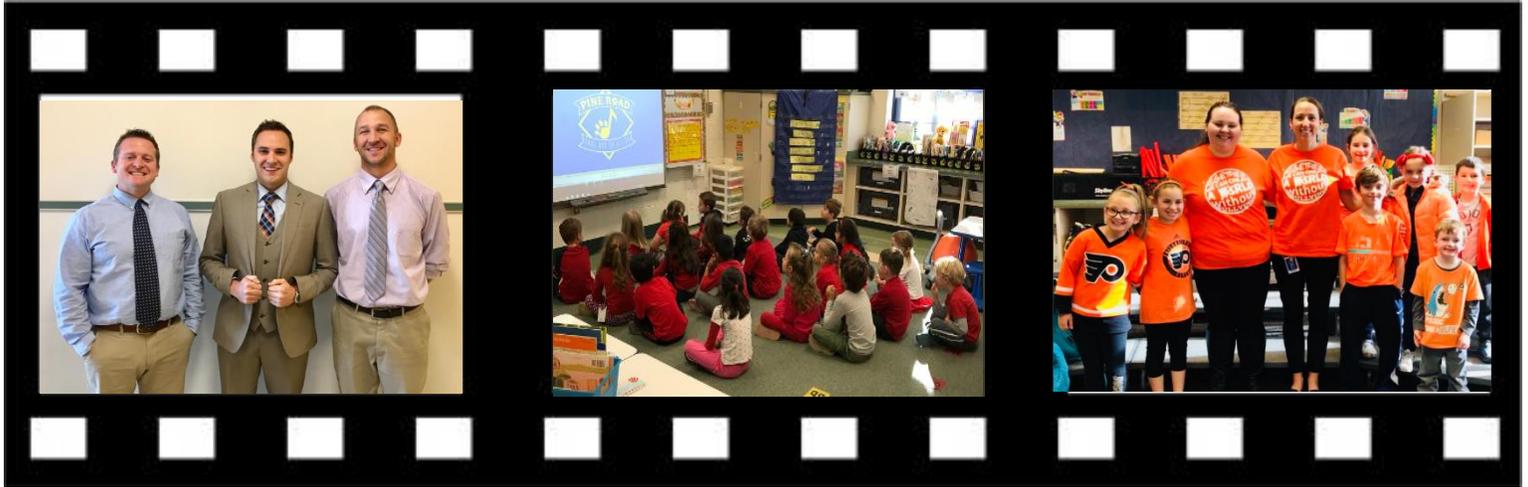
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Fall School Counseling Events

Red Ribbon Week: Thank you to all who participated in our Red Ribbon Week theme days! We are so proud of our students and staff for showing us they are ready to be healthy and make good choices!



Mix It Up Day: On Tuesday, October 23rd, our students participated in Mix It Up Day by changing their seats in the cafeteria. Our cafeteria was decorated for the occasion! At each table, students were given several sentence starters and questions to help them engage in conversations with peers from different classrooms. We are proud to have our students participate in this opportunity to learn tolerance and acceptance of differences, and celebrate the diversity of our school!



Parent/Teacher Conferences: November 2018

It's time for parent/teacher conferences! Conference times are available for students in grades K-5 on Monday 11/19, Tuesday 11/20, and Wednesday 11/21. Your child's teacher will be communicating information to you about your conference time. If you have not received a date and time for your parent/teacher conference, please contact your child's teacher.

**Please contact your child's school counselor
if you would like her to attend your conference!**

Before the Conference:

- ❖ Talk to your child before the conference. Ask how he or she thinks school is going and ask him or her if there is anything he or she would like you to discuss with the teacher.
- ❖ Make a list of questions or concerns you have about your child to help you stay on track during the conference.

During the Conference:

- ❖ Be open-minded. Your child's teacher will share your child's success and progress with you in addition to any concerns that he or she is observing. Please stay calm and listen to what he or she has to say. You and your child's teacher are a team in ensuring your child's success!
- ❖ Please be on time! Each conference is 15 minutes, so if possible, please plan to arrive a few minutes early and be willing to wait or reschedule if you are running late.
- ❖ Ask your questions! Here are some sample questions to consider asking your child's teacher:
 - ❖ Is my child actively engaged in class?
 - ❖ Is my child's homework and classwork being completed accurately and in a timely manner?
 - ❖ Is my child performing on grade level?
 - ❖ Is my child making progress in the curriculum?
 - ❖ Is my child respectful to peers and adults?
 - ❖ What can I be doing at home to further support my child?
- ❖ Take notes! The teacher will provide you with a lot of information in a short amount of time. Please feel free to write some notes so that you can keep track of what you discussed and follow up throughout the year.

After the Conference:

- ❖ Talk to your child again! We encourage you to talk with your child about what you learned during the conference related to his or her school day and progress.
- ❖ Make a plan with your child. If your child's teacher identified areas of concern, work with your child to develop a plan for how you can work together to make any changes or improvements to help him or her get on track!

Hope for the Holidays



Dear Pine Road Families,

As we look forward to the upcoming winter holiday season, we recognize that for some families, this season presents challenges. We believe we have a responsibility to educate our students and support their families. If your family is in need of support, we would like to offer our assistance by providing a food basket for Thanksgiving and/or gift cards for you to purchase gifts for your children for the winter holidays. If your family would benefit from any support during this season, please complete and return the bottom portion of this letter in a sealed envelope and write "School Counselor" on the envelope. Please **return it by Thursday, November 15, 2018**. If you and your family are not in need of assistance and this information does not apply to the needs of your family, please disregard this letter.

Pick up for **Thanksgiving food baskets** will take place on Monday (11/19), Tuesday (11/20), and Wednesday (11/21) during conference times. Your child's school counselor will contact you to arrange a pick up time.

Pick up for **holiday gift cards** will take place during school hours on Friday, November 30th and Monday, December 3rd. Your child's school counselor will contact you to arrange a pick up time.

If your family is in need of additional assistance, please contact your child's school counselor:

Christina Harris, School Counselor for grades K/2/4, charris@lmtsd.org

Shannon Dallahan, School Counselor for grades 1/3/5, sdallahan@lmtsd.org

Name of student(s): _____

Grade(s): _____

Parent Contact Information: _____

Thanksgiving Food Baskets

_____ I am interested in receiving a Thanksgiving food basket.

_____ I am not interested in receiving a Thanksgiving food basket.

Holiday Gifts

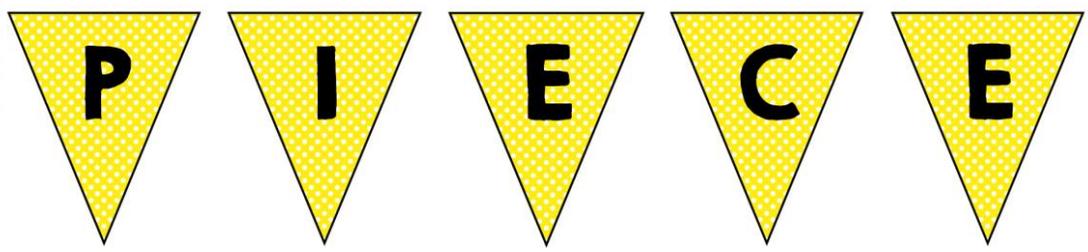
_____ I am interested in receiving gift cards for my children this holiday season.

_____ I am not interested in receiving gifts cards for my children this holiday season.





Parents



Parent Information to Encourage Child Education Grief During the Holidays

During the joy of the holiday season, individuals who have recently mourned the loss of a loved one or are continuing in their grief journey after the death of someone close to them can find this time of year to be challenging. For both adults and children, losing a loved one causes new feelings and emotions. It can be hard to enjoy the holiday season when it feels as though everyone around you is finding joy except for you and your family.

Tips for the Holiday Season

Be proactive and plan ahead: Holiday plans often include and affect all members of your family. Talk with your children and openly express your feelings and needs so that they, too, can share how they want to celebrate and who they want to celebrate with!

Acknowledge and express your feelings: It is important for parents and caregivers to share with their children about how they are feeling that their loved one will not be with them during the holidays. When parents and caregivers show their feelings, it allows children to understand that it is okay to feel sad and miss the person who died too.

There is no "right way" to celebrate holidays: As a family, decide what is important to you this year and change traditions and rituals as needed or continue old traditions and rituals as a way to stay connected to the person who has died.

Engage in self-care: Ensure that you and your children are caring for your physical, emotional, and social selves.

Activities for the Holiday Season

Meaning making: Talk with your children about how your family can remember the person who died and spend time creating something meaningful (making a decoration, bringing something to the cemetery, cooking the person's favorite foods, or sharing special photos).

Share memories: Choose people who you and your children are comfortable sharing memories with, and share fun and silly memories of the person who died.

Create a memory candle: Decorate candles with art supplies, special family pictures, and messages to your loved ones. Ask your child where and how you can use these candles during the season as a way to remember the person who died.

Memory Book: Look through old family pictures and memory boxes to create a memory book. Your child can then choose if he or she would like to share the book with others, and who he or she would like to share it with. If your child would like, you can also invite others to write or add photos to the book.

Books about Grief and Loss

[The Invisible String](#) by Patrice Karst
[I Miss You: A First Look at Death](#) by Pat Thomas
[Grief is Like a Snowflake](#) by Julia Cook
[The Memory Box: A Book About Grief](#) by Joanna Rowland
[Nana Upstairs and Nana Downstairs](#) by Tomie dePaola
[Where's Jess: For Children Who Have a Brother or Sister Die](#) by Marvin Johnson
[The Fall of Freddie the Leaf: A Story of Life for All Ages](#) by Leo Buscaglia
[Samantha Jane's Missing Smile: A Story About Coping with the Loss of a Parent](#) by Julie Kaplow

