



## Counselor's Corner



Be a Life Changer

Greetings from the Counselor's Corner and welcome to 2013! The character trait for the month of February is tolerance. **Remember that wherever you and I go, we always leave a footprint so being kind and accepting is always the right path to take.**

**Where We Have Been:** The fall was full of activities to help students make good choices. The entire school "Teamed Up Against Drugs" and marched around the school. We were led by the drum corps from PHS, waved American flags, breathed in the fresh clean air, looked at the blue sky, and remembered that we were all designed to live in a healthy way.

In November the 5<sup>th</sup> graders toured the Floyd College and Career Academy. Students saw many options for their career pathways. The 4<sup>th</sup> graders did a career assessment and then researched on [gacollege411.org](http://gacollege411.org) a number of career clusters.

We have just finished a personal safety program with all 5<sup>th</sup> graders led by Shannon Bond, an educator and author. Students learned the power they have in assertive skills and wise behaviors.

Each month we continued to talk about life choices and life changing behaviors. We learned that we can overcome bad things like bullying with courage and kindness. Students are encouraged to stand up, step up, and speak up against put downs and bullying. We have also talked about cyber bullying and virtual games.

Tips from [The Week](#), 9-30-11, page 3

### How to Help a Kid with Homework

1. **Don't demonstrate.** If your child is struggling with an assignment, resist doing it for him. Have him explain, step by step how he thinks he might work through it.
2. **Avoid saying "wrong."** This one word halts a child's thought process and "puts you in control." Instead say, "I see what you're thinking, but let's try it like this."
3. **Don't praise intelligence.** If you tell your child how smart she is when she gets something correct, you'll set her up to think she's no longer smart the next time she fails." Better to applaud how much she's learning, and to help her see how new skills can be used in the real world.
4. **Forget past failures.** If you struggled with a subject back in your youth, keep it to yourself. Sharing such info can reduce your child's self-confidence and faith in your ability to help.

**Where We Are Going:** Students will be falling in love with careers in the next months as they learn about the 17 Career Clusters and explore them with some exciting new online videos. The fifth graders will be completing a career group project in 4-H.

**Our Clusters: 4<sup>th</sup> Grade-STEM (Science, Technology, Engineering, and Math)**

**Manufacturing**

**Business Management and Administration**

**Architecture and Construction**

**5<sup>th</sup> Grade- Finance**

**Information Technology**

**Marketing**

**Government and Public Administration**

**Career Day:** We have set a tentative date of March 29, when students will be able to talk with representatives from various careers.

**Cyber Safety:** Parents can learn cyber safety guidelines for their children's use of technology at PES on March 28, from 6-7 p.m.

**Life Is Full of Choices-Choose Carefully**