

# Welcome to the School Counselor's Corner



## February 2023

Happy Black History Month! Many classrooms will be focused on the contributions and the achievements of African Americans. Black History month also helps us honor the triumphs and struggles throughout history and those experienced today by our African American friends, family, and neighbors. We are trying something new this year - an idea inspired by Oakland Unified School district and San Pedro Elementary- an Oratorical Festival. [Here is a link to more information about the festival and how your child can participate.](#) Please see the timeline listed at the end of the instructions, and please let me know if you are available to help with the workshops during lunch. This festival helps honor the legacy of Dr. Martin Luther King through spoken word that celebrates black history or reflects on his messages of peace, justice, and kindness.

## Shout-outs!

Each week staff nominates students who were demonstrating respectful, responsible behavior - and especially those students who showed great understanding of our word of the week. Shout-outs for the month of January included:

### Positivity

Fernando G  
Ash H  
Jack OR  
Leo V  
Yalari MM  
James M  
Megan K  
Alma M  
Jack W  
Monty R  
Waylen U  
Jay L  
Kai M  
Stinson R  
Camille P  
Michael M  
Bretani GD  
Zoe M

### Wonder

Juan N  
Estrella AR  
Jad EA  
Brosnon B  
Wally S  
Rory B  
Vivian K

Dempsey H  
Asher F  
Bodie B  
Sebastian L  
Nalani P  
Ryo B  
Skylar F  
Maya W  
Pete T

Sharing Traditions

Emma H  
Mia G  
Room 14 Superstars  
Mike A  
Josue V  
Team 22!  
Sage OH  
Yeffry MM

GOLD STAR START/Respectful

Hakim M  
Jack B  
Ayla B  
Sami A  
Ximena T  
Rahul L  
Adrian S  
Cora H  
Brayan M  
Maya K  
Lulu S  
Veharh L  
Luisa R  
Charlotte J  
Aarush B  
Henry O

Gold Star Start/Responsible

Frances T  
Andrew F  
Heidi L  
Meadow T  
Delaney B  
Brooks P  
Siena R  
Makenna C  
William M  
Hannah T

Taya K  
Leo P  
Oliver H  
Emilio G  
Aiden T  
Krystal M

#### GOLD STAR START/Life Long Learners

Jolene H  
Quinn H  
John VS  
Elliot D  
James M  
Saphire V  
Avery T  
Gerson L  
Quinn P  
Aubrey B  
Errett FV  
Mariely GH  
Lexi D  
Room 21

### other news this month

- **Guidance Lessons.** This month visits include:
  - TK: We are continuing the Kimochi Early Education curriculum, we are on week 15 and 16 this month - which means we are focusing on Saying Ouch and Redoing Hurtful Moments.. You can see all of the lessons [HERE](#). We are pleased to announce that we are the recipient of a Rotary Club Grant which allowed us to purchase the whole kit and caboodle of the Kimochi Friends.
  - Kindergarten: We are wrapping up our lessons with Harmony with a unit on social problem solving. This program teaches children to clean up hurtful moments (both accidents and on-purposes!) by saying your part, speaking from the heart, and trying to fix what is broken. You can learn more about the Harmony SEL program [HERE](#).
  - 1st Grade: In January, we built a "calm down box" to keep in the classroom. It includes coping skills for kids, happy memory cue cards, and positive affirmations. Self-regulation is a skill that takes practice, and visual reminders of how to self-soothe or cope with a difficult feeling are helpful for young kids. Your child filled out a coping skills checklist. If they didn't bring it home, I encourage you to [print it from here](#) and go over it with your child. You can help them practice regulation skills when big feelings happen at home.
  - 2nd Grade: We talked about cooperation and being a team-player. Kids role played tricky scenarios and figured out how to "meet in the middle" or try another problem solving activity to help build cooperative skills. [Check out our school problem solving wheel here](#).
  - 3rd Grade: We use curriculum from KidPower International to teach students personal safety skills. We call them "positive powers" and include strategies for handling rude or mean comments, standing up for oneself, asking for help, moving away from trouble, and being assertive about their needs. We role played various scenarios and put these

skills into practice. You can read more about Kid Power [here](#). They have many resources on a variety of safety topics and can help you navigate many different situations with your children.

- 4th Grade: We talked about what it means to be a Digital Citizen and looked at our rings of responsibility when we are online or using technology: to our self, to our family and friends, and to the world around us. We encourage you to use [Common Sense Media](#) as a source to gauge the appropriateness of various media; they also have excellent resources for establishing safe boundaries with technology in your homes.
- 5th Grade: We talked about character traits and how reputations are built on the actions we choose. We reflected on how we want to be remembered, and acknowledged that if we do not like the reputation we have, we can make small differences towards those character traits we want to be remembered for.