



Counselor's Corner

December Guidance Lessons

This month we are discussing the character virtue caring. A caring person is compassionate, considerate and unselfish. A caring person shows appreciation, forgives others, and helps people without expecting anything in return. Guidance lessons will focus on the following areas at each grade level:

Kindergarten: Caring is what friendship is all about. Friendship Day is every day!

1st Grade: Helping each other no matter who we are (or what size we are). We are reading *The Lion and The Mouse* by Aesop.

2nd Grade: Understanding how teasing can hurt, long after the teasing has stopped and kind words have been said.

3rd Grade: Understanding disabilities and feeling what it is like to have hearing loss and reading difficulties.

4th Grade: Working with groups top discuss caring character dilemmas.

5th Grade: Finish self-esteem

and self-respect and start discussion on making the most of middle school.

There are many ways that you can show that you care for others:

- **Words:** Say kind things to and about other people. Offer sympathy and advise to those that need it. Sometimes the kindest words are those that are not spoken.
- **Actions:** Being helpful or kind to someone who needs a hand. Doing other chores around the house to help out.
- **Thoughts:** Positive thoughts can be very powerful. You can do an act of kindness or another person by simply thinking good thought about him or her.
- **Special gifts:** Give to others when you are in the mood and when you are not. Often, the most precious gifts are not those that we buy. Rather, those gifts that we creatively make show that you really care for someone else.



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Virtues of the Month

Sept. - Intro. & Debug
Oct. - Respect
Nov. - Responsibility
Dec. - Caring
Jan. - Trustworthiness
Feb. - Self-Control
March - Honesty
April - Kindness
May - Citizenship



Read stories about CARING:

The Giving Tree by Shel Silverstein

The Very Lonely Firefly by Eric Carle

Friends by Helme Heine

The Hundred Dresses by Eleanor Estes

The Velveteen Rabbit by Margery Williams

The Salamander Room by Anne Mazer

Charlotte's Web by E.B. White

All the Colors of the Earth by Sheila Hamanaka

Mr. Popper's Penguins by Richard Atwater

Onion Tears by Diana Kidd

*All of these books can be found in
the SCES library.*



Parenting Programs at the YMCA Youth and Family

Services:

What to Do When Kids Fight: Sibling Rivalry—01/05/09 at 7 pm at the Potomac Library

Young and Depressed—01/12/09 at 7pm at the Bethesda Library

Social Bullies: Dealing with Cliques and Exclusion—01/26/09 at 7 pm at Long Branch Library

Ten reasons Children Don't Succeed and Eleven Things Parents Can Do—01/28/09 at 7 pm at the Silver Spring Library

Dealing with a Strong Willed Child—02/04/09 at 7pm at the White Oak Library

All of these programs are free. Please call 301-229-1347 or email

parenting@ymcadc.org for more information or to register.

These programs are neither sponsored nor endorsed by the Board of Education, the superintendent or this school.

Ways to Help Others During the Holidays

The holidays are rapidly approaching...Here are some ways for your family to help others during the holidays:

- Donate old magazines to a local doctor's office.
- Buy a present for Toys For Tots or some similar program that passes out toys to kids in need
- Donate old books to the local library
- Donate pet food to the local vet or animal shelter
- Make a donation to a charity
- Give blood
- Donate canned goods to the Salvation Army or a similar organization
- Make holiday cards for nursing home residents

There are many ways to help others!!

Happy holidays to you and your family and all the best for the New Year. Have a wonderful and restful winter break.

Mrs. Heatwole