



# Counselor's Corner

## DeBug and October Guidance Lessons

September seems to have gone by so fast! Hopefully everyone is back in the routine of going to school in the morning, doing homework at night and relaxing on the weekends.

During the month of September, I went to each of the classrooms to talk about my role as the School Counselor and to discuss the steps of DeBug.

### What is DeBug?

DeBug is a series of five possible steps to help students resolve conflicts. Sligo Creek ES adopted this conflict resolution strategy as a way to empower children to become assertive individuals and self-manage conflicts. DeBug also helps to clarify the adult's role as one of assisting children after students have attempted to resolve conflicts themselves. Each teacher has displayed either the English or French version of DeBug in his/her classroom to remind the students of the steps. As the DeBug steps can also be used outside of the school setting, it is important for you to know the steps as well.

If someone is bothering you:

1. Ignore. If that doesn't work...
2. Move away. If that doesn't work...
3. Talk friendly. If that doesn't work...
4. Talk firmly. If that doesn't work...
5. Get an adult

Children are responsible for the first 4

steps on their own. When a child mentions a conflict with another student, the adult should ask/say the following:

1. Have you tried DeBug?
2. What step are you on?
3. Come back if you get to step 5.

When a child has reached step 5 and needs adult help, the adult should:

1. Send for the other child involved.
2. Speak with the children in an encouraging manner so as to not judge anyone about his or her behavior.
3. Express confidence that the students can work it out.
4. Have them discuss the following:
  - What do you want to happen?
  - How can you make that happen?

The DeBug strategy is used for bugging, tattling and the like. However, an incident involving aggression warrants immediate adult intervention. Please encourage your child to use DeBug.

**Guidance Lessons:** Guidance lessons this month will focus on the following:

**Kindergarten:** Understanding that we are all different and unique in our own way. We will discuss the difference we see in the classroom and how we are all unique.



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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

(Continued on back)

## Guidance Lessons Continued...

1st Grade: "M&M Belief" — The best part of people is on the *inside*.

2nd Grade: We will read "The Crayon Box that Talked" and then discuss differences and their importance.

3rd Grade: Respectful conversations—What it means and what it sounds like.

4th Grade: Respecting each others' point of view.

5th Grade: Overview of the Middle School programs at Silver Spring International, Parkland, Argyle, Loiederman, Eastern and Takoma Park.

## 15 Ways To Thank Your Child by Amy Coggins

People give thanks for many things - their job, health, and material possessions. Sometimes it is easy to lose sight of what is really important - our children. Now is the time to make a little extra effort to show our children how thankful we really are to have them. Here are a few ways to show your child how you feel:

1. Plan a special day for just you and your child. Plan ahead and mark it on your calendar if you need to. (It can be fun to cross off the days until your "special" day and count the days together).
2. Go to school and have lunch with your child.
3. Make a card for your child (sometimes homemade is better than store bought).
4. Write your child a note and stick it in his backpack or lunch box.
5. Read a story to your child every night.
6. Look through her baby book and share stories telling how you felt when she was born and other fond memories.
7. Give your child a picture to take with him to school (put in cubby, backpack, lunch box).
8. Volunteer in your child's classroom.
9. Take time to listen to your child. Plan a "talk time" everyday with your child (for at least 15 minutes) to share the day's events.
10. Keep a memory journal for your child (write down special feelings, events).
11. Use cookie cutters to cut your child's sandwiches into fun shapes.
12. Interact with your child daily (play a game, bake cookies, take a walk, help with homework).
13. Display your child's artwork prominently (on the fridge, over your work area, or even mat and frame special pieces).
14. Make it a priority to attend your child's plays, games, and any other performances/contests they may be a part of. She needs your support.
15. Most importantly - tell him how thankful you are for him.

Parents aren't perfect, but a little effort can go a long way. Taking a little time to show your children how thankful you are for them can really make a difference in how they feel about themselves and others. It is important that children feel they are loved and cherished. The extra time you spend with your children is time that they will be thankful for in the end.

<http://www.thelaboroflove.com/forum/misc/39.html>



### Updated webpage!!

I have updated the Counseling webpage on our site. Look for book suggestions and additional helpful information for parents in the future.

Go to <http://www.montgomeryschoolsmd.org/schools/sligocreekes/specials/counseling.aspx> to check it out.

We hope you are able to join us for our Open House on Monday, October 13th from 9:30—11:00 am. Please let me know if there is anything I can do for your child. Have a wonderful October!

*Mrs. Heatwole*