



Counselor's Corner

November

Counseling Lesson

In November, I facilitated the first of the Personal Body Safety Lessons for students as mandated by Montgomery County Public Schools. MCPS has adopted this policy to help students learn how to protect themselves, identify trusted adults with whom they feel safe talking to at home and school, and open the lines of communication between students and parents. Your child was given a handout (see photo below) about personal safety on the day that I visit his or her classroom. The handout provided some helpful parents tips for following up with student about the topic. Thank you for helping us teach your child how to keep safe.

Similarly, students learned about our second character trait (i.e., caring) from the Six Pillars of Character, the core ethical values of [Character Counts](#). Caring is:

- being kind;
- being compassionate and show you care;
- expressing gratitude;
- forgiving others;
- helping people in need;
- being charitable and altruistic.

<p>If you feel uncomfortable about what someone is doing... say</p> 	<p>Say or show:</p> <p>No</p> <p>be assertive if you can</p>	<p>Go</p> <p>to a safe place with other people, and</p>	<p>Tell</p> <p>an adult you trust</p>
<p>Before you go ANYWHERE, with ANYONE,</p>	<p>EVEN someone you know,</p>	<p>Check First!</p> 	<p>Can I go?</p> 

December

Counseling Lesson

This month Drew students will learn how to resolve conflicts. Conflicts are a natural and healthy part of all relationships; however, responding to conflicts productively takes time, practice, and support. Many students lack basic skills necessary for solving and resolving daily conflicts with other students, teachers, and staff. Through classroom lessons and reinforcing the conflict resolution skills, students will be empowered to be more independent and highly functioning problem solvers. This in turn will reduce tattling, bickering, and disruptions. Please speak with your child about our lessons.