







Counselor's Corner

September

Counseling Lesson

In September, Drew students learned about my role as their school counselor. Specifically, Drew students learned about the [Zones of Regulation](#)[®], a framework and curriculum that teaches students strategies for emotional and sensory self-management. The Zones approach uses four colors (i.e., blue, green, yellow, and red) to help students identify how they are feeling in the moment given their emotions and level of alertness as well as guide them to strategies to support regulation. By understanding how to notice their body's signals, detect triggers, and consider how their behavior impact those around them, students learn improved emotional control, sensory regulation, self-awareness, and problem-solving abilities.

The ZONES of Regulation[®]

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
			
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Terrified Yelling/Hitting Out of Control

Students also learned about confidentiality (i.e. any they tell me is private except if they tell me they want to hurt themselves, hurt others, or someone hurts them), coping strategies to handle their emotions within each Zone, using I statements with our feeling words before stating the problem (e.g. I feel sad because Nadine took my pencil.), solving our problems (i.e. identifying the problem, what and who I need to help me solve it), and identifying people who I can share my feelings and problems with (i.e. Mrs. Allen, teachers, Ms. Casper, Mrs. Yates, Parents, etc.). . Please ask your child about our time together.

[Dad's Take Your Child to School Day \(September 17, 2019\)](#)

Dr. Charles R. Drew Elementary School held its Annual Dads Take Your Child to School Day, where we celebrated the special relationship that fathers and other significant male caregivers have with their children. This event occurred on September 17, we had approximately 80 fathers, stepfathers, foster fathers, grandfathers, uncles, brothers, godfathers, and other significant male caregivers accompanied their child(ren) to school and made

commitments to remain involved throughout the year. We thank the PTSA for their continued partnership in sponsoring this event.

During the event, dad/other significant male caregivers and children engaged in fun activities and games that sharpen their minds, tangle their tongues and strengthen the bonds of their relationships. Please visit [The Family Dinner Project website](#) for additional table fun.

[Peace Day \(September 20, 2019\)](#)

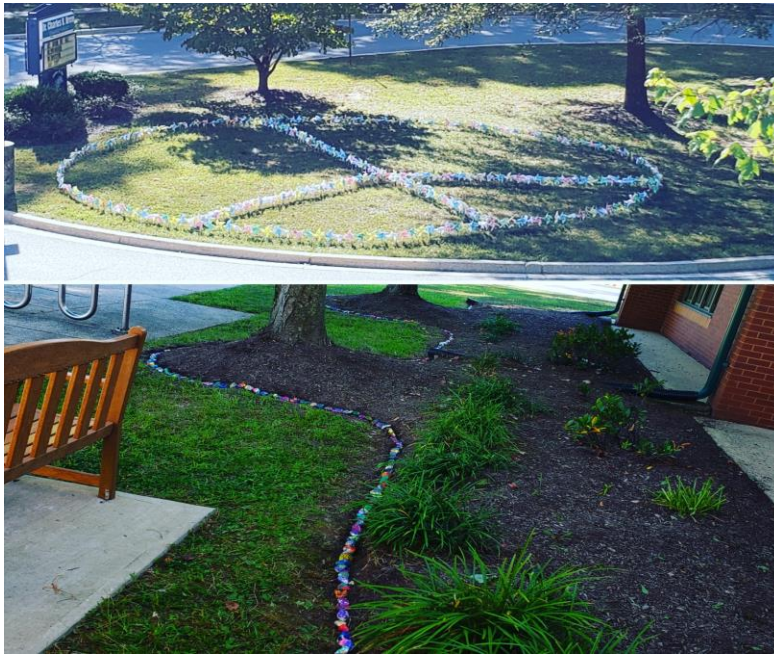
International Day of Peace (Peace Day) is observed worldwide on September 21. Established in 1981 by unanimous United Nations resolution, the General Assembly has declared this as a day devoted to “commemorating and strengthening the ideals of peace both within and among all nations and peoples.”.

Peace Day provides a powerful opportunity for Drew students to consider the concept of peace and how they can be a peacebuilder in their world, as well as to express their visions for peace – personal, local and/or global. Observing Peace Day is also a powerful way to open the year with dialogue about interpersonal respect, compassion and local/global citizenship.

A pinwheel is a childhood symbol – it reminds us of a time when things were simple, joyful, and peaceful. Now imagine millions of pinwheels spinning in the wind – pinwheels in the United States, Great Britain, South America, Australia, the Middle East, Canada, Africa, Europe and Asia; pinwheels all over the world! Big pinwheels, small pinwheels; pinwheels of all shapes and sizes – colorful pinwheels, decorated with drawings, paintings, collages, photographs – pinwheels with words of peace and harmony written on them – fields of pinwheels, pinwheels along roadsides, in schoolyards, in parks, pinwheels EVERYWHERE! This is the Pinwheels for Peace project! Every Drew student created pinwheels as part of the creation process. On September 19, several PTSA members, student volunteers, and myself “planted” the pinwheels in the circle at the front of the school.

Drew students also participated in a schoolwide peace project that encouraged our students to stay true to themselves. Inspired by the book [Only One You](#), by Linda Kranz, the book is about a tiny fish who is preparing to explore the giant ocean on his own. His parents prepare him for the journey by reminding him to “Always be on the lookout for a new friend,” and encourage the little fellow to find his own way, regardless of where the crowd is heading. The inspirational book emphasizes that we are all unique: “There’s only one you in this great big world. Make it a better place.” Students listened to the story for some ideas about what they can do to make the world a better place and then each student painted their own unique rock inspired by the fish in the book.

International Day of Peace was on September 21, however Drew students and staff celebrated Peace Day on September 20. Students enjoyed placing their beautiful rocks along the garden path outside the school as a piece of art that symbolizes that we are all different and that's what makes it beautiful. Students also enjoyed exploring/seeing the pinwheels spinning in the wind as they sang “I’ve Got Peace Like A River” and “We All Need Peace”, and spread thoughts and feelings about peace throughout the country and the world!



October

Counseling Lesson

This month Drew students will learn about our first character trait (i.e., responsibility) from the Six Pillars of Character. The Six Pillars of Character are the core ethical values of Character Counts. These values were identified by a group of youth development experts in 1992 as core ethical values that transcend cultural, religious and socioeconomic differences. The six pillars are: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship.

As mentioned, Drew students will be learning about RESPONSIBILITY this month. Responsibility is:

- doing what you are supposed to do;
- planning ahead;
- being diligent;
- persevering;
- doing your best;
- using self-control;
- being self-disciplined;
- thinking before you act;
- being accountable for your words, actions, and attitudes;
- setting a good example for others.



This lesson dovetails with Drew's school wide character program and PBIS expectations. Please speak with your child about our lessons.

Additionally, Grade 5 students will be introduced to their home middle school (Francis Scott Key MS), [Middle School Magnet Consortium](#) (MSMC) whole school magnet program (i.e., Argyle MS, Louderman MS, and Parkland MS), and [Middle School Magnet Programs](#) (i.e., Eastern MS and Takoma Park MS).

Sanford Harmony

Imagine a classroom where students are empowered to: communicate, cooperate, connect, embrace diversity, and resolve conflict. Sanford Harmony is a social-emotional teaching program that cultivates strong classroom

relationships between all students. The goal of Harmony is to incorporate research-based teaching strategies into classroom activities—from preschool through sixth grade—in an effort to reduce bullying, and help develop the youth of today into tolerant, compassionate, and caring adults for the future.

This school year Harmony will be incorporated into Drew ES lesson plans. Students will be empowered to:

- **Communicate.** Learn relationship skills that promote self-confidence and respect.
- **Cooperate.** Work cooperatively and collaboratively with others.
- **Connect.** Develop and increase connection with their peers.
- **Embrace Diversity.** Learn to appreciate similarities and differences.
- **Resolve Conflicts.** Develop safe conflict resolution strategies that will last a lifetime.
- **Develop Healthy Relationships.** Help to reduce stereotypes, teasing, harassment and bullying.

[Red Ribbon Week \(October 23-32, 2019\)](#)

[Red Ribbon Week](#) is a great week to make a promise to make healthy choices for your body. One of these healthy choices is saying no to illegal drugs. There are hundreds of medicines that we take to stay healthy. They can help fight infections or help with pain. However, you may not realize that even medicine can be dangerous if you use it incorrectly. Never take medicine unless it is prescribed by a doctor or given to you by your parent. Cigarettes and alcohol are also drugs. People who use these drugs are not able to do as well in many activities such as school and sports. Sometimes someone you know may offer you drugs or alcohol. If you find yourself in this situation, make an excuse and leave. Never stay in an unsafe situation. If a friend or someone else you know is using drugs or alcohol, it is important to tell an adult that you trust.

Red Ribbon Week is a good time to start some healthy habits. Find a way to help you relieve stress. You can do exercise such as running, riding bikes, dancing, or martial arts. You may decide to play music or sing. Perhaps you like to make art or write. Finding healthy ways to relieve your stress will help you to make other healthy choices for your body. Drew ES students will show their involvement by wearing their spirit wears and making healthy choices for their bodies.

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[Unity Day \(October 23, 2019\)](#)

[PACER's National Bullying Prevention Center](#) started Unity Day in 2011. The purpose of Unity Day is to demonstrate that we stand together against bullying. We are united for kindness, acceptance and inclusion of all students. Drew ES students will show their involvement by wearing and sharing the color ORANGE on Unity Day!

Montgomery County Public Schools offers many supports and services to help prevent bullying, including Student Services staff (school counselors, school psychologists, school social workers, and pupil personnel workers) who assist in the development of individual, group, or school-wide approaches to bullying prevention. Here are some ways you can help us:

- [Report Bullying](#) with the Bullying Incidence Form.
- Watch: [What is Bullying & How to Prevent Bullying](#). Our Schools Today episode about bullying, what it is and how to stop it.