

# First Quarter Newsletter School Counseling



Bower Hill Students are working hard this year. We have had a great start to the 2017-2018 school year. Students are making a difference at Bower Hill. The building is covered with student art work; the hallways are alive with color. This year as part of the PTA Read-A-Thon students created a permanent rock garden reflecting their individuality and presenting the power of community. HERO behavior is contagious at Bower Hill.

Bower Hill Students have received two guidance lessons with the following goals:

- Students will develop a positive attitude about themselves and others.
- Students will develop an understanding and respect for the similarities and differences of others.
- Students will understand the definition of uniqueness and identify its importance.
- Students will identify comfortable and uncomfortable feelings and develop appropriate responses.
- Students will realize personal responsibility with regard to social issues and behavior pertaining to bullying. (3rd Grade)

## FIRST GRADE

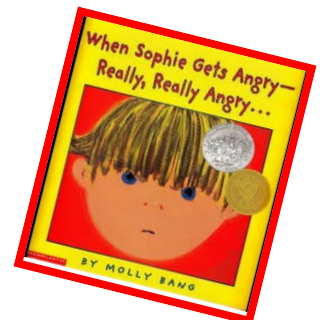


**October Lesson** After going over classroom expectations we discussed the terms “respect” and “cooperate”. We agreed that respect means “to treat others the way we like to be treated” and cooperate means “working together.” We discussed the word “Unique”. It means “special and different” and can include the way we look, feel, learn, act, the things we like or our experiences.

We read the story Stand Tall Molly Lou Mellon (<https://www.youtube.com/watch?v=MF2YbwxEt04>) and discussed what made Molly unique and how she was treated. Students shared something unique about themselves.

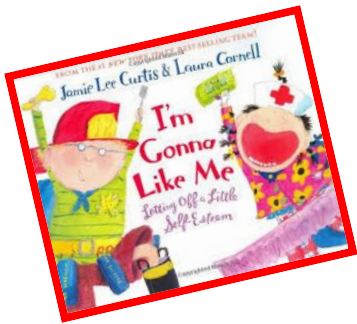
### **October/November Lesson**

For our November Lesson we will be discussing feelings and the way feelings affect our body. (Example: when we feel nervous our stomach may hurt, when we are angry our face feels hot, when we feel excited our heart beats fast,...) We will read When Sophie Gets Angry - Really, Really Angry. Students are reminded that all feelings are ok, but we need to control our behavior no



matter how we feel. This will lead us to our next lesson when we discuss the steps for self-control.

## **SECOND GRADE**



### **September Lesson**

After going over classroom expectations we discussed the terms “respect” and “cooperate”. We agreed that respect means “to treat others the way we like to be treated” and cooperate means “working together.” We discussed the word “Unique”. It means “special and different” and can include the way we look, feel, learn, act, the things we like, or our experiences, ...

We read I'm Gonna Like Me by Jamie Lee Curtis and discussed what makes us unique and how we like to be treated. Students shared something unique about themselves at the close of the lesson.

### **October Lesson**

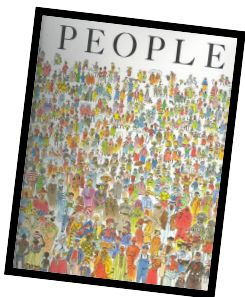
We read The Way I Feel.

<https://www.youtube.com/watch?v=Ks3IINr6moM>

We discussed the idea that, “All feelings are OK.” It is OK to feel angry, happy, sad,... Behavior on the other hand can be OK or not OK. Students were reminded that emotions have a great affect on our bodies and thoughts. We will continue this lesson next month by introducing a problem solving model for the students and discuss calming strategies.



## **THIRD GRADE**



### **September Lesson**

During our first lesson of the year, we discussed the word “Unique” It means “special and different” and can include the way we look, feel, learn, act, the things we like, and our experiences. We read People and discussed what makes us unique and how we like to be treated. We discussed what the world would be like if everyone was exactly the same. We had a great conversation with some very thoughtful responses.

### **October Lesson**

Through the use of the story Mr. Peabody's Apples (you can watch the book here: [https://www.youtube.com/watch?v=k9li\\_CDJmv8](https://www.youtube.com/watch?v=k9li_CDJmv8)) we discussed choices and consequences. We make many, many choices in a day. For every choice there is a consequence, something that happens. Many students believed consequences to be punishments. Consequences are not necessarily positive or negative, they are simply what happens. Some can be intended or unintended.

We read Mr. Peabody's Apples and discussed how impactful our words and choices can be on others. We will continue drawing on the story as we discuss goal setting, ways to calm down and steps for problem solving.





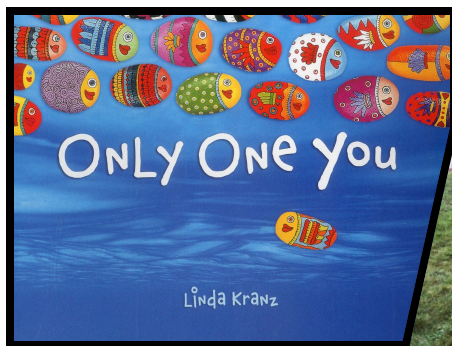
## Thursday November 16 was Children's Grief Awareness Day

The Caring Place provides support groups and resources to grieving families in the Western Pennsylvania Region. The Caring Place has facilities in Erie, Cranberry, Harrisburg and Pittsburgh. The Caring Place provides tremendous support to grieving children and their loved ones. Started in 2008 by The Highmark Caring Place, "Children's Grief Awareness Day" is a day set aside to recognize and show support to grieving children. It is observed the third Thursday of each November, the start of a particularly difficult time for children who have lost a loved one, the holidays. For more information about The Highmark Caring Place or Children's Grief Awareness Day, please visit their website at: [www.highmarkcaringplace.com](http://www.highmarkcaringplace.com)

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## Bower Hill Rocks!

PTA, Staff and Students celebrated the READ-A-THON by creating a one-of-a-kind rock garden that celebrates uniqueness and community. Students and parents have been searching the garden for each child's uniquely painted rock. Check it out the next time you are at Bower Hill!



## Calendar

11/7 - Report Cards

11/17 - Red and White Day

11/22-11/27 - Thanksgiving Break

12/6 - PTA Meeting

12/21 - Polar Express Day

12/22 - Holiday Party

12/25-1/1 Winter Break

1/15 - Martin Luther King Holiday

1/19 - End of 2nd Quarter

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## Please feel free to contact me for information about...

- Local Counseling/Therapy & other Mental Health Services for your child or family, including grief counseling, psychiatric evaluations, behavior management & wrap-around resources
- Lunchtime Friendship/Social Groups; Grief and Changing Families Groups
- Short-term Individual Counseling in the school setting
- Behavioral, Social or Academic Concerns
- Financial Resources including applications for Free/Reduced Lunch, CHIP and The Bower Hill Scholarship Fund

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## Contact Information:

### School Counselor

Fred Traumuller  
traumullerf@pt-sd.org  
724-941-0913 ext. 2101

### School Counselor Secretary

Linda Paul  
paul@pt-sd.org  
724-941-0913 ext. 2110

