

Counseling Connection



ORANGE GROVE ELEMENTARY SCHOOL COUNSELING DEPARTMENT

Volume 6, Issue 2

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Keeping At It



Self-Motivation. Perseverance. Grit. Persistence. Resiliency. Determination. Tenacity. All of these words are synonyms and they are also words that we have been using around Orange Grove this year. Self-motivation has been one of our School-Wide Expectations for many years. It's a word that we focus on all year and is our character trait of the month in January. In other words, self-motivation is an important character trait to have at Orange Grove. We are helping our students to build up grit or

resiliency when working out difficult problems. We want them to show determination when they try something several times and keep getting it wrong. We want to see self-motivation and persistence when they are struggling with something that is difficult to learn.

Here are some ideas to help your kids stick with something when things get hard:

- 1) Praise - when you see effort and persistence, let your child know how proud you are. When they try something and get it wrong, then try again, let them know you like that they aren't giving up. Praising effort rather than being right let's your child know to value hard work

and it makes it okay to make mistakes.

- 2) Allow Struggle - Don't rescue your child too soon when they're having a hard time with something. Even if you know the solution, let them work it out on their own first. Let them attempt it several times (even if you think it won't work) before you step in and help. It is okay to struggle. That's how we learn.
- 3) Recognize - In a video I show to 2nd and 3rd grade, the narrator brings up the fact that learning new things is hard work. It's nice to coast along and to have everything come easy to us. But we have to remember that when we are learning something
(Continued on page 2)

Inside this Issue

BUGs Celebration	2
Keeping At It (continued)	2
Orange You Special	2
Dinner Dilemmas	3
Story Suggestions	3
Character Quotes	3
Just Be Kind	4

Character Trait - Self-Motivation

In January, we're focused on Self-motivation. This is not only our character word for the month, but it's one of our School-Wide Expectations. Self-motivation is working carefully and consistently without giving up.

In K/1, students share some of the difficult things they are trying to learn at school or home. We then read a great book about what to do when you

don't get something right the first time. The students finish the lesson by making a book that includes a goal each of them has, who can help them reach the goal, and what they can say to themselves to help them not give up.

In 2nd/3rd grade we watch a great video on the word grit. We find out what grit means and read a book about an ele-

phant who has grit in tough times. We also discuss goals and what we need to do to reach our goals.

In 4th/5th grade, we watch a video about Derrick Coleman, an NFL player who overcame obstacles and never quit. We also have an activity that takes teamwork and self-motivation. With a lot of persistence, the kids have been successful.

Upcoming Events

Healthy Habits	2/8/16
Character Trait - Tolerance	February

Counseling Connection

BUGs - Bring Up Grades



Congratulations to our BUGs!

On January 14, we had our first BUGs (Bring Up Grades) celebration of the year. Students who didn't make Honor Roll/Principal's List in the first grading period had the chance to be part of our BUGs program. They signed a contract, set a goal (bringing up at least one grade and not let others drop), and made plans to reach the goal.

For the first round, the following students met their goal.

3rd Grade - Aiden Jensen, Sean McDougal, Landon Cobb

4th Grade - Alivia Newberry, Kai Fitzgibbon

5th Grade - Christian Stockdale, Harrison Flowers, Kayla Hibberd, Alyvia Trezza, Carmine Yellow

Congratulations to these students. They all worked hard to meet the goal for BUGs and

we're proud of each one of them.

If your child didn't make Honor Roll/Principal's List on this past report card and they weren't part of BUGs after the 1st grading period, they'll receive a contract soon to take part in BUGs. Remember to turn this in for a great opportunity to practice setting goals and perseverance.

Keep At It (continued)

(Continued from page 1)

new, we are going to struggle. We might not find success right away, we might get things wrong. This is okay. We can recognize that learning is not an easy thing to do. Struggling doesn't mean failure and it doesn't mean you have to give up.

- 4) Model It - I could give this advice for any character

trait we want to teach. If you want kids to act a certain way, show them with your actions. If you want you kids to have perseverance, show them how. We all have problems that we need to overcome and obstacles that make it hard to reach our goals. You can show your kids that you won't give up. You can talk with them about how

difficult something is ,yet you're going to keep at it anyway.

Self-motivation is a trait that is valued at Orange Grove. When we quit, we stop our learning right at that moment. It's important for us to help our students learn self-motivation as this will help them now and in the future as they become life-long learners.



Be self-motivated to reach your goals.

Orange You Special

As part of our school-wide behavior plan, we have a positive behavior recognition program called Orange You Special. When a class is "caught" doing an outstanding job of demonstrating our School-wide Expectations (respect, responsibility, honesty, and self-motivation), they are awarded a paper or-

ange. As the class earns oranges, their teacher writes a letter on the orange and hangs it in the classroom. The goal is to earn enough oranges to spell a word (those four School-wide Expectations again). The first word each class is working on is Respect.

Each time the class spells out a word, the class votes on a reward - time on the playground, lunch with the teacher, etc.

You can check out the orange trees in the mallway to see which classes have earned their rewards.



R-E-S-P-E-C-T
R-E-S-P-O-N-S-I-B-I-L-I-T-Y
H-O-N-E-S-T-Y
S-E-L-F-M-O-T-I-V-A-T-I-O-N

Volume 6, Issue 2

Dinner Dilemmas - Kindness and Self-Motivation

Talk with your family about the right choices in these situations.

1) Paul's teacher announced that there would be an essay contest at their school. The students could choose to do the essay along with their homework or just do their normal weekly homework.

Dilemma - Paul liked the topic of the contest and felt like he could write a good essay. However, this would mean extra

work that he didn't really have to do. What choices could Paul make?

2) A student in Angela's class is often picked on during the day and left out of fun situations. She even notices that her close friends, who are usually very nice, don't treat this student well.

Dilemma - Angela doesn't like how people are treating her classmate, but she doesn't want

her friends to get mad at her. What could Angela do?

3) Charlie has been working hard on a very long test. He is almost finished but still has some tough problems. He sees other people finishing and wants to be done too.

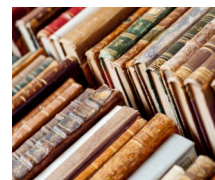
Dilemma - Charlie really wants to race through the last few problems, but he thinks about what his teacher has told him. What should he do?



Take time to talk about character.

Story Suggestions

- 1) The Boy Who Invented TV: The Story of Philo Farnsworth, by Kathleen Krull. A young boy from a farm in Idaho comes up with a genius idea one day while plowing fields. Learn about how this one idea and hard work leads him to come up with one of the greatest inventions of the 20th century.
- 2) Ordinary Mary's Extraordinary Deed, by Emily Pearson. A normal girl commits a small act of kindness. The effect it has on others causes a chain reaction that carries far beyond what she ever thought it would. This story shows that kindness doesn't have to be grand to be effective.
- 3) The Invisible Boy, by Trudy Ludwig. Brian is a boy who is never invited to parties or included in games. Then a new boy comes to class and his kindness is all Brian needs to come out of his shell and be noticed by others in his class.



Discover our character traits in these great books.

Character Quotes - Talk about what these quotes mean to you

"Champions keep playing until they get it right."

- Billie Jean King

"Courage doesn't always roar. Sometimes it's the quiet voice at the end of the day saying, 'I will try again tomorrow.'"

- Mary Ann Radmacher

"Always stop to think whether

your fun may be the cause of another's unhappiness."

- Aesop

"Be like a postage stamp, stick to something until you get there."

- Josh Billings

"Guard well within yourself that treasure, kindness. Know how to give without hesitation, how to

lose without regret, how to acquire without meanness."

- George Sand

"Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you."

- Princess Diana



"When somebody tells me I can't do something, all I do is say, 'Watch me.'"

- Derrick Coleman

Orange Grove Elementary—Pick of the Crop!

PCS

Orange Grove Elementary
10300 65th Avenue North
Seminole, FL 33772

Phone: 727-547-7845

Fax: 727-547-7505

E-mail: whitesta@pcsb.org

Pinellas County School Counselors Vision

The vision of Pinellas County counselors is for all students to graduate empowered with the knowledge and skills necessary to achieve academic, personal/social, and career success, and be inspired to reach their full potential as respectful, responsible citizens.

Pinellas County School Counselors Mission Statement

As student advocates, Professional School Counselors provide a comprehensive program that promotes student success through a focus on academic achievement, social/personal/emotional and career development.



Acts of Kindness Inspire Kindness

Just Be Kind

Kindness was our character trait for the month of December.

The website randomactsofkindness.org has some great ideas for ways to show kindness to others. Here are a few examples:

- Thank members of the police or fire department, or those serving in the military.
- Send a kind or uplifting note to someone just because
- Take in your neighbors trash cans
- Be polite while driving
- Volunteer your time to help in the community
- Give compliments
- Offer to help out someone who is dealing with a change or a difficult situation
- Don't repeat gossip that you hear about someone else
- Send a note to someone (like a former teacher or mentor) who has made a difference in your life
- Smile at others
- Have empathy and give people a break when they make a mistake
- Say please and thank you
- Really listen when someone is talking to you - don't interrupt, look them in the eye, give them your full attention