

Counseling Connection



ORANGE GROVE ELEMENTARY SCHOOL COUNSELING DEPARTMENT

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Same and Different



Teaching students about tolerance means teaching about respect. Respect is one of our four School-wide Expectations and something on which we are constantly focused. Teaching tolerance involves taking our definition of respect (treating ourselves and others with kindness and consideration) and applying it towards those that we see as different from ourselves. Tolerance can be approached in a couple of different ways.

First, we look at differences and the many ways people can be

different. This includes our physical appearance, where we come from, languages and accents, beliefs, likes and dislikes, and opinions. The teaching point is that there are many ways that people are different. And that's okay. People do not need to be just like us in order for us to be respectful. They don't need to be just like us in order to be our friends. We can show kindness and respect to everyone. We can accept others and treat them how we would want to be treated, even if they look, think, or act differently than we do.

One of my favorite lessons to teach is the tolerance lesson with 4th and 5th grade. As part of our lesson, students spend time talking about family traditions, the ways they celebrate holidays or other special occa-

sion with their families. It's interesting to learn that even though we celebrate many of the same events (holidays, birthdays, family fun nights, vacations, etc.) it is almost never in the same way. It's extremely valuable for students to learn that there is more than one way to do things and their way isn't the "right" way or the only way. It's a great chance to appreciate the diversity among us.

Second, we look at tolerance by discovering how we are the same. A lesson I like for the students to learn is that just because someone is different from them, it doesn't mean that they have nothing in common. So many times people look at others who are unlike them in some way and automatically

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Character Trait - Tolerance

In February, we discussed the character trait of Tolerance. This means respecting the individual differences, views, and beliefs of others.

In K/1st, we talked about the ways in which people can be different - our physical appearance, the way we do things, and our beliefs and opinions. We also participated in an activity that showed some of our favor-

ite things and explored all the differences between each other.

In 2nd/3rd grade we discussed the meaning of culture. The students completed an art project that celebrated special traditions in our families.

In 4th/5th grade we explored tolerance in a couple of ways. First, students tried to find how many things they had in com-

mon with a partner, then a small group. It was a good reminder to get to know someone before you decide you're nothing alike. In another activity, we celebrated our cultures by sharing different family traditions. It was a great way to learn about differences and that just because we do something one way, it doesn't mean everyone does.

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Counseling Connection

HONESTY

- BE TRUTHFUL TO OTHERS
- BE TRUTHFUL TO YOURSELF
- DO WHAT'S RIGHT
- BE SOMEONE OTHERS CAN TRUST

Character Trait - Honesty

In the month of March, we focus on the word Honesty. This is one of our School-wide Expectations and, therefore, and very important character trait at Orange Grove. Being honest means using truthful speech and behavior.

As I talk with the students about honesty, there are a few things that I like to stress to them.

First, as the definition states, honesty isn't just speaking the truth, but also having truthful

behavior. It means doing what you said you were going to do. It means acting in ways that show parents, teachers, and friends that they can trust you.

Speaking of trust, that is the second point that I stress. We want to be honest to do the right thing and we also want people to believe us when we tell them something. We want our reputation to be one where, when we say something, others know us and know it's the truth.

The last point I stress, especially with older students, is the danger of gossip and rumors. Both of these things can be very hurtful. I tell students that if they didn't see it happen with their own eyes and hear it with their ears, they don't need to talk about it. With gossip and rumors, we don't know if what we are passing on is the truth or lies. When students hear gossip or rumors, they are encouraged to make sure that it stops with them and to not spread it any further.



Same and Different (cont.)

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assume that they wouldn't be able to connect with this person. I tell students that doing this can keep us from forming some great friendships. It's counting someone out without giving them a chance. Instead I encourage students to get to know someone. Find out what they are like as an individual person. This helps to take away the labels and stereotypes that

we sometimes have in our minds without even knowing it.

As students move through life, they will constantly come across people who look, think, and act differently than they do. Tolerance is a valuable skill to have. It's not about a lack of disagreement. It doesn't mean that one has to always see eye to eye with everything another person says or thinks. It just means that

we can recognize where we disagree or differ, and be respectful - of both the other person and their differences. It's important for students to understand who they are, their thoughts, opinions, and traditions and to take pride in these things. At the same time, it's not a bad thing if someone is not like them in some way.



BUGs

As the third grading period has come to a close, I would like to recognize our students who met their BUGs goal on the most recent report card.

The students who are invited to participate in BUGs are those who didn't make Principal's List or Honor Roll in the previous grading period. The goal is to

bring up at least one academic grade without letting any others fall. Students work hard and target at least two things that they will do in order to meet their goal (i.e. complete all homework, read an extra 30 minutes a day, practice math facts, etc.)

Congratulations to the BUGs for

the third grading period:

3rd Grade - Cayla Marshall,
Dayle Plotner

4th Grade - Gabe Gaspar, Arianna Hansen, Grace Miller, Gianna Petrovic, Natealia Ryskamp

5th Grade - Thiago, Diego, Cheyenne Kaiser, Jase Rutkowski

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Dinner Dilemmas

Situation 1 - Samantha loves when she has time to play on her computer. Her parents have told her that she is only allowed to go to certain websites, but her favorite one isn't on the list.

Dilemma - Samantha knows her parents aren't watching and that she could get away with breaking a rule without them knowing it. What should she do?

Situation 2 - There's a new student in Bobby's class. He

moved from a place that is pretty far away and he seems really different from the other kids. The students keep making fun of the way he talks, his clothes and hair, and the food he eats.

Dilemma - Bobby's friends are all making fun of the new student and don't want to hang out with him. Bobby can tell the new student is feeling lonely, nervous, and sad. What are some things Bobby could do?

Situation 3 - Charlie goes to the concession stand after her baseball game. She orders and pays for her food, then waits for her change. When she gets her change back, she sees the cashier gave her a \$5 bill instead of a \$1 bill.

Dilemma - Charlie notices the mistake and gets excited. But, then she thinks about honesty and the difference between what she wants and what's right. What should she do?



Talk with your family about making good character choices in tough situations.

Story Suggestions

The Empty Pot, by Demi. A Chinese Emperor holds a contest to see which child could grow the most beautiful flowers. Ping loves flowers and is a wonderful gardener, but he doesn't have much luck with these seeds. Who will be the winner in the Emperor's contest? Will Ping and the other be honest and play fair, or will they try to win at any cost?

Mr. Peabody's Apples, by Madonna. You may or may not like her music, but this is a great book that shows the danger of spreading rumors and gossip. We are reminded of the difficulty of taking back our words once they are said and how harmful it is to speak without knowing the whole truth. The lesson in the book will stick with readers of all ages.

If the World Were a Village: A Book about the World's People, by David J. Smith. This is the 2nd edition of a book first published in 2002. With updated statistics, it imagines the world as a village of 100 people. It puts into perspective the world's languages, ages, nationalities, food, possessions, education, and money. Lots of information and interesting, too.

NEXT TIME, DON'T
BE SO QUICK TO
JUDGE A PERSON.
AND REMEMBER
THE POWER OF
YOUR WORDS.

- MR PEABODY'S
APPLES,

Character Quotes - Talk about what these quotes mean to you

"When I see you through my eyes, I think that we are different. When I see you through my heart, I know we are the same."

- Doe Zantamata

"Tolerance only for those who agree with you is no tolerance at all."

- Ray Davis

"Character is doing the right thing when nobody's looking. There are too many people who think that the only thing that's right is to get by, and the only thing that's wrong is to get caught."

- J.C. Watts

"Tolerance isn't about not having beliefs. It's about how your be-

liefs lead you to treat people who disagree with you."

Timothy Keller

"Differences were not meant to divide, but to enrich."

- J.H. Oldham

"Do not do what you would undo if caught."

- Leah Arendt



"One falsehood spoils a thousand truths."

- Ashanti Proverb

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.

Teaching Honesty to Our Kids

Issues of honesty with young children often concern what are considered minor problems - sneaking cookies, accidentally breaking a vase, whether or not teeth were actually brushed, etc. This can sometimes seem insignificant or even funny. When we think about teaching kids honesty, we want to consider the values we want them to have throughout life. How would we want them to deal with honesty as teenagers, in college, as working adults?

Here are some ideas to help our kids value honesty

- 1) Praise honesty - When kids are honest about something they did wrong, make sure you recognize it. They might still have consequences for what they did, but you can praise their choice to be honest. This lets them know that they did the right thing by being honest and it reinforces truth-telling for the future.
- 2) Honor your words - Teach your kids to keep their word and follow through with what they say. This is important for relationships

and school and work reputations. Being able to trust someone in friendship or in professional relationships is a valuable asset.

- 3) Be a role model - The best way to teach our kids character traits is to set a good example. Teach kids to be honest when talking with family, friends, teachers and school staff, and at stores and restaurants. White lies might make things easier for you, but kids are always watching to see how to behave.



Teaching kids to be honest and trustworthy.