

Counseling Connection



ORANGE GROVE ELEMENTARY SCHOOL COUNSELING DEPARTMENT

Volume 4, Issue 1

October 2014

Positive Teamwork



Not everyone loves working as a team. Some people would much rather tackle a project on their own rather than rely on other people. However, that can't always happen. Here are some pointers that will help teams find success.

1) Set a goal—Whether we're working with a group or working alone, having a specific, measurable, attainable goal will help us move towards what we

want to accomplish. This is especially important with a team. Make sure everyone is on the same page and has the same objective. When a group has a project and everyone is moving in different directions, it will be difficult to be successful.

2) Encourage, don't blame—We all know that everyone makes mistakes. If you're on a team, know that your teammates won't make every shot, remember all of their lines, or get every question right. Neither will you. It's easy to point the finger at whoever made a mistake, but finding a so-

lution for the problem is the most helpful. Mistakes happen. Instead of dwelling on the who, focus on the how and the what next.

3) Share the work—This seems simple enough. If you're working as a team, every one has a part. No one should sit off to the side while everyone else works.. And no one should try to control everything. Sharing goes both ways.

4) Safe Place—Create a climate where it's okay for people to speak up with ideas, suggestions, or problems. Be open-minded to what others have to say.

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Character Traits –Cooperation

The character word for the month of October is Cooperation. This means getting along with others and working together to accomplish a goal. We've been discussing, reading about, and practicing cooperation during our classroom guidance lessons.

In Kindergarten/1st grade, we're reading a classic story that is full of examples of cooperation—

Stone Soup, by Marcia Brown. We're also discussing how they use cooperation in different settings—at home, in the classroom, and on the playground.

In 2nd/3rd grade we've been talking about what good cooperation looks and sounds like compared to what poor cooperation looks and sounds like. We've also played a game that shows how important good

communication is for cooperation.

In 4th/5th grade we discuss what it means to have good cooperation. We also play a game that shows how cooperation and working with others can make a difficult task easier to handle and tough goals easier to achieve.

Upcoming Events

Healthy Habits	October 27
Red Ribbon Week	October 27-31

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Respect
Responsibility



Honesty
Self-Motivation

Orange Grove School Wide Expectations

Character education is an important part of Orange Grove Elementary. Every month I visit each classroom and lead a lesson on our character trait of the month—respect, responsibility, citizenship, kindness, tolerance, self-motivation, honesty, caring, and self-control. Orange Grove has four character traits that we call our School-Wide Expectations. These are traits that we expect of all students, staff, and visitors in all parts of our cam-

pus. All of our other character traits can be linked to these four traits.

- 1) Respect—Treat yourself and others with courtesy and consideration. Be kind, treat others the way you want to be treated, and think of others' feelings before you speak or act.
- 2) Responsibility—Do your best and taking ownership for your words and actions.
- 3) Honesty—Use truthful speech and behavior. Make sure the things you say and do let people know you can be trusted.
- 4) Self-Motivation—Work in a careful and consistent manner without giving up. Use hard work, perseverance, and persistence.

Do your job and don't blame others for *your* choices.

Dinner Dilemmas



Talk together about character and choices.

- 1) Sam's baseball team played hard the entire season. They were in the championship game of the state tournament and were losing by one run. With two outs in the last inning, Sam's teammate struck out. They lost the game and came in second place. Sam is upset about losing, but his teammate that struck out feels like the loss is all his fault. What can Sam say to his teammate to make him feel better?
- 2) Jo has to work on a project with two other classmates. One of her group members is very nice, but would rather work alone. He doesn't like working in teams. What can Jo say to help him feel more comfortable and see how helpful cooperation can be?
- 3) Bobby and his partner have to write a report about mammals. Bobby loves tigers and wants them to be the topic of his report since he knows so much about them. Bobby's partner, on the other hand, loves dolphins and insists that they make that the topic. What can they do?

Holiday Assistance



As the holidays approach, please remember that we are here as a resource if you need assistance. Each year, several organizations offer help to Orange Grove families that are in need. Please do not hesitate to let either your child's teacher or me know if you are in a situation where you would benefit from assistance with

either gifts or food. I want to assure you that this is a very discreet, confidential process.

Since hardships happen year-round and not just at the holidays, remember that we are here to help any time. We have several resources that can assist with needs for clothing, food, and more. We

care for all of our students and their families here at Orange Grove, and we would like to be able to help you find ways to meet your needs.

If you have any questions, please contact me by calling the school at 547-7845 or by email at: whitesta@pcsb.org

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Red Ribbon Week

Red Ribbon Week will be celebrated at Orange Grove during the week of October 27th through October 31st. Red Ribbon Week is a time when we focus on making smart choices for healthy minds and bodies and staying away from things that hurt us, like drugs and alcohol. The theme this year is "Love Yourself. Be Drug Free."

During this week, we will have several activities including themed dress up days, a poster contest for Kindergarten and 1st grade, an essay contest for 2nd

through 5th grade, morning announcements from the Multicultural Club, and red foods in the cafeteria.

Students love dressing up for our theme days and we hope everyone participates. The following is a schedule of our themed days:

Monday — I'm Too Bright For Drugs — Wear Bright Colors

Tuesday — Team Up Against Drugs - Wear a team jersey or shirt

Wednesday — Follow Your Dreams, Don't Do Drugs— Wear pajamas (no slippers!)

Thursday — Drugs and I Don't Mix—Wear mismatched clothes

Friday — Red Ribbon Celebration Day—Wear red clothes

We hope that everyone participates in our dress-up days and poster/essay contest. Please remember when you child dresses up, we still have to follow the PCS dress codes and wear safe shoes for school.

LOVE YOURSELF.
BE DRUG FREE!

RED RIBBON
WEEK 2014

Story Suggestions

1) Escape From Mr. Lemoncello's Library, by Chris Grabenstein. This exciting, humorous book has great examples of cooperation and what it means to be a good teammate and a good sport. Join Kyle and his friends as they try to solve puzzles and play games to help them be the first to escape from the library. Along the way they

learn that how you treat your teammates and opponents says more about your character than winning the game.

2) Chicken Sunday, by Patricia Polacco. Patricia sees her two friends as family and their grandmother might as well be her grandmother, too. When the kids learn there is a special hat that

grandma would love to have, they work together to find a way to buy it for her.

3) The Eagle and the Wren, retold by Jane Goodall. Several birds are in a contest to see who can fly the highest. The wise owl helps them to see the role each one plays and the importance of teamwork and togetherness.



Character Quotes - Talk about what these quotes mean to you

"None of us, including me, ever do great things. But we can all do small things with great love, and together we can do something wonderful"

- Mother Teresa

"Sticks in a bundle are unbreakable"

- Kenyan Proverb

"People acting together as a group can accomplish things which no individual acting alone could ever hope to bring about."

- Franklin Roosevelt

"A snowflake is one of God's most fragile creations, but look at what they can do when they

stick together."

- Author Unknown

"Each life is like a letter of the alphabet. Alone it can be meaningless. Or it can be part of a great meaning."

- Author Unknown



"Alone we can do so little. Together we can do so much."

- Helen Keller

Orange Grove Elementary—Pick of the Crop!

PCS

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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.



Help your child learn teamwork at home.

Teaching Cooperation and Teamwork

During our classroom guidance lessons, the students and I have discussed the many ways they participate in teams to use cooperation. Visiting our school, you would see students working in teams in the classroom, displaying cooperation to earn rewards for good behavior, and interacting in a positive way in PE and on the playground. There are also things like Chorus, Green Team, News Crew, Patrols, Battle of the Books teams, Student Council, the Multi-Cultural Club, and countless other opportunities for working with others. Coopera-

tion and teamwork is also something you can promote at home. Here are a few ideas for doing that:

- 1) Involve everyone in big tasks—cleaning out the garage, planting a garden, planning a garage sale, etc. Come up with a plan, split the job, and make sure everyone does their part.
- 2) Support and Encouragement—Teams definitely find more success with praise, support and encouragement, rather than blame and negativity. It

shouldn't just be you giving the praise. Kids are also capable of pointing out the strengths of others and they should be encouraged to do so.

- 3) Family Team Decisions—Of course there are things that parents need to decide on their own. However, there are definitely times kids can be in on the process—where to go for dinner, what game to play or movie to watch, or planning a day of fun activities.