

Counseling Connection



ORANGE GROVE ELEMENTARY SCHOOL COUNSELING DEPARTMENT

Volume 7, Issue 1

October/November 2016

Good Citizenship = Taking Action



Having citizenship means that you are a part of a social, educational, national or resource group or community. That can be determined by where we live, what we believe, and what we choose to join. Being a citizen of a particular group means that you have both rights and responsibilities.

It's important to remember that citizenship goes both ways. As Americans we enjoy many rights and liberties. As residents of Pinellas County we enjoy beautiful weather and

natural resources. As members of the Orange Grove Family we are part of a great school with a talented staff, devoted parents, and kids with great character.

While we are accustomed to thinking about what we can get out of each of these places, we should also think about our duty as citizens. When we are teaching our children important life values, we want them to remember that they have obligations. If they want to be a part of a place that is thriving and successful, they must do their part. Being a good citizen means that you don't sit back and wait for others to do the work and make things better. You get up, see what changes need to be made, and work to get those done.

It was in John F. Kennedy's inaugural speech where he said the famous quote, "Ask not what your country can do for you—ask what you can do for your country."

Those are the words of citizenship. Those are words that make us think of the duty we have to make changes, to go to work for the places where we live and interact, our communities. Those are the words that remind us that citizenship is a two-way street. It is a cycle where we work hard to make a difference and our school, community, and country will have more to give back to us in return. Remind your kids that being a good citizen is taking action, using our resources to make things better, and doing our part.

Inside this Issue

Character Traits and Classroom Lessons	2
How to Be a Good Citizen - The OGE Way	2
Community Helpers Spotlight	2
Orange Grove School Wide Expectations	3
Story Suggestions	3
Character Quotes	3
Dinner Dilemmas	4

What is the Counseling Connection Newsletter

Welcome to my first newsletter of the year. My name is Stacey White and I'm the School Counselor at OGE. As School Counselor, I work with students and families in many different ways:

- Teach monthly character lessons in each class based on our character trait of the month
- Small group counseling when children have similar issues (anger management, divorce, social skills, etc.)
- Counsel individual students as needed
- Coordinate referrals for assistance
- Coordinate our Healthy Habits & BUGs programs.
- Consult with school staff and parents to meet the needs of students, academically and behaviorally
- Write and share my Counseling Connection Newsletter - a great way for me to communicate with you about behavior and character education at OGE!

Please let me know if I can be of assistance to your child or family (whitesta@pcsb.org or 547-7845)

Upcoming Events

Character Assembly	12/15
Last Day of School	12/16

Counseling Connection

AUGUST
RESPECT

SEPTEMBER
RESPONSIBILITY

OCTOBER
COOPERATION

NOVEMBER
CITIZENSHIP

Character Traits

The year is flying by and we've been busy working on character. Each class has already had three lessons about four character traits - Respect, Responsibility, Cooperation, and Citizenship.

In K/1, we've talked about respecting feelings and how we're responsible for our own words and actions. We also talked about cooperation and how working together makes a big job easier. This month we're

learning the Tattle Rules and talking about when it's okay to tell an adult and when to be problem solvers.

In 2nd/3rd, we talked about respect and treating others the way we want to be treated. We learned about the importance of good communication while using cooperation. This month, we're learning that our interests and skills can help us to choose a career.

In 4th/5th grade, we've learned about the importance of respecting others, no matter how different we are. We worked on using cooperation to accomplish a difficult task. This month, we've been learning about careers we're interested in and exploring careers we want to learn more about.



How to Be a Good Citizen - The OGE Way

If you are wondering what it takes to be a good citizen, look no further than our own students. When asked "What can you do to be a good citizen?" students from every grade came up with some great answers. Here are some of their responses:

- "You can help someone up when they fall."
- "Hold the door for someone when they're walking behind you."
- "Recycle to help the earth."
- "You can be nice to someone when they don't have any friends."
- "Take someone to the clinic when they hurt themselves."
- "Cheer someone up when they feel sad."
- "Give toys and clothes to people to don't have enough money."

Community Helpers Spotlight

We have so many great organizations that give to our school, students, and families. I want to take a moment to recognize some of the groups that have helped our students this year:

- Tim Tran, State Farm Insurance - Gave backpacks and school supplies to 10 students. Bought Thanksgiving dinners for 10 of our families
- Rotary Club of Seminole - Provided gift cards for Back to School Shopping for 15 students. Adopted 18

students for Christmas shopping.

We are so thankful to both of these groups for the help they have given to our families and school. Their support is felt and appreciated by so many.



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Orange Grove School Wide Expectations

Character education is an important part of OGE. 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.

Four of these traits are what we refer to as our School Wide Expectations. These are traits that we expect of all students, staff, and visitors in all parts of our campus. Every other character traits can be linked to

these traits.

Respect—Treating 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.

Responsibility—Doing your best and taking ownership for your words and actions. Do your job and don't blame others for your choices.

Honesty—Using truthful speech and behavior. Make sure the

things you say and do let people know you can be trusted.

Self-Motivation—Working in a careful and consistent manner without giving up. Use hard work, perseverance, & persistence.



- Respect
- Responsibility
- Honesty
- Self-Motivation

Story Suggestions

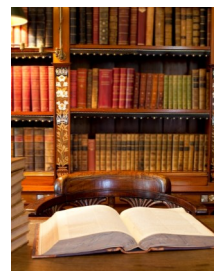
So far we've discussed Respect, Responsibility, Cooperation and Citizenship. Here are some books that explore these character traits even more.

1) [Breakaway](#), Andrea Montalbano, 2010. This chapter book is about a 12 year old girl who is great at soccer but not at being a team player. Can she learn to give up some personal

glory for the better of her team?

2) [If Everybody Did](#), JoAnn Stover, 1989. This book deals with both citizenship and personal responsibility. We don't live on this planet, this country, this community alone. Our choices and actions affect others. Funny illustrations and rhyming text make this a fun read for everyone.

3) [365 Manners Kids Should Know: Games, Activities, and Other Fun Ways to Help Children and Teens Learn Etiquette](#), Sheryl Eberly, 2011. The title says it all. This is a well-reviewed book that helps parents work with their kids on etiquette and consideration in many different situations, including online settings.



Read a book together and talk about what it means.

Character Quotes - Talk about what these quotes mean to you

"Respect is a two-way street. If you want to get it, you've got to give it."

- RG Risch

"I must do something' always solves more problems than 'Something must be done.'"

- Unknown

"No one can whistle a symphony.

It takes a whole orchestra to play it."

- HE Luccock

"The first requisite of a good citizen in this republic of ours is that he shall be able and willing to pull his own weight."

- Theodore Roosevelt

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

-JH Oldham

"Every person who has changed the world has taken responsibility for something that mattered not just to them, but to mankind."

- Mike Stutman



"Leave everything a little bit better than you found it."

- Unknown

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.



What would you do?

Dinner Dilemmas

Talk with your students about the best way to handle each situation.

1) Jason is starting his first job. He wants to be a good employee and help the company that hired him.

Dilemma—What kind of things does Jason need to make sure he does to be a good, responsible worker?

2) Zoe's favorite holidays are the ones where she gets to eat lots of good food (or candy), spend time with her family, and get fun, new toys. However, she recently started

thinking about other important holidays like Veteran's Day, Memorial Day, and Martin Luther King Day.

Dilemma —What can Zoe do on these holidays to make them special?

3) Darren's class has been talking about how important it is to help out and try to make his community a better place.

Dilemma—Darren is having trouble thinking of what he can do. What can Darren do by himself and what can he do with a group to help?

4) Alicia's group has to

choose a topic for their science experiment. She thinks she has a great idea, but everyone else wants to do Max's suggestion.

Dilemma—Even though things didn't go her way, what should Alicia do to be a good group member and show good citizenship?