



Counselor's Corner March 2011

Dear Parents and Students,

Welcome to March! There is a lot going on this month, so please check the Friday Folder to make sure you are up to date on all the happenings. This month I will be in grades 1-4, conducting the lesson "One of a Kind". The focus of this lesson is for students to identify how they are unique. As educators we are constantly monitoring students for signs of good self-esteem and making sure we are meeting their needs, cognitively, socially, and emotionally. Grade 5 will receive a lesson on conflict resolution so that they may become aware of the effect that his/her actions has on others; consider peaceful options for the resolving of conflicts, and to learn that any individual has the power to expand or reduce a conflict. Kindergarteners will continue to work towards completing their "rainbow" of feelings with the colors blue to indigo (sad to happy). Have a great month!

Sincerely,

Mrs. Anne Duque
School Guidance Counselor
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908-470-1600, ext. 114

Lunch Groups

Lunch groups have been extended to the week of March 14th. For more information please check out the guidance website under "Small Group Programs".

Guidance Modules

Grades 1st, 2nd, 3rd and 4th will receive the lesson: *One of a Kind*. Grade 5 will learn about *Conflict Resolution* and Kindergarten will discuss the emotions: sad to happy. For **all** the handouts on Guidance Modules, please check the guidance website under "Class Module Home Page". All of the handouts are there for you to print out and review.

Standardized Testing

CogAT Testing (Cognitive Abilities Test) will take place the week of March 21st for 2nd grade classes. Students will take the practice test on Monday March 21st and the three sections of the test will be given on Tuesday March 22-Thursday March 24th. If your child will be testing during that time, please make sure they get adequate sleep and are properly nourished before coming to school.

Some Good Books about Self- Esteem...

I Want Your Moo: A Story for Children About Self-Esteem by Marcella Bakur Weiner

I'm Gonna Like Me: Letting Off a Little Self-Esteem by Jamie Lee Curtis

Starboortz Fish by Barbara A. Hughes