

Counselor's Corner

Ms.

Flores

November 2021

Classroom Topic and Lessons

Big Problems

Occur when there is danger or the student feels unsafe. These problems require an adult's help.

- Examples of big problems include:
 - o Someone is being pushed by a bully in the hallway
 - o Someone is stealing from the teacher's desk
 - o Someone is throwing things at another kid
 - o A classmate is hurt on the playground
 - o Someone has a bloody nose or an upset stomach
 - o You forgot to bring a snack or lunch to school
- Solution: Ask an adult you trust for help.

This Month's Tools

Practice at home by helping your child problem-solve. First, ask your child "Is it a big or small problem?" Once your child says that it's a small problem, ask "Do you need an adult or can you solve the problem on your own?" Once the child says that he or she can solve it on his or her own, ask "What are some things you can do?" Talk about possible solutions (e.g. waiting, sharing, taking turns, taking a deep breath, doing something else).

MODEL: It will help your child if you model ways that you calm down when you have a problem in order to think about solutions to your problem. For example, you might say "I'm feeling frustrated because I can't find my keys. I'm going to take a deep breath, and think about solutions. One solution is to look in my car. Another solution is to ask for help."

Big Problem or Small Problem

Students will participate in classroom sessions to learn about problem-solving in a fun and interactive way. Students will learn to differentiate between "big" and "small problems." They will also be taught problem-solving strategies that can be used at school, at home and in the community

Schedule:

11/1 – 11/5 –1st grade, Closing October lesson

11/8 – 11/12 -8 Prek-K, Closing October lesson

11/15 – 11/19--4th grade

11/29 – 12/3 --3rd grade

12/6 – 12/10 ---2nd grade

12/13 – 12/17---1st grade

Small problems are ones that students can usually solve on their own

- Examples of small problems include:
 - o A classmate is making noise while you are trying to work
 - o Someone is calling you silly names
 - o Someone took the toy that you want to play with
 - o A classmate is tattling instead of minding his or her own business
- Solutions to small problems include:
 - o Go to another game or activity
 - o Talk it out ("I feel ___ when you ___")
 - o Share and take turns
 - o Ignore it
 - o Walk away
 - o Apologize ("I'm sorry for ___")
 - o Make a deal ("Let's play rock, paper, scissors")
 - o Wait and cool off
- If students have tried to solve the problem 2 different ways without success, they can ask for help from an adult.

If you have any questions, concerns, or comments please reach me at floresd@pearlandisd.org or 832.736.6600

Please visit <https://www.pearlandisd.org/Page/25239> for resources.

Donations of gummy bears, lifesavers, mint candy, double bubble, and skittles are always welcomed 😊

Character Education Focus:

Responsibility

This month I will be reading Recess Queen by and Ruler of The Playground by . As part of the lesson, students will practice with "I" statements.

Video:

The Case Crusaders Present :1" Messages

<https://www.youtube.com/watch?v=byf3t7oqldI>

I statements

<https://www.youtube.com/watch?v=vWTsH7rBffI>

I statement sentence starters:

- I feel...
- I wish you would...
- I would appreciate it if...
- I need...
- I expect...
- I understood you to say...
- I would like it very much if...

What Does CIS Do:

CIS is a support system for students and families and works closely with the administration and school counselor on campus to identify needs and provide services. CIS provides services to encompass the following 6 components:

- Academic Support - grade monitoring, homework assistance, peer tutoring
- College / Career Readiness - Career Week, College/Career bulletin board highlights
- Enrichment Activities - Book Academy, Creativity In Motion, Green Thumb Gardeners
- Health / Human Services - Back Pack Buddy, Swap Shop vouchers, clothing closet on campus, VSP vouchers, dental & immunization referrals, school supplies, community resource referrals
- Parent / Family involvement - monthly newsletter
- Supportive Guidance / Child Development - social skills & self-esteem lunch groups, character lessons

Donations of healthy (nut free) snacks are greatly appreciated. Also, I am accepting gently used clothing, jackets, and shoes (all sizes).

Cockrell's CIS Site Coordinator is Lori Brown and can be reached at brownlo@pearlandisd.org or 832-736-6624.

HOLIDAY FOOD DRIVE

Barbara Cockrell Elementary

Cockrell Cubs, please help us fight hunger by donating non-perishable items for Pearland Neighborhood Center.

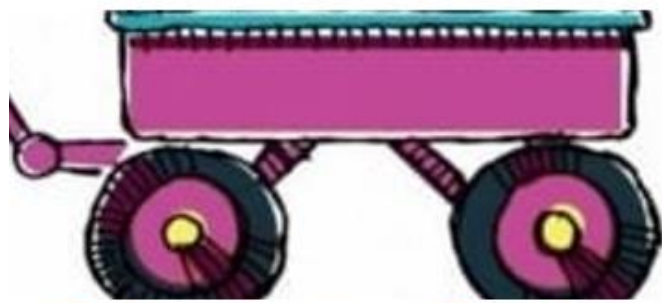
Bring your contributions to school between

November 10 - November 17

Thank you for helping us make a commitment to help those in need.

Preferred Donations Include:

- Oatmeal
- Cereal
- Breakfast bars
- Pancake/waffle mix
- Cake mix
- Frosting
- Muffin mix
- Pie filling
- Cookie Mix
- Stuffing mix
- Cranberry sauce
- Pumpkin
- Chicken broth
- Cornbread mix
- Mac & Cheese
- Instant potatoes
- Dry rice
- Dry beans
- Yams
- Gravy
- Canned fruit
- Dry milk
- Sugar
- Cooking oil



The classroom that collects the most food will win a special treat!

Thanks for your support! You can make a difference! If you have any questions, please contact Ms. Flores or Mrs. Brown at 832-736-6600