



Westfield Elementary Counseling Newsletter

Elissa Ray, School Counselor

January 2012

Monthly Theme: Goal Setting



Mrs. Ray's Counseling Corner

Happy New Year! 2011 has come and gone, and now we are starting another year filled with many new beginnings, including our move to the new Cloverleaf Elementary Building this month! Before we move on to 2012, I wanted to give you a quick recap of how we ended our year at Westfield.

The guidance theme for the month of December was Bully Prevention. Each day on the announcements, a different fact about bullying was featured to help students learn how to be bully free. In addition to that, I visited the classrooms and taught a guidance lesson on how students can work together to prevent bullying by being "upstanders" when they see or hear bullying. As a result of the lesson, students were asked to sign a pledge stating their commitment to stand up against bullying. I was very pleased to see how many students signed the pledge, and I hope they continue to demonstrate their commitment to being upstanders here at Westfield as well as at the new elementary building and in the future.

Although we will only be at Westfield until January 12th, the theme for this month is goal setting. (Since January is a time of New Year's Resolutions, goal setting seemed like an appropriate topic!) I will be going into the classrooms during the week of January 9th to teach students about goal setting. Be sure to talk with your child to find out what they learn this month!

With warm regards,

Mrs. Ray

Small Group Counseling at Cloverleaf Elementary



The Cloverleaf Elementary School Counseling Program offers a variety of services to help students succeed academically, personally/socially, and vocationally. One specific service we provide for students is small group counseling. Small counseling groups give students a chance to belong and connect with others, a chance to express themselves, and a chance to benefit from the support of group members who share a common concern.

Over the next few weeks, I plan to start and facilitate some new small counseling groups. Group meetings are during the school day but are scheduled to avoid pulling students from their academic classes or special services they may receive through the school. Below are some topics that **MAY** be offered in a small group counseling setting.

- **School Success** (for students who have a difficult time staying organized and/or completing their work)
- **Attention** (for students who have a difficult time focusing, paying attention, and following instructions.)
- **Friendship** (for students who have a difficult time making/keeping friends and/or getting along with others)
- **Changing Families** (for students who are struggling with changes going on in their family like divorce/separation, incarceration of a family member, illness of a loved one, birth of a new sibling, deployment of family members, etc.)
- **Grief** (for students who are struggling with the death of a loved one)
- **Anger** (for students who have a difficult time managing their anger in an appropriate and respectful way)
- **Girls** (This group focuses on how to appropriately deal with girls' friendship problems and relational aggression.)
- **Self-esteem** (for students who have a difficult time feeling good about themselves)
- **Bullying** (In this group, students will learn how to appropriately stand up against disrespectful behavior and bullying to help themselves and others.)

Again, these are some **POSSIBLE** topics for the small counseling groups. Unfortunately, not all of these topics can be addressed at one time. The final group topics chosen will be based on students' needs as identified through referrals from teachers, parents, and, in some cases, students themselves. Parent permission will be required for a student to participate in a small counseling group. If you are interested in having your child participate in a small counseling group on one of the topics listed above or you have any suggestions, questions, comments, or concerns, please email me at Elissa.Ray@cloverleaflocal.org.

Westfield Elementary

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Westfield Center, OH 44251

Building Administrators:

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Important Numbers:

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Important Dates

- ◆ 1/2 - No School-
Winter Break
- ◆ 1/5 - CEPTO Meeting
at Lodi Elementary
Cafeteria (9:30-
10:30AM)
- ◆ 1/12 - Field Trip to
Cloverleaf Elementary
- ◆ 1/13 - No School-
Moving Day
- ◆ 1/16 - No School-
Martin Luther King
Day
- ◆ 1/17 - No School-
Moving Day
- ◆ 1/18 - First Day of
School at Cloverleaf
Elementary!
- ◆ 1/28 - Cloverleaf
Elementary Grand
Opening Celebration
(Public Tours from 2-
4PM)



The Home Connection:

How to Help Your Child Be S.M.A.R.T about Goal Setting!



When helping children to set goals, it is important to encourage them to not only identify the goal but to also be able to know when they have reached it! That's why it is important to help children set S.M.A.R.T. goals! A S.M.A.R.T. goal is specific, measurable, attainable, realistic, and timely.

For example, if your child is not completing his or her homework regularly, you might want to set a goal with your child regarding homework completion. A goal like "hand in homework regularly" is not a S.M.A.R.T. goal. An example of a S.M.A.R.T. goal for homework completion might be to go at least one week without missing an assignment by January 31st. This goal gives a specific, measurable, attainable, and realistic task with a deadline so that both you and your child will know if he or she has reached the goal. You can check in with your child each day to see if he or she is on the right track to reaching his or her goal. Once your child accomplishes the goal, you can help him or her adjust the goal or set a new goal. (For example, if your child reaches the goal, you could raise the goal to going two weeks in a row without missing an assignment.)

You can assist your child in turning almost every goal into a S.M.A.R.T. goal, but remember that children often need help and support from adults to reach their goals. Below are some important tips on how parents can help their children to reach their goals:

- Have your child write down the goal he or she wants to achieve and hang it or put it somewhere he or she will see it regularly, like the refrigerator.
- Develop a plan with your child about how he or she is going to reach his or her goal (For example, for the goal above, you and your child could create a "homework/study space" free of distractions and set up a daily "homework time" every day.)
- Reward your child for steps in the right direction and for accomplishing his or her goal. (Rewards can be verbal praise, adding a sticker to a sticker chart, a tangible prize, doing something special like going to a movie, or some other type of reward that will motivate your child to reach his or her goal.)
- Be patient with your child when he or she does not reach his or her goal. Encourage your child to try again, and help your child adjust his or her goals when they become too easy or difficult.
- Set a good example for your child by also setting and writing down a S.M.A.R.T. goal for yourself. (This may boost your child's self esteem while also helping you to reach your goal at the same time!)



Student Spotlight!



January Birthdays!

Angelina Lescak, 1/3
Brennen Lavery, 1/4
Jacob Kemp, 1/7
Michael Slayton, 1/8
Adam Hanes, 1/9
Kiya Bridenthal, 1/10
Emily Henn, 1/15
Zachary Hannahs, 1/17
Samantha Cartwright, 1/18
Anthony Plute, 1/20
Jack Price, 1/22
Samantha Salamon, 1/24
Alyssa Horkey, 1/31

Geography Bee Winner!

Congratulations to
Casey Boduszek who
won the school level of
the 2012 National
Geographic Bee!