

The Annual Food Drive has begun at Swift!! Please donate if you can! We will collect food products until November 15<sup>th</sup> –the items will be donated to local food banks.



## Counselor's Corner

November 2018

***All the world smiles in the same language  
Todo el mundo sonrie en el mismo idioma  
A Mexican Proverb***

Red Ribbon Week was celebrated during the week of October 22-26, 2018. Counselor lessons were focused on the effects of drug use/abuse. Each class, along with the School Resource Officer Deputy Lucas Jones, took the **Pledge to be Drug Free**. I hope that your child discussed with you some of the information they learned from the lessons and discussions.

There was a friendly competition of decorating classroom doors to celebrate Red Ribbon Week. The winner was the 2<sup>nd</sup> grade class! The students were honored with a pizza party on Friday, November 2<sup>nd</sup> during recess!!

During the month of November, I will focus on utilizing the Leader In Me habits with a focus on Habit 1: *Be Proactive*. We are in charge of ourselves and it is never too early to teach responsibility and respect. Last week during counseling lessons we learned about Bucket Filling. We each carry an invisible bucket and it is easy to dip into our bucket or into the bucket of others. However, if we show respect and empathy for others, we will each have an overflowing bucket! My challenge to you and all the students at Swift is to keep our bucket, and the buckets of others, full!! Together we can make a difference!!!

### **Complimenting your children for acts of kindness helps them to learn consideration for others.**

A child who develops empathy and concern for others is much less likely to commit acts of violence. There is nothing that encourages a child more than his/her parents' approval. The right word at the right time can help your child to strengthen his/her bond to you and sort out appropriate behavior. Reward good behavior consistently and immediately by thanking your child and expressing your appreciation. Emphasize the things your child does right.  
*The Mendez Foundation, Too Good for Violence*

Small groups will begin this month. If you feel your child would benefit from a

small group, please contact me at (251) 949-6422 or [tcarver@bcbe.org](mailto:tcarver@bcbe.org)

*\*Anger Management \*Study Skills  
\*Family Changes \*Friendship/Social Skills  
\*Anxiety/Stress \*Improving Self-Esteem  
\*Incarcerated Parent/Family  
\*Coping with Grief/Loss*

### **November Holidays**

12<sup>th</sup>--Veteran's Day  
19-23--  
Thanksgiving  
Holiday Week