



# Woodridge Counselor Connection

Sept./Oct. 2011

Issue 1

## Meet the Counselors

### Eight Keys of Excellence

**Integrity**

**Failure Leads to Success**

**Speak with Good Purpose**

**This is it  
Commitment**

**Ownership**

**Flexibility**

**Balance**

We are thrilled to be kicking off another year at Woodridge Elementary. Our goal continues to be one of positive relationship building with students, families, staff and the community. Working collaboratively helps us to provide a well rounded program to our students. Mrs. Stephens (grades 2 & 4) is beginning her 9<sup>th</sup> year of counseling at Woodridge. She enjoys cooking, traveling, and visiting

museums with her family. She loves Mexican food and red velvet cupcakes. Mrs. Gonzales (grades 1, 3, 5 & Bilingual/Dual Language 1-5) is beginning her 2<sup>nd</sup> year of counseling at Woodridge. Previously, Mrs. Gonzales taught Bilingual and Spanish Immersion students at Woodridge. She enjoys gardening, spending time with her family and chocolate.

### The Role of the School Counselor

- Provide monthly Guidance lessons.
- Facilitate small group counseling.
- Provide short-term individual and crisis counseling/support.
- Act as a referral source to outside agencies that support families.
- Consult with teachers, parents and staff regarding the whole child.

### Dates to Remember:

- October National Bully Prevention Month
- Oct. 3: "Breaking the Silence" Series at Woodridge
- Oct. 24-28: Red Ribbon Week

### Home and School Connection

*Integrity- Do the right thing (even when nobody is watching).*

How do we instill this critical value in our children?

- *Set an example:* If a store clerk give you incorrect change, give it back. If you dent a car in a parking lot, leave a note for the owner. If you make a commitment keep it, no matter how inconvenient. And let your kids see you doing these things!
- *Walk them through the steps:* Go with them to apologize to a neighbor for picking flowers without permission. Insist they follow through with appointments and commitments (volunteering, playing a team sport) even when they find better things to do.
- *Tell stories:* As you drive or eat dinner, tell the kids stories of people living with integrity. Tell how you had to admit to breaking a window, and worked all summer earning the money to pay for it.
- *Discuss current events:* Find examples of community leaders acting with integrity and others in the media NOT using integrity. Help them see the negative long term consequences of breaking their word, even if the results seem good at the beginning.