

# Park Avenue Counselor's Corner



## January 2010 Jeanette Myrick, School Counselor

### Mission Statement

Our elementary school counseling program is aimed at helping all students reach their academic, career, personal, and social/emotional potential beyond just the elementary school years. Our mission as student advocates is to provide a comprehensive guidance program that will assist students in acquiring the skills, knowledge, and attitudes needed to become effective students, responsible citizens, and lifelong learners.

Here is some information about the various groups that have been underway and/or are being offered this year so far:

### Banana Splits

This is a support group to help children handle problems associated with separation, divorce, or the death of a parent. The group helps children to regain feelings of stability and establishes the peer support of kids who share feelings of loss and change. A consent form went home to all students in grades 1-5 in early September regarding this program.

### Social Skills Groups

Social Skills groups are currently underway for various students in grades K-5. Groups usually meet once a week for 30 minutes. Parental consent is needed for a student to participate.

### Classroom Guidance Lessons

Whole class guidance lessons are provided to all classes (K-5) on an as needed/wanted basis. Topics mainly address character education. Some examples might include bullying, friendship, peer-pressure, self-control, personal space, diversity or conflict resolution.

### Study Skills

This is a 9 session program provided to all 4<sup>th</sup> grade students starting in September and ending in November. Whole class lesson topics may include: time awareness, following directions, reviewing, organization, proof-reading and attitudes toward learning. A letter went home the second week of school regarding this program.

### Lunch Bunch

Small groups of students from a select grade are invited to have lunch with me on a given day. Students play a game and we get to know each other a little better in the process. It's fun. Look for an invitation to come home with your child telling you he/she was selected.

### Parenting Workshops

Parenting Workshops took place in September and October this past fall. The workshop that was offered due to frequent requests was "**Discipline Is Not A Dirty Word**", and we had 26 families registered for the class this year. The feedback from the class evaluations was extremely positive! If anyone would like further information on other classes this year, you can contact Cornell Cooperative Extension directly at 344-1234.

Please be sure to check out the **School Counseling bulletin board** outside the parent volunteer classroom. There are many parenting articles and resources available.

# Letters To Daddy

Came to the Warwick High School on Friday, December 4<sup>th</sup>, and was a big hit. Letters to Daddy is an empowering musical that reveals social issues that impact all children, and responds to them with compelling songs and empowering messages. The musical is cast entirely with children and shows how a different perspective and powerful messages can change an awful day into an awesome one. It was inspired by the co-founders of 4e Productions, John O'Neill and Will Rodman, two best friends who continually seek creative ways to address contemporary children's issues and allows the kids to be the promoters of healthy life choices. For more information about the show or music, check out the web-site at [Letterstodaddy.com](http://Letterstodaddy.com)

Please do not hesitate to call me about any concerns you may have about your child. My schedule this year is as follows:

Mondays and Tuesday's (All Day) and Wednesday Mornings at Park Avenue (988-9396).

Wednesday Afternoons and All day on Thursdays and Fridays at Kings (987-3150).

Sincerely,  
*Jeanette Myrick*  
School Counselor