



Westfield Elementary Counseling Newsletter

Elissa Ray, School Counselor

September 2011

Monthly Theme: RESPECT



Mrs. Ray's Counseling Corner

Summer is over and school is back in full gear! It's going to be a great year full of many big, exciting changes like the opening of the district's new Cloverleaf Elementary building in January 2012! I'm looking forward to a wonderful school year, and I hope all of you are as well!

September's monthly counseling theme is RESPECT. We will be doing activities throughout the month that focus on respecting others, respecting ourselves, and respecting differences. We will specifically focus on respecting students with special needs. Our big school-wide initiative that we will be "kicking off" the month with is the Stop/Walk/Talk approach to bully prevention to encourage respectful behavior at Westfield Elementary. Be sure to ask your student about Stop/Walk/Talk and encourage them to utilize this approach at school and at home. (Additional information about this approach can be found on page 2 of this newsletter.)

In an effort to help students succeed academically, vocationally, and personally/socially, I have created an online school counseling needs assessment survey. I would love to have some feedback from you about what you feel are the needs of the students at Westfield Elementary. Your responses to the items on the survey will help me to identify some specific topics and areas that need attention. Your input will be very helpful in planning the counseling program and identifying critical areas of focus for this school year.

Please take a few minutes to complete the needs assessment survey. So that we can use the information in a timely manner, please complete this survey by SUNDAY, SEPTEMBER 18, 2011. A link to the survey can be found on the "Guidance/Mrs. Ray" section of our school's website or you can visit the survey directly with the following link:

<https://spreadsheets.google.com/spreadsheet/viewform?formkey=dDdmcHdza3ZCTIJNbUNJTVNTbS1udFE6MQ>

I am looking forward to getting to know all of you this school year!

With warm regards,

Mrs. Ray

Building Character: RESPECT

What does "respect" mean? People who show respect treat others the way they want to be treated. They are courteous and polite toward one another; they honor others and their viewpoints. People who show respect are considerate of their surroundings and their environment, in addition to people.

"Respect for ourselves guides our morals; respect for others guides our manners." -Laurence Sterne

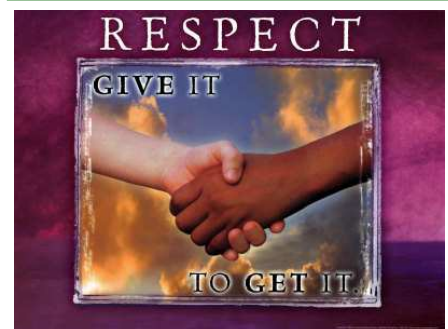
"They cannot take away our self-respect if we do not give it to them." - Mahatma Gandhi

"When men and women are able to respect and accept their differences, then love has a chance to blossom." - John Gray

"I must respect the opinions of others even if I disagree with them." - Herbert Henry Lehman

"If one doesn't respect oneself, one can have neither love nor respect for others." Ayn Rand

Source: *The Organized Teacher's Guide to Building Character* by Steve Springer, Michael Becker, and Kimberly Persiani-Becker



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Important Dates

- ◆ 9/5-Labor Day (NO SCHOOL)
- ◆ 9/13-Westfield Elementary Open House (6:30-7:30PM)
- ◆ 9/15-Red Cross Blood Drive Kick-Off
- ◆ 9/19-School Picture Day
- ◆ 9/28-Red Cross Blood Drive at Westfield (3:00-7:00PM)



Student Spotlight!

Happy Birthday to the Following Students with September Birthdays:

Alexander Anthony, 9/3
Kevin Chudzinski, 9/3
Kyle Chudzinski, 9/3
Kenneth Jenkins, 9/4
Matthew Waskey, 9/14
Olivia Sitko, 9/26
Paityn Slansky, 9/28

Stop/Walk/Talk Approach



Starting this month, we will be emphasizing the **Stop/Walk/Talk** approach to bully prevention at Westfield Elementary. The **Stop/Walk/Talk** approach is a research-based system which reduces problem behaviors and improves school climate. It also blends with our school's theme which encourages students to be respectful, be responsible, be problem solvers, and be safe. Below are some main points of the **Stop/Walk/Talk** approach that students and staff will be utilizing...

Since disrespectful behaviors, like bullying, are often fueled by attention, we need to take away the attention! How? **STOP/WALK/TALK:**

If someone is doing something that is NOT respectful, responsible or safe, then:

Step 1. Use the STOP Signal

- Hold out hand in front of you
- Make eye contact
- Say "stop" in a strong voice

If the person continues to do the behavior after you have used the stop signal then:

Step 2. WALK Away

- Say nothing
- Turn around calmly
- Remove yourself from the area

If the person continues to do the behavior after you have used the stop signal and after you have walked away then:

Step 3. TALK to a responsible adult

Responding When Someone Tells YOU to Stop

1. Stop what you are doing
2. Take a deep breath and count to 3
3. Go on with your day

This approach is currently being used in all of the Cloverleaf Elementary buildings (PreK-6th), and it will continue to be used once we move to the new building in January. Please encourage your child to use this approach at school (and at home) so that we can help keep Westfield a safe and respectful environment where students want to be!

