

Warwick Veterans School Counselor Newsletter

November/December 2018

Important Dates in November

November 6th: No School - Election Day
 November 7th: Stress Awareness Day
 November 12th: No School - Veterans Day
 November 13th: First Quarter Ends
 November 13th: World Kindness Day
 November 16th: International Day for Tolerance
 November 20th: Report Cards Published to Aspen
 November 22/23: No School - Thanksgiving Break
 November 24th: Random Acts of Kindness Day

Theme for November: **Gratitude**

Gratitude - The quality of being thankful; readiness to show appreciation for and to return kindness.

Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

Oprah Winfrey

Some Fun Ideas to Practice Gratitude

<https://www.organizedmom.net/8-gratitude-traditions-month-november/>

Gratitude Jar: Throughout the month of November, write down things that you are grateful for and put them in a jar.



Gratitude Journal: A gratitude journal is a fantastic way to focus on everyday on the things that you are grateful for in your life.



#1 What smell are you grateful for today?	#2 What technology are you grateful for?	#3 What color are you grateful for?
#4 What food are you most grateful for?	#5 What sound are you grateful for today?	#6 What in nature are you grateful for?
#7 What memory are you grateful for?	#8 What book are you most grateful for?	#9 What place are you most grateful for?
#10 What taste are you grateful for today?	#11 What holiday are you grateful for?	#12 What texture are you grateful for?
#13 What abilities are you grateful for?	#14 What sight are you grateful for today?	#15 What season are you grateful for?
#16 What about your body are you grateful for?	#17 What knowledge are you grateful for?	#18 What piece of art are you grateful for?
#19 What touch are you grateful for today?	#20 Who in your life are you grateful for?	#21 What song are you most grateful for?
#22 What story are you grateful for?	#23 What tradition are you grateful for?	#24 What challenge are you grateful for?
#25 What moment this week are you most grateful for?	#26 What form of expression are you most grateful for?	#27 What small thing that you use daily do you have that you are grateful for?
#28 What small thing that happened today are you grateful for?	#29 What friend/family member are you grateful for today?	#30 What talent or skill do you have that you are grateful for?

Text prompts courtesy of www.TextMyJournal.com

According to the Greater Good Science Center at the University of California, Berkeley, practitioners of gratitude have:

- Stronger immune systems and lower blood pressure
- Higher levels of positive emotions
- More joy, optimism, and happiness
- More generosity and compassion
- Less feelings of loneliness and isolation

<https://www.accordance.com/resources/blog/november-is-national-gratitude-month/>



In November, school counselors will be working with all students to develop their ILP (Individual Learning Plan). Students will set both short term and long term SMART goals in the areas of academics, attendance or activities.



Students will be learning more about their individual learning styles and career interests. We will be encouraging students to utilize the inventories and tools available through the Minnesota State Careerwise Education site:

<https://careerwise.minnstate.edu/>

<http://www.educationplanner.org/>

Goal Setting Growth Mindset Video:

<https://www.youtube.com/watch?v=NG3HxrW1qZk>



Career Center Open House:

Thursday, November 15th 6:00 - 7:30

Any 8th grader interested in attending the career center, please let your guidance counselor know.

<https://wactc.warwickschools.org/> you

Advanced Course Network:

The Advanced Coursework Network provides enriching experiences to students in Rhode Island public secondary schools. Students can get a head start on postsecondary success, master the skills required of a lifelong learner and be prepared for jobs in sectors critical to Rhode Island's future prosperity.

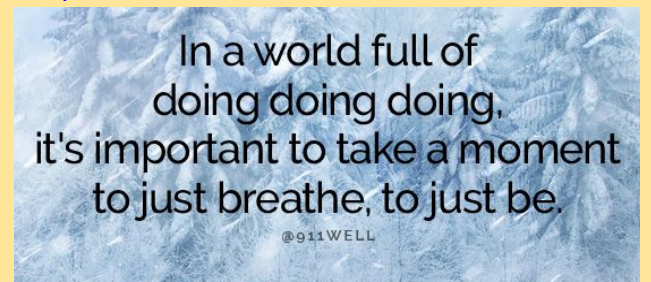
<http://www.ride.ri.gov/StudentsFamilies/EducationPrograms/AdvancedCoursework.aspx>

Important Dates in December

December 18th: Mid Quarter
 December 24-31: Winter Recess

Theme for December: **Mindfulness**

Mindfulness - a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.



Some Activities That Promote Mindfulness for Kids:

<https://mindbe-education.com/30-mindfulness-activities-teens/>

Adult Coloring Books, Play Sudoku, Take Morning Walks, Travel, Try Yoga, Breathing Exercises, Focus on the Positive, Make Mind Maps, Listen to Music, Play Board Games, Physical Activity, Watch Documentaries, Doodle or Draw, Take a Break, Eat Healthy, Try Sports, Meditation, Try New Things, Go Outdoors, Play Crossword, Visit an Art Museum, Make a Bucket List, Establish a Routine, Interact with the Community, Rest, Avoid Multitasking, Learn Time Management, Sit and Think, Read Books, Try Mindfulness Apps

Some book suggestions:

- The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress by Gina M. Biegel
- Mindfulness for Teen Anxiety: A workbook for Overcoming Anxiety at Home, at School and Everywhere Else by Christopher Willard
- Get Out of Your Mind and Into Your Life for Teens: A Guide to Living an Extraordinary Life by Joseph V. Ciarrochi, Louise Hayes and Ann Bailey

Some app suggestions:

- Stop, Breathe, and Think
- Smiling Mind
- Headspace

A Ten Minute Guided Meditation to Tame Holiday Stress:

<https://soundcloud.com/mindfulmagazine/a-10-minute-guided-meditation-to-tame-holiday-stress>

Some Symptoms of Stress:

- Neglecting Responsibilities
- Feeling Overwhelmed
- Negative Thoughts
- Changes in Sleep Habits
- Feeling Nervous or Anxious
- Irritability
- Anger
- Disordered Eating
- Physical Aches and Pains

How You Can Help Your Child Learn to Keep Stress in Check:

- Recognize the Symptoms
- Communicate
- Teach Healthy Coping Mechanisms (Physical Activity, healthy sleep, goal setting, problem solving)
- Create a Safe Harbor (Routines and rituals)
- Model Healthy Behaviors
- Seek Professional Help

<https://www.apa.org/helpcenter/stress-talk.aspx>

