

# News from the School Counselor...



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## Classroom Guidance

Students in grades K-4 have been exploring the "KELSO" Problem Solving curriculum. Kelso is a problem solving frog who teaches students about the difference between "big" problems, that require adult assistance, and small problems that children can try to solve. He offers them nine different approaches to problem solving. All fifth grade students will be challenged to learn a basic problem solving model in preparation for their move to the middle school. They will also practice applying this model to practical situations they could encounter. Please encourage your child to use some of these problem solving techniques so that they can practice these skills.



## Safety Patrols & Halloween Safety

Safety patrols; Makayla Bomar, Tae Booker, Caitlyn Palmer and Nicholas Scruggs making presentations to our 1<sup>st</sup> grade students on Halloween safety.



## CES Girls On The Run

We are excited to announce that CES will have a GOTR team for the Spring! Mrs. Holt and Mrs. Wendy Boothe have volunteered to undergo special training to be our coaches. GOTR is a wonderful program for girls in grades 3-5. They meet weekly and learn about fitness and developing positive character skills. **Keep your eyes out for a flier regarding registration.**

## New Students

A warm welcome goes out to our new students and their families. These students have enrolled at CES since our opening. We hope to see you at our school events and encourage you to become involved in our community. You will soon see why Concord is such a great place to be!

- Audrianna Layne – 4<sup>th</sup> Reynolds
- Ashlynn Mobley – 2<sup>nd</sup>, Windle
- Avery Mobley – Kindergarten, L. Reynolds
- Anthony Mobley – 4<sup>th</sup>, Britton
- Caden Johns – 4<sup>th</sup>, Alvis
- Jacob Ewing – 2<sup>nd</sup>, Mosley

## Peace Keeping at CES

Please remind your children that CES offers mediation services when they are having conflicts with others. Mediation offers children a chance to learn the skill of problem solving in a safe and supervised situation. The first step is that they must let an adult know that a problem exists; we cannot help if we are not aware. It is our desire that all of our students develop tools for dealing with the challenges of daily life.



**Small group counseling:** We will soon begin friendship groups for grades 2-5. Groups on more sensitive topics such as death, divorce, or incarceration for students in grades K & 1<sup>st</sup> will begin soon. These groups meet once a week for 30 minutes and they do not interfere with core instructional time. Letters of participation have already gone home. If you feel your child would benefit from participation in one of these groups, please contact Mrs. Grubba as soon as possible.

### Important Dates

**Cookies with Santa:** Friday, December 12<sup>th</sup>, 12 – 3:15 pm.  
**Rustburg Christmas Parade:** Sunday, December 14<sup>th</sup> @ 3:00 pm.  
**Kindergarten & Pre-K Program:** Monday, December 15<sup>th</sup> @ 7:00 pm.  
**End of 2<sup>nd</sup> Nine Weeks:** Thursday, December 18<sup>th</sup>, 2014  
**2 Hour Early Dismissal:** Thursday, December 18<sup>th</sup>, 2014  
**No school for students on Friday, Dec. 19<sup>th</sup>**  
**Christmas Break:** December 19<sup>th</sup>, 2014– January 2<sup>nd</sup>, 2015  
**School Reopens:** Monday, January 5<sup>th</sup>, 2015  
**Report cards issued:** Friday, January 9<sup>th</sup>, 2015  
**Jersey Mikes's Night:** Tuesday, January 13<sup>th</sup> from 5 – 8:00 pm.  
**Schools Closed:** Friday, January 16<sup>th</sup> (Lee/Jackson Day) & Monday, January 19<sup>th</sup>, 2015 (Martin Luther King, Jr. Day)

### Family Life Education

Mrs. Grubba will be teaching the sensitive areas of the state-mandated Family Life curriculum during **the last full week in March to grades 3, 4, & 5**. If you are unfamiliar with this curriculum or have any questions, please contact her and she will arrange a time that you can view the materials. **Parents always have the right to opt their children out of these classes.** For information about this process, contact Mrs. Grubba. In addition, Mrs. Grubba also has a wide array of resource materials related to human development and puberty for children & parents.

### Community Service Projects

#### “REAP” Food Collection

We know that there has been an increased demand on the regional food pantry this year. We will be collecting canned goods from **February 9 – 19, 2015**.

#### “Coins for Caring”

Our major community service project will be held **March 2<sup>nd</sup> -20<sup>th</sup>, 2015**, which will involve collecting money for **Mental Health America of Central Virginia**.

**Mental Health America of Central VA** is a nonprofit agency that offers numerous services to the community related to mental illness and mental retardation. They provide a safe haven of activities, support and referrals to persons in our community who have difficulty accessing needed resources or advocating for themselves.

As in past years, your children will be asked to collect coins during the dates listed above. Each class will have a box for their coins. You can help us by encouraging your child to collect and help them count their money (a math SOL). We will have a school-wide grand prize class and a prize for each class that collects the most money at each grade level. Charts will be kept in each room and in the front of the building showing how close we are to our goal. The children raised \$1500.00 last year; we hope to surpass that this year! **Please start collecting coins now!**



### Important Information



### VDOE Report Card

Please take a moment to look at the Concord Elementary Virginia Department of Education Annual Report Card. The link is available on our school website.

### Anti-bullying Resources

Remember, any child can exhibit bully behaviors. It is our belief that with intervention and parent support, students can learn positive ways of interaction and assertion. With your help we can keep CES a safe and positive place to learn.

Useful websites for parents:

[www.nasponline.org/resources/factsheets/bullying\\_fs.aspx](http://www.nasponline.org/resources/factsheets/bullying_fs.aspx)  
[www.stopbullying.gov](http://www.stopbullying.gov)  
[www.backoffbully.com](http://www.backoffbully.com)  
[www.eyesonbullying.org](http://www.eyesonbullying.org)  
[www.kidshealth.org](http://www.kidshealth.org) Go to “Parents” section

### Community Resources

The Mental Health Association of Central VA offers a number of support groups. For further information, call the office at **847-9055** or visit **www.mhacv.org**.

#### Lyn-Cag of Rustburg

Have an emergency? Need assistance with heating, transitional housing, counseling, food, tax preparation, etc.? Contact their office in Rustburg at **332-9671** or visit **www.lyncag.org**.

#### 211 Initiative

**Call 211**, for free, state-wide information and referral service with hundreds of listings for our region. They have names of community resources on a number of topics

As the holidays draw near I thought this article on teaching children gratitude would be very appropriate. Please accept our sincere wishes for a happy holiday.

Excerpts taken from KldsHealth.com

### **Notice the Good Things in Your Life**

Focusing on the positive things in your life models the feeling of gratitude for your child; as well as creating a feeling of mental well-being. Constant focus on all that is missing, or negative, only leads to discontent and depression. Tuning into the small everyday details of your life and noticing the good things you might sometime take for granted is a good way to begin.

- **Each day, think of 3 things you are grateful for.** Nature. People. Community. Shelter. Creature comforts like a warm bed or a good meal. It's amazing what you notice when you focus on feeling grateful.
- **Start a gratitude list.** Making a commitment to writing down good things each day makes it more likely that we will notice good things as they happen.
- **Practice gratitude rituals.** Some people say grace before a meal. Pausing in gratitude before eating doesn't have to be religious. It's a simple practice that helps us notice and appreciate the blessing of food on the table.

### **Savor the Feeling of Gratitude**

There are moments when you naturally, right then and there, feel filled with gratitude. These are moments when you say to yourself, "Oh, wow, this is amazing!" or "How great is this!"

Pause. Notice and absorb that feeling of true, genuine gratitude. Let it sink in. Soak it up. Savor your blessings in the moment they happen.

### **Express Gratitude**

Expressing gratitude is more than courtesy, manners, or being polite. It's about showing your heartfelt appreciation. When you thank someone, you're also practicing the first two gratitude skills: you've noticed something good, and you've genuinely appreciated it. When your child sees this behavior they will learn this skill.

- **Show your appreciation to someone who did something nice.** Say: "It was really kind of you to...," "It really helped me out when you...," "You did me a big favor when...," "Thank you for listening when...," " You also can teach your child how to express their gratitude with a note or a hand-drawn picture.

Gratitude continued...

- **Express gratitude by doing a kindness.** Gratitude might inspire you to return a favor, or act with kindness or thoughtfulness. Or you might see a situation when you can "pay it forward." Hold the door open for the person behind you, even if it means waiting a little longer than you normally would. You will be modelling an important skill for your child.
- **Tell the people in your life how you feel, what they mean to you.** You don't have to be mushy or over-the-top. We all have our own style. But if you say what you feel in the right tone at the right moment, even a simple, "Mom, good dinner. Thanks!" means a lot.

True gratitude doesn't leave you feeling like you owe other people something — after all, if you've done someone a favor, you probably don't want the person to feel like you expect something back in return. It's all about feeling good and creating a cycle of good.

Every one of us has things to be grateful for in our lives.



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