

Counselor's Newsletter



October/November/December 2015

Our Counselor's Newsletter is distributed quarterly to provide our students, parents and staff members with updates on resources, projects and events from our school counseling program. If there is information or topics that you would like us to include during the school year, please feel free to contact us through email or phone.

Halloween Safety

Halloween is a fun night for both children and adults. By following a few safety tips you can ensure the night is enjoyed by all.

-  Supervise younger children and have older children travel in groups
-  Use non-toxic face paints rather than a mask. A mask may obstruct your child's vision.
-  Have children carry a flashlight so they can be seen.
-  Add reflective tape to costumes so that motorists can spot your children
-  Costumes and shoes should fit to avoid trips and falls
-  Children do not go to any dark unlit houses
-  Older children carry a cell phone for quick communication
-  Instruct children to walk on sidewalks and cross street at corners using traffic signs and crosswalks
-  Feed your children a nutritious meal before trick or treating. This will prevent them from eating treats before being inspected.

In this edition

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- Monthly Calendar
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Monthly Calendar

October/Octubre	November/Noviembre	December/Diciembre
Breast Cancer Awareness Month Red Ribbon Week	Child Safety Protection Month	World AIDS Day Dec. 1 st
Bullying Awareness Month	Native American Heritage Month	
Domestic Violence Awareness Month	National Adoption Awareness Month	

Counselors' School News



Butler Elementary



Coffee Talks

With singular success our school started a series of "Coffee Talks" on August 25th to promote parents involvement. A total of 43 parents met with our School Operations Manager, Mr. Mike May, TOSA Ms. Milinda Crawford, School Counselor, Ms. Greta Skelly and Parent Educator Mrs. Helen Huizar to learn about the school goals for this year, the implementation of PBIS, discipline procedures, roles of school workers, and services available for parents at the school and the community. Parents completed a short survey with the purpose of choosing the different topics that will be addressed during the series of Coffee Talks throughout the school year. **Coffee Talks** will take place the last Tuesday of each month from 8:20 to 9:20. If you are a Butler parent, you are invited and encouraged to attend.

October

Red Ribbon Week



Is an alcohol, tobacco and other drug and violence prevention awareness campaign observed annually in October in the United States. Our school will celebrate Red Ribbon Week on **October 26-30**

in our campus. During this week students, teachers and staff will participate in assemblies and daily activities to celebrate a drug free life style. In addition, students will participate in a poster contest. Each student will have the opportunity to say NOT to drugs and send a powerful message against the use of alcohol, tobacco and any other drugs.

November

RAK presentation for teachers

On November 19th Ms. Skelly will present about the Random Acts of Kindness (RACK) to teachers during staff meeting. This is to explain how the RAK works to support and reinforce PBIS. The RAK week will take place in December school wide.



December

RAK Week at Butler

Kindness and generosity celebration by "catching" students being kind, polite and gentle with other students. RAK students will receive PRIDE tickets and other reinforcers for being kind with their peers from teachers and any other staff member



Isaac Middle School

September 23rd- IMS held its annual Salsa Challenge! IMS Students and parents were invited to submit their best Salsa recipe and check out the competition! All entries were fabulous, but the winning prize was taken by Pricilla Carillo and her family. Congratulations!

September 27th- Taking Steps Toward College Success College Walkathon

On September 27th the **Be A Leader Youth Foundation** once again hosted it's annual walkathon. Isaac District students participated in this annual event; parents were welcome to take their students to this event themselves if they wished.

October 26-30th- Red Ribbon Week!

The week of October 26-30th marks our annual Red Ribbon Week observation. IMS students will be

participating in school decoration events, poster contests, pledge drives, raffles, and a Spirit Week to demonstrate their drive to Be Drug Free!



October 28th- High School Night

Isaac Middle School will be hosting its annual **High School Night** on October 28th from 5-7 pm in the IMS Cafeteria. Schools from the Phoenix Union High School District will be in attendance as well as several other schools including Brophy College Preparatory, St. Mary's Catholic School, AAEC- South Mountain, and the Western School of Science and Technology. All IMS students and parents are welcome to attend.



Moya Celebrates Domestic Violence Month!

What happens when children are exposed to violence?

Children are very resilient—but they are not unbreakable. No matter what their age, children are deeply hurt when they are physically, sexually, or emotionally abused or when they see or hear violence in their homes and communities. When children see and hear too much that is frightening, their world feels unsafe and insecure. Each child and situation is different, but exposure to violence can overwhelm children at any age and lead to problems in their daily lives. (click on the links below to see more)

[Tips for Parents](#)

[Tips for Teachers](#)

Wednesday, October 14, 2015- Back to School Assembly with Ronald McDonald-COBRA Expectations.- School Rules.

Monday, October 21, 2015- National Anti-Bullying Week -Various anti-bullying activities will be done in the classrooms and around campus.

Wednesday, October 21st- Students and Staff will wear Orange shirts to show the strong stand against Bullying. Anti-bullying Assembly -Guest Speaker.

Monday, October 26, 2015- **Red Ribbon Week**-Anti-Drug awareness activities through out the week-Door decoration contest, Anti drug slogan contest, and Assembly-Guest presenter from TERROS.

[Red Ribbon Week Daily Activities](#)

Monday-I Pledge to be Drug Free- Students sign pledges and place them in the cafeteria.

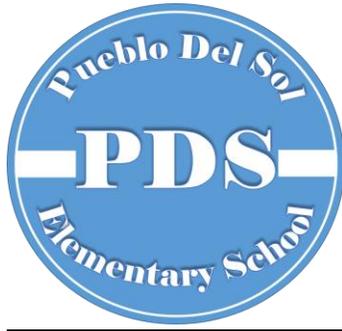
Tuesday-I have the power to be Drug Free- Students dress as their favorite super hero character.

Wednesday-My Future is Bright-Drug Free- Students dress in the attire of their career plans.

Thursday-Hats off to being Drug Free-Students wear hats

Friday-Life is Sweet Drug Free-Students wear a red t-shirt and they will receive a candy at the end of the day.

Monday, November 23, 2015- P.T. Coe Career Day



Engineering Adventure Program

Over the summer 7 students from Pueblo del Sol attended the Engineering Adventure Program: Mechanical Animations at the Ira A. Fulton School of Engineering. This week long camp is designed to show students how cool and fun engineering and technology can be. This opportunity was made possible through our partnership with Terros and the All Star Program.

November 22nd- Girls on the Run

Coming up on November 22nd, our Girls on the Run team will be participating in a 5K event set up for the over 160 Girls on the Run teams throughout Maricopa and Pinal Counties. Girls on the Run is a program designed for 3rd,4th, &5th grade girls that blends learning about healthy choices with physical activities and running. Pueblo del Sol has been partnered with this amazing program for 3 years and currently have 24 girls on our fall team.



Sutton Elementary

Tips for Parents

Parent-Teachers Conferences

Before the conference

- Ask your child how she feels about school.
- Ask your child if there is anything that he wants you to talk about with his teacher.
- Tell your child that you and the teacher are meeting to help him/her.

- Make a list of topics that you want to talk about with the teacher.
- Prepare a list of questions such as:
 1. What are my child's strongest and weakest subjects?
 2. Does my child hand homework in on time?
 3. Does my child participate in class?
 4. Does my child seem happy at school?
 5. What can I do at home to help?

During the conference

- Be on time (or early) for the meeting.
- End the meeting on time. Other parents will probably have a conference after yours.
- Relax and be yourself.
- Stay calm during the conference.
- Ask the most important questions first.
- If your child receives special services such as English classes, ask about your child's progress in those classes.
- Ask for explanations of anything you don't understand
- Ask your child's teacher for ways that you can help your child at home.
- Thank the teacher.

After the conference

- Talk about the conference with your child.
- Talk about the positive points, and be direct about problems.
- Tell your child about any plans you and the teacher created.
- Keep in touch with the teacher during the school year.

October Events/Activities

October 12 – 22, 2015 Phone Friend

October 26 – 30, 2015 Red Ribbon Week



Udall Middle School



Cory Redding Visits MKU

Cory Redding from the Arizona Cardinals visited MKU on Tuesday, September 15th. Eighty (80) 7th and 8th grade students met with Cory and signed a pledge to attend school and demonstrate academic excellence. This was an unforgettable experience for our students! A huge shout out goes out to Ms. Gilchrist for organizing this event.

September 27th, 2015 Middle Schools 6-8th grade students participated in the Taking Steps Towards College Success Walkathon.

Tips



Skills for Learning

Eyes watching, Ears Listening, Voice Quiet and Body Still

Respect and Empathy

When you respect others' ideas, you're responding to them in a thoughtful way. You're showing empathy.

Respect-Tolerance- Diversity

