

The Honor Roll
School

SCHOOL COUNSELOR'S CORNER

MRS. ROMO, SCHOOL COUNSELOR

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How do I
contact Mrs. Romo?

*Phone - (281) 265-7888 ext. 1019

*Email - elizabeth.romo@nclinc.com



Guidance Lessons on Good Choices!

Guidance Lessons this cycle will focus on continuing to being an Upstander and dealing with conflict resolution and personal space.

Kindergarten and First grade will discuss positive ways to deal with difficult situations. They will use language from the Kelso's Choice program to develop effective problem-solving skills that they can use again and again.

Second graders will concentrate on being better problem solvers at school/home and learn about the "DeBug System" for problem solving.

Third graders and Fourth graders will discuss how conflict equals a disagreement. It is neither good nor bad, but a part of life. Conflicts just happen. When conflicts get worse we say it *escalates*. When conflicts get better we say it *deescalates*. We will *compile and discuss* steps to deescalating or resolving conflicts.

Middle School students will be talking about understanding differences, interacting and cooperating with others, and working on conflict resolution skills and improving relationships with others.

Normal Peer Conflict:

My objective with conflict resolution is to teach children to handle conflicts in a positive manner. **Topics** addressed during this discussion are: **Point of View:** There are two sides to every story. We need to take the time to actively listen to another's point of view. **Solutions to Conflict:** We discuss ways to resolve a conflict that results in a winwin solution for both parties engaged in the conflict.

Students learn to come up with a compromise that leaves both parties feeling satisfied. Students will be taught to give an IMessage when they are in a conflict with someone, and to talk it out to resolve the conflict.

I feel _____.

When you _____.

I want
_____.

Unfortunately, there is no quick and easy way to help children master conflict resolution skills. The majority of students will need an adult to hold their hand every step of the way. Students are always welcome to come to my office for help in working through a conflict.