

*The Honor Roll
School*

SCHOOL COUNSELOR'S CORNER

MRS. ROMO, SCHOOL COUNSELOR

OCTOBER, 2016



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Words to live by:

"Wrong is WRONG even
if everyone is doing it.
Right is right even if NO
ONE is doing it."

Guidance Lessons on Good Choices!

Guidance Lessons this cycle will focus on making good choices, not giving in to peer pressure, and being an Upstander. Peer pressure begins at an early age and kids need the skills say no to healthy and unkind behaviors.

First graders will read *My Best Friend at School*, a story about a classmate who is very silly and tries to get his other classmates to be silly too. This lesson reinforces the idea that we don't have to follow what our friends are doing if they aren't making the right choices.

Second graders will read a story about *The Band Aid Chicken*. They are learning the importance of being an "Upstander" and standing up for what is right and not to pick on others.

Third graders are reading *Hey Little Ant*. They are exploring how to stand up to peer pressure and make choices independently - regardless of what others may be pressuring them to do.

Fourth graders are learning how not to get caught in the web of peer pressure. The fourth graders are practicing the following steps to say "No" and still keep their friends:

1. Ask Questions (what are we going to do?)
2. Name the Trouble (that's...)

3. Identify Consequences

4. Suggest an alternative (why don't we...)

5. Move it, Sell it (Come on, it will be fun)

Middle School students will be analyzing pressure felt from peers and discussing ways to deal with pressure. Students will also role play different scenarios.

OCTOBER IS

**BULLY
PREVENTION
AWARENESS
MONTH**

National Bullying Prevention and Awareness Month began in 2006 in response to the need to raise awareness of bullying, as it was historically viewed "a childhood rite of passage" and believed that bullying "made kids tougher", when the reality is that bullying has devastating effects such as school avoidance, loss of self-esteem, increased anxiety, and depression. (PACER)

www.pacer.org

Students will also be participating in several activities during Anti-Bullying week during October 17-21.

