

KSCA Celebrations!

KSCA President — Kim Urenda

Brrrrr! It has been a cold and snowy winter! I hope you have been keeping warm. In this edition of our KSCA newsletter, we hope to "warm" your heart and thoughts with new ideas to help you as professional school counselors CELEBRATE!

As we celebrate National School Counselor Week (February 1st – 5th), we want to thank you for ALL your hard work with your students, staff, parents, and communities! We know that you make it happen in your buildings daily from schedules, IEPs, SIT, bully prevention, character ed, support groups, enrollments, etc. Your students count on you! Professional school counselors are great at advocating for our students. However, we don't always advocate for ourselves. During this tough economic time, we need to advocate for ourselves more than ever! CELEBRATE YOU AND WHAT YOU DO! Here is a reminder for staff. These little items help "bridge" the relationship between classroom teachers and counselors. Here is a bookmark idea for staff or anyone you feel needs a little something....



***Excellence can be attained if you...
Care more than others think is wise...
Risk more than others think is safe...
Dream more than others think is practical...
Expect more than others think is possible.***

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Kansas Governor Mark Parkinson would like to hear how YOU feel about educational budget cuts and how it affects School Counseling and our work with students. VOICE your concerns on the Governor's Blogspot at <http://governor.ks.gov/>

*KSCA President Elect—Lori Mitchell-Kandt
Greetings!*

I hope this finds everyone warm and excited about the upcoming celebrations in our schools, in our communities, in our state, and across our nation!

This is, indeed, a newsletter of celebration, for we have much to celebrate! In the shadow of school counselor cuts across the state, we seek to celebrate unheralded groups who, in spite of their contributions and enrichment to society, have historically been overlooked. The first few months of the new year are full of celebrations and we hope to provide you with resources to assist you in your endeavors to highlight these groups and their contributions!

In these pages, you will find amazing insight, great activities, and inspired programs to supplement your ongoing professional school counseling practice and programming.








KSCA is in the process of becoming an even louder and more persistent voice for YOU through our ongoing advocacy efforts. Our state has a National Finalist for ASCA School Counselor of the Year, and your KSCA Executive Board has attended or will attend training to learn how to advocate best for Kansas Professional School Counselors on the state and national levels.

It is our desire to be YOUR voice and, collectively, One Vision, One Voice for Kansas Professional School Counselors!

Thank you for visiting our site today, and please feel free to contact me or any other member of the KSCA Board with

*KSCA Secretary/Treasurer—Rita Lehman
Same and Different!*

M & M activity: We are the same and different

-  Give each child 6-8 m & m's, each a different color
-  Ask the children/students to eat just 2 of whatever color m & m's they wanted.
-  Discuss the taste/texture, any differences in the m & m's?
 -  Talk about the similarities.
-  Discuss judging others by what we see on the outside, we may be different colors, different sizes, etc.
 -  The inside, we all have hearts, feelings, etc.
-  Discuss the importance of getting to know people on the inside before judging the outside.

Great warm up for any age as about everyone likes chocolate. This would also work with the skittles or other similar candy.

Good icebreaker too for small group openers.

*KSCA President —Kim Urenda
Black History Month*

Continued from page 1

In celebration for Black History Month, try doing some outside reading. Here are some great authors who can move us outside of our "comfort" zones.

Peggy McIntosh – article – search title on Google

"White Privilege: Unpacking the Invisible Knapsack"

Eric Dyson

"Debating Race with Michael Eric Dyson"

"Know What I Mean: Reflections on Hip Hop"

"Race Rules: Navigating the Color Line"

"Holler If You Hear Me"

Jawanza Kunjufu

"Black Students: Middle Class Teachers"

"Developing Positive Self-Images and Discipline in Black Children"

"Motivating and Preparing Black Youth for Success"

"An African Centered Response to Rudy Payne"

Alfred Tatum

"Teaching Reading to Black Adolescent Males: Closing the Achievement Gap"

Within this text, Dr. Tatum asks some questions to make us ponder...

- What does it mean to be a man?
- What does it mean to be a black male?
- What does it mean to be a black male in America?
- What does it mean to be described in animal terms (ex: as an endangered species)?
- What does it mean to be feared?
- What does it mean to be stereotyped as a criminal?
- What does it mean to be praised just because you speak Standard English?
- What does it mean to have to justify your presence?
- What does it mean to be pacified with low expectations?

Our board members have submitted ideas, activities, etc. to help you CELEBRATE National School Counselor Week, Black History Month, and Women's History Month. We hope you find the articles, activities, and submissions useful.

So many things to celebrate in these very interesting times that we live in!

What about Women's History?

Women's History Month is coming in March. We can be strong advocates for girls and we know that knowledge is power for them and those of us who serve as their counselors, mentors, and parents.

Here are some great internet resources for you, for your students, and for your teachers!

<http://712educators.about.com/cs/historywomen/a/women.htm>

"In some American schools, girls fall through the educational cracks. To combat this we must give extra attention in our plans to provide girls with points of reference. We should begin looking for connections in our curriculum"

http://www.tolerance.org/search/apachesolr_search/womens%20issues

Resources specific to women on the Teaching Tolerance site, including articles, lessons, and professional development!

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

<http://www.nwhp.org/whm/index.php>

"National Women's History Month provides an excellent venue to recognize and celebrate women's historic achievements as well as an opportunity to honor women within our families and communities. **What will you do to celebrate National Women's History Month?**"

<http://www.infoplease.com/spot/womenshistory1.html>

Good resources from the 2009 celebration. Be sure to check out the section *Especially for Kids*.

<http://womenshistorymonth.gov/>

General Site



<http://womenshistorymonth.gov/teachers.html>

Educational Site

http://womenshistory.about.com/lr/african_american_women/1432/1/

African American Women in US History

What about Girls?

<http://mediaandwomen.org/>

"The **Girls, Women + Media Project** is a 21st century, non-profit initiative and network working to increase awareness of how pop culture and media represent, affect, employ, and serve girls and women—and to advocate for improvement in those areas. The Project also seeks to educate and empower all consumers and citizens about consumer rights and responsibilities regarding the media, and to promote universal [media literacy](#)."

<http://www.help4adhd.org/en/living/womengirls>

Women and girls and ADHD.

(Continued on page 4)

KSCA Past President — Deb Woodard

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Additional Useful Links

This set of links and annotations all come from the following site. I have checked all of the links to make sure they are current. Those that were not current have **not** been included in the list. <http://www.cln.org/themes/women.html>

Celebrating Women Theme Page

<http://www.bcarchives.gov.bc.ca/exhibits/timemach/galler10/frames/index.htm>

British Columbia Archives presents 11 curricular units (galleries) drawing heavily from archival information on BC History. Each gallery has a teacher guide and each is targeted for a specific grade range. This link is to a Women's Study unit which will allow Grade 11 students to learn more about Sylvia Stark, Catherine Schubert, Hannah Maynard, Emily Carr, and Judge Helen MacGill.

<http://www.distinguishedwomen.com/>

"This site has biographies of women who contributed to our culture in many different ways. There are writers, educators, scientists, heads of state, politicians, civil rights crusaders, artists, entertainers and others. Some were alive hundreds of years ago and some are living today. We've heard of some of them, while many more have been ignored by history book writers."

<http://www.microsoft.com/education/lessonplans.msp>

There are a number of lessons related to women's studies in the Encarta collection. Select "Social Sciences" and then scroll through the list to find them.

http://womenshistory.about.com/library/ency/blwh_index.htm

This Kidopedia meta-list site is a collaborative effort of Grade 3-12 students across the Internet who were assigned the task of finding WWW sites on Women's History.

<http://www.rootsweb.ancestry.com/~nwg/>

Historical and genealogical information about more than 150 notable women. Browse through the database by category (e.g., adventurers, artists, educators, heroines) or use the alphabetical index. The quality and quantity of the biographical entries may vary since they may link to a document at this web site or to a page in an external site.

<http://www.un.org/ecosocdev/geninfo/women/index.html>

This UN site lists information about the status of women throughout the world. It also gives an explanation of the history of International Women's Day.

<http://www.seed.slb.com/index.html>

Sixteen women employed by Schlumberger responded to a number of questions about their careers - how they got started, challenges, daily life, travel, major influences, etc. This page gives access to each of the interviews in full or you can access the information by interview question. Each scientist is also willing to answer student questions about careers in her field.

<http://www.womeninworldhistory.com/>

This site on women in world history contains lots of quotes and information including a number of lesson plans.

<http://womenshistorymonth.gov/teachers.html>

Educational Site

Some resources to consider using when counseling girls:

<http://www.researchpress.com/product/item/5347/>

G.I.R.L.S. in Real Life Situations – Group Counseling Activities

<http://www.amazon.com/Teaching-Counseling-Gifted-Girls-Reader/dp/1593631693>

Teaching and Counseling Gifted Girls

http://www.researchpress.com/scripts/subject.asp?subject_id=top&sub=gir

Asperger's and Girls

http://www.whatcomtechprep.org/Educators/Resources/Counseling_for_STEM.pdf

"Gender Fair Counseling"



Women's History Month 2010

Women Taking the Lead to Save Our Planet

This year's theme recognizes the hard work and perseverance of those women who have fought and succeeded in bringing the environment to the forefront of our nation's conscience.

KSCA Middle IP—Kristin Wright Lunch Duty, Anyone?

As school counselors we are a part of a community of educators with a common goal of doing what is best for kids. Often that includes doing additional duties that don't necessarily align with our curriculum, but are important when considering school climate and the daily functions of the school. In the middle school in which I work I help the principal out by covering lunch on Mondays while he works with teams of teachers. This is such a great opportunity to get a little more quality contact time in with my students!

Each Monday the students know that we are going to Mix-It-Up. In general, I try to find creative ways to get the students to sit with different people and get to know their peers a little better. This is a great way to challenge students to leave their comfort zone practice tolerance. Here are some ideas to make this "fair share" activity meaningful.

Introduce the idea of tolerance with the *The Sneetches* lesson - found on the Teaching Tolerance website - <http://www.tolerance.org/activity/anti-racism-activity-sneetches>. I've also read this story in classroom guidance and then separated into two groups to do Socratic circles to allow the students to problem-solve bullying issues.

Mix-It-Up at Lunch. Number/color the tables in the lunch room and have each student draw their number and go to their assigned seat. Playing cards or types of candy also work well to divide students. Sometimes I put tickets under their seats and award prizes to the students in the prize seat. Place conversation starters, fun quizzes, or blank sheets of paper for graffiti at the lunch tables to guide the students through the uncomfortable moments during Mix-It-Up lunches. Show commercials from Foundation for a Better Life or inspiring videos during lunch & before or after school. I also show video clips from sporting events and announcements.

Mentor Lunches. We have recruited about 50 volunteers from our community to become YouthFriends. One Friday each month the mentors meet with his/her assigned groups of 4-5 students. During this extended lunch period I lead the groups in discussions and work through character education lessons.

Start a group. Meet with a *secret group* or a Friends of Rachel Group of students before or after school. Challenge them to start a grassroots effort in your school to make sure all students are accepted. This gives great kids the opportunity to make a difference within their comfort zone.

Be a good observer. When mixing it up at lunch, I watch for the students who look uncomfortable or pout about the changes. This is a great opportunity to follow-up with them individually. Since I can observe their behavior every week in this atmosphere, we can chart improvements together.

How do the kids react? – In our lunchroom the students make sure that no student sits alone, which is great. However, I feel that some students want to venture out and sit with others but feel like they can't leave their table. This gives them one day where they don't have to worry about it. This change has been great for me because I no longer feel like I am wasting time out at lunch, but doing something to make a difference in my school.

KSCA Technology Paula Russell Finding Gratitude Daily

I don't know who to give credit to for this idea—I've had them on a worn piece of paper taped to my bathroom mirror for as long as I can remember. If you know who to give the credit to, let me know.

Three isn't a magic number – sometimes I can find many things and sometimes, three is a sufficient challenge!

Three Good Things



At the end of each day and just before retiring for the night, think of **three good things** that have happened to you that day, things for which you are grateful. These need not be events of major impact, but can be any of the simple, repetitive events that are often taken for granted. Examples might be: having a job, loving someone, enjoying a routine meal, or reading a funny story.

This activity need not be shared with anyone OR it could become a part of your family routine...it is funny what you find good in life when you look for it!

This is also a good activity to play when working with individual students and in classroom counseling settings.



*KSCA Past President — Deb Woodard
Celebrating Change!*

While we are celebrating all of the work accomplished, it is important to continue to be aware of what is happening socially and politically. As individual citizens and professional school counselors, we can make a real difference if we remain aware. We can be change agents in our communities and schools. That is really something to celebrate!

TEACHING TOLERANCE 
A PROJECT OF THE SOUTHERN POVERTY LAW CENTER

<http://www.teachingtolerance.org>

How We Live Our Lives

The great promise of the 1954 U.S. Supreme Court decision *Brown v. Board of Education* was that children would grow up in integrated schools. The latest issue of *Teaching Tolerance* magazine shows that's just [not what has happened](#).

<http://www.tolerance.org/magazine/number-37-spring-2010>

Unmaking *Brown*

America's schools are more segregated now than they were in the late 1960s, and statistics show that the problem is getting worse. To reverse the trend, we need to radically [rethink the meaning of "school choice."](#)

The Only One

When you're the only person of color in your class, school can become a struggle between two worlds. Students in that situation are often expected to represent and explain their ethnic or racial group, and this can [create a lot of stress](#).

An American Apology, Long Overdue

Late last month, Congress passed and President Obama signed a bill that included an apology to Native Americans. It was the [first official apology](#) offered for the long-running persecution of the first Americans.

Separate But Effective?

Gender-segregated classes are on the rise in the United States, but research about their effectiveness remains

"Make it a habit to tell people thank you.

To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it."

Ralph Marston

*KSCA Past President — Deb Woodard
Celebrate, Celebrate, Dance to the Music! -Three Dog Night*

It is Counselor Appreciation Week!

As professional school counselors we have much to celebrate. We are working with wonderful young people, their families, and school staffs in a career that brings us joy and fulfillment each and every day. May you have every opportunity this week to feel the power of your position and know the impact that you are having on others. As you continue to give of yourself, make a commitment to find time to celebrate your own work and to rest, relax and rejuvenate. Go to that movie you have promised yourself. Stop everything and play with the Wii. Go outside and play with your family. Have fun and take care of yourself in the process. It will help you go back with a new sense of purpose and energy. We know how much that is needed...

Speaking of advocacy, this is the perfect week to talk about school counseling, the comprehensive school counseling program, and what we are all doing in our schools and communities. Spread the word about the importance of having a licensed school counselor delivering services in the academic, career, and personal/social domains. Tell personal (anonymous) stories to parents, school board members, city officials, and legislators. Write a piece on the blog for the governor. Make your voice heard and let everyone know that we believe that all students deserve a professional school counselor! Take note of the Day on the Hill March 10th and try to make arrangements to be there. For details or to RSVP, contact Nadine Bailey at bailey@usd367.org.

Finally, as my good friend and mentor Harold Hula said to me recently, it is time to go beyond advocacy and become accountable. Utilize data in every way you can. Make sure that you are creating and using needs assessments and that data supports the work that you are doing individually, in groups, and in classrooms. Be ready to demonstrate what you are learning from the data and how your program is changing based on your personal and program evaluations. Watch for information from Kent Reed on the Kansas Programs of Excellence and be one of the first schools/districts to apply. The more that we can show our ability to be accountable, the stronger our ability to advocate will become.

Celebrating **you** this Counselor's Appreciation Week!



KSCA Membership Chair—Becky Brannock
Celebrate School Counseling!

Increasing KCA Membership!

This year's National School Counseling Week theme "Celebrate School Counseling" is something I have believed in and have advocated for in the 27 years since I have been in the counseling profession. Students and former students of the School Counseling program at Pittsburg State University have heard me say many times, "As School Counselors We Have to Learn to Toot Our Own Horns" and "Toot It or You May Lose It". It's our job to let our stakeholders know what we do. If we don't do it, nobody else will!

It doesn't matter whether you do something little or big to promote your program, the idea is to just "do something" to bring awareness to what you do. You could celebrate with your students and staff by offering snacks in the counseling center one day during this week of recognition, or offer daily positive mental health thoughts in faculty mailboxes for the week or on the daily announcements for all to hear, or coordinate a proclamation signing by the city's mayor designating "National School Counseling Week" in your community and have your local newspaper photographer on hand with all of the district's school counselors present during the signing....and the list is endless. Visit ASCA's website at www.schoolcounselor.org for other ideas on how to promote awareness during this special week of recognition

Hello fellow colleagues and KSCA members! Here's an opportunity to bring in a new member to KSCA and earn a perk for you! For any current KSCA member who has brought in a new member since last spring's convention, you'll be eligible for a free t-shirt give away at the KSCA booth during the spring KCA convention in March! Fill out the coupon below and enter it in the drawing. There will also be a second drawing for a free fall counselor's conference registration for 2010 if you've brought in three new members in the past year. Again, fill out the coupon below and drop it at the KSCA booth. What a great way to share the joy of being a KSCA member with others!

Free T-Shirt Drawing

Eligible to enter if you've brought in one new member to KSCA since spring '09 convention

KSCA member: _____

New member: _____

Free Fall Conference Registration Drawing

Eligible to enter if you've brought in three new members to KSCA since spring '09 convention

KSCA member: _____

3 members: _____ / _____ / _____

KSCA VISION:

All Kansas students are assured the services of licensed Professional School Counselors at a minimum ratio of 250 students to one licensed Professional School Counselor (ASCA)

KSCA MISSION:

The mission of KSCA is to promote the implementation of the Kansas Comprehensive School Counseling Program, advancing and insuring quality academic, career, and personal-social development of all students by Professional School Counselors.

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