



## RELAX AND TAKE HEART...

the only person who ever got all the work done by Friday was Robinson Crusoe.

Not funny? Too stressed to laugh?

This time of year can really make a person lose their sense of humor! It's busy, isn't it? Speaking only for myself, spring often makes me wonder if I have

made a difference at all!

**Take heart** - we have included articles to help you end your year on a positive note with a look toward preparation for next fall that will help you come back to an organized new school year.

We have included several 'go-to' tools/resources that we use regularly and we wanted to share them. Please feel free to contact Paula @ kssca.com to offer some of your own 'go-to' resources. We'd love to include resources that have been tried and proven helpful in your school.

**Happy Spring!**

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## Educational Awareness Dates President's Message by Kris Burkholder

Each school year, there are many dates that tie in to educational awareness and our school counseling curriculum. I have compiled a list of

monthly events that you may want to use in your curriculum.

The list can be found on Page 2.

## Congrats!

Stefanie Speer was selected as the 2008 recipient of the KSCA Scholarship. The scholarship was awarded to her at the KSCA meeting at KCA in Topeka. Stefanie is working on a master's degree in school counseling at Kansas State University. She teaches fifth grade at Sheridan Elementary School in Junction City. Stefanie completed a bachelor's degree in elementary education at Kansas State University in 2002.

## Educational Awareness Dates contd.

### September

*Backpack Safety Month*  
*Children's Good Manners Month*  
 National Good Neighbor's Day - Sept. 5  
 International Literacy Day - Sept. 8  
 Grandparents' Day - 1<sup>st</sup> Sunday after Labor Day  
 National ADHD Awareness Day - Sept. 14  
 Citizenship Day - Sept. 17

### October

*Month of the Young Adolescent*  
*Computer Learning Month*  
*National Crime Prevention Month*  
*Diversity Awareness Month*  
*Domestic Violence Awareness Month*  
*Family Health Month*  
 World Smile Day - 1<sup>st</sup> Friday in October  
 International Walk Our Children to School Day -  
 October 8  
 National Character Counts Week - October 15 -  
 October 21  
 Red Ribbon Week - October 23 - October 31  
 Make A Difference Day - October 27

### November

*Career Development Month*  
 National Family Literacy Day - Nov. 1  
 Kids' Goal Setting Week - Nov. 1 - Nov. 5  
 World Kindness Week - Nov 10 - Nov 16  
 World Kindness Day - Nov 13  
 Mix It Up Day - Nov 14  
 National Parental Involvement Day - Nov 15  
 Great American Smokeout - Nov 18  
 Youth Appreciation Week - 2<sup>nd</sup> full week of Nov

### December

*National Drunk and Drugged Driving Prevention  
 Month*  
*Safe Toys and Gifts Month*

### January

*National Mentoring Month*  
 Kindness and Justice Challenge - 2 weeks follow-  
 ing Martin Luther King's Birthday

### February

Groundhog Job Shadow Day - Feb. 2  
 National School Counseling Week - Feb. 4 - 8  
 Random Acts of Kindness Week - Feb. 11-17

### March

*National Talk With Your Teen About Sex Month*  
 Read Across America - March 2  
 Absolutely Incredible Kid Day - 3<sup>rd</sup> Thursday of  
 March

### April

*Alcohol Awareness Month*  
*Keep America Beautiful Month*  
*National Child Abuse Prevention Month*  
 Kick Butts Day - 1<sup>st</sup> week of April  
 International Children's Book Day - April 3  
 National Student Leadership Week  
 National Volunteer Week - April 27 - May 3  
 National Youth Service Day  
 Take Our Daughters and Sons to Work Day -  
 April 24  
 National Turn Off TV Week - April 22 - 28

### May

*National Mental Health Month*  
*Get Caught Reading Month*  
 Reading is Fun Week - May 4 - 10  
 Be Kind To Animals Week - May 6 - 12  
 National Suicide Awareness Week - May 4 - 11  
 National Safe Kids Week - May 6-13  
 World No Tobacco Day - May 31

## Red Ribbon Activities

### Past President's Message by Val Beikmann

Throughout the years, I have done numerous activities to recognize Red Ribbon Week. During my years at the elementary level, I was fortunate to have the support of the teachers in the building in helping me kick-off and carry out this event each year.

I was also able work with and gather manpower from the local parent organization.

Probably the most fun for the students was the kickoff celebration the Friday night before Red Ribbon Week. For two years we held a sock-hop for the students and provided free admission for those wearing red. Our local Dare Officer served as the DJ for the event. We were able to get some donations from local businesses as well as the National Guard and gave away door prizes throughout the evening.

We mixed it up by having a lock-in for the students the third year. No, we did not keep them overnight, but we did provide activities for 2 hours. Parent involvement was stressed and students could not attend unless a parent or older sibling was with them. We had various rooms/stations available to students. The stations included activities such as face painting as

well as makeup, fishing, bowling, obstacle course, hula hooping and karaoke.....the only limit is your imagination!

For several years, we would have designated dress up days. The students enjoyed having the opportunity to dress up since it was like having their own homecoming. These include such days as "Toon Out" Drug day and student wore their favorite cartoon character, "Team Up Against Drugs" where students wear their favorite team jersey and "Living Drug Free is No Sweat" and student wear sweatshirts and/or sweatpants. We also offered daily classroom drawings for those students wearing their ribbon each day.

One of the most successful activities we did was created a bulletin board using teacher's baby pictures and the theme "Born to be Drug-Free." The

most correct.

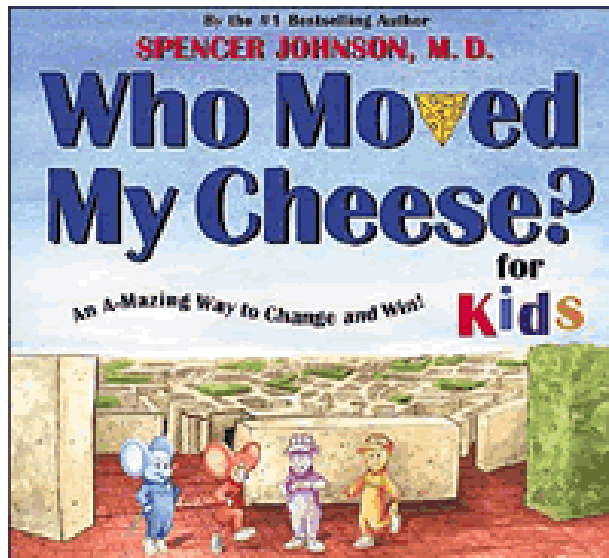
Although at the junior high and high school level, Red Ribbon Activities get a bit trickier, I have had some success with the following ideas. MHS StuCo held a seat belt check as the students were arriving to school. We handed out candy to those arriving with seat belts on and gave a handout to all students telling the importance of seat belts. Juniors high students participate in a jeopardy-formatted drug and alcohol session. We read drug and alcohol information during the morning announcements. We also attached drug free messages to the fruit rollups and the milk cartons. During our high school football game, StuCo members handed out red ribbons to all in attendance and an announcement in made during halftime.

As you prepare for Red Ribbon

*Are you ready for  
Red Ribbon Week 2008?*

students had fun trying to guess each teacher based on their younger picture. At the end of the week we gave away prizes to students who had the

Week 2008, I hope some of these ideas will be helpful.



A Back-to-School Book  
Worth Buying!  
Technology Message by Paula Russell

This book was published in 2003 and it has been one of the best 'teaching' stories I've ever used! The adult version is excellent as well but the children's version is really catchy and students respond very well to its' characters.

It doesn't matter if you have adult size concerns about change ~ such as new administrators, budget cuts, or an empty nest ~ or children sized concerns ~ such as being mistreated by a 'friend' or needing special help in the classroom ~ this book helps you find the 'new' cheese!

Our Elementary classes made posters to display throughout the school and kids often described their own behavior in terms of the characters of the book: Hem, Haw, Sniff, and Scurry.

I use it through out the school year and I created an AR test for it so students can get points for listening a counseling lesson and reviewing the book on their own. It is a great FALL book because starting a new grade with a new teacher can be scary.

The website is awesome as well. The address is:

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

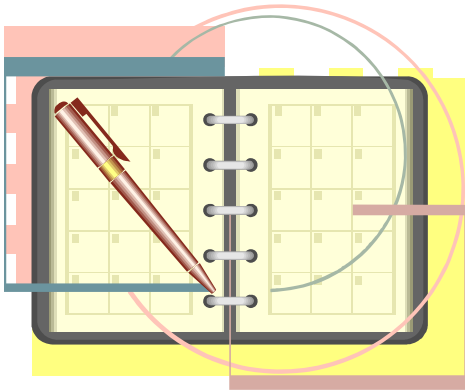
## Red Ribbon Week Ideas

### Elementary Vice President's Message by Kathy Isaacson

- ★ Theme Days:
  - "Turn Your Back on Drugs Day"  
wear your shirt backwards
  - "Sock It to Drugs Day"  
wear mismatched socks
  - "Wear Red Day"
  - "Put a Cap on Drugs Day"  
wear favorite cap or small hat
  - "Team Day"  
wear school colors
- ★ Drawings of small prizes (\$1 items) during the week. To win, student must have their red ribbon.
- ★ Dangers of Smoking. Making a caterpillar out of circles, writing on each circle a danger of smoking. Using a caterpillar puppet that changes into a butterfly to illustrate how a person's body is healthier without smoking.
- ★ Making Good Decisions. Have posters with Yes and No on them. Use fly swatters for students to show their answer to some decision questions such as those involving peer influences, etc.
- ★ Making Good Decisions. Use same directions as above, only use Dangerous and Healthy poster for the answers.



*Red Ribbon Week*  
*October 23 - 31, 2008*



## Organizing Myself! Technology Message by Paula Russell

Every year in the spring I make a vow to myself to be 'more organized' next year. I think I have finally found a system that works pretty well! I borrowed this idea from our school secretary and I hope it helps you out too.

Our secretary's system was to note on index cards throughout the year what she did monthly and then she could plan accordingly the next year and wouldn't be caught off-guard with her work load. I keep track of my activities by using a planner and it's great to stay up to date with current issues, etc.; however, each year I would feel like I was forgetting something and then I'd hustle to catch up with a yearly activity that I should have remembered! After trying the note card method I have been able to fill out my planner ahead of time (during the summer) and it really helps me organize my time.

This system isn't for everybody but I find it very helpful. Some of the organizing is done before students arrive. I listed August as my sample month to-do reminder list. (That doesn't mean I get everything done!) :) It does help me feel more prepared and less overwhelmed. It also helps me put the kids first instead of the paperwork details that can bog me down.

## Beginning of the year August/September

- Add new students to lists
- Personalize planners with name tag/number and arrange for drawing prizes for completed planners for the 1st nine weeks
- Teacher hand out previous year's info for student permanent file
- Prepare CRT dates for teachers and update copies as needed, schedule K, 1 classes for my administration of Rdg. CRT's.
- Send out reminders of how classes did on State Assessments (preliminary at the point) and note students who need extra attention on specific standards
- Add new students to testing programs (STAR programs, KAN-ED accounts) and schedule new students to be tested
- Character Ed. Accelerated Reader list updated for doubling during each month's themes
- Organize Project Wisdom Announcements to correspond with monthly themes
- Set classroom counseling schedule w/standards and give booklets to teachers so they are aware of my lessons
- Middle School Character speakers/monthly events
- Contact county health to schedule November -Tar Wars
- Give monthly Character themes to classroom teachers for daily work (we have 10' lessons every morning)
- Bulletin boards for upstairs, downstairs, and hallways
- Check to see if any students were in -process for sped identification
- Organize small groups for 6,7,8 and set meeting dates
- Itinerant schedules for faculty
- SIT material handed out to teachers
- KSCA organization work/NC organization activities
- Begin At-Risk list for District Office
- Newsletter/parent info for monthly theme and classroom lessons
- Schedule 2<sup>nd</sup> grade state rdg. Assessments (QRI-II)
- 1<sup>st</sup> In-Service -touch base on state assessment preparations by classrooms and CRT results
- After State Assessments are finalized: print parent letters, affix labels to perm folders
- Individual counseling referral note to teachers and scheduling times available.

Want more ideas??? Keep reading!

## A Book List of Organizational Strategies for the School Counselor

*The following SAMPLE items taken from:*

### A Survival Guide for the Elementary/Middle School Counselor by John J. Schmidt, Ed. D.

#### School Counselor Monthly Report

Record information on the appropriate blanks for each item.  
If an activity was not performed during the month, mark NA.

- |    |  |       |
|----|--|-------|
| 1  | Number of individual counseling sessions.                | _____ |
| 2  | Number of group counseling sessions.                     | _____ |
| 3  | Number of small group guidance sessions.                 | _____ |
| 4  | Number of teacher consultations.                         | _____ |
| 5  | Number of parent conferences.                            | _____ |
| 6  | Number of classroom guidance sessions.                   | _____ |
| 7  | Number of peer helper conferences/and training sessions. | _____ |
| 8  | Number of observations.                                  | _____ |
| 9  | Number of individual appraisals.                         | _____ |
| 10 | Number of group assessments.                             | _____ |
| 11 | Number of extra-curricular meetings.                     | _____ |
| 12 | Number of referrals made to community agencies.          | _____ |
| 13 | Number of referrals made to school system services.      | _____ |
| 14 | Number of meetings attended.                             | _____ |
| 15 | Number of in-services presented.                         | _____ |

Topics: \_\_\_\_\_

Special events coordinated during the month.  
\_\_\_\_\_

#### Teacher Survey for Group Counseling

**Teachers:**

**I would like help with some of the children who are having difficulty learning and completing their assignments in your classes. Group counseling can be effective in helping children focus on their behaviors and make appropriate changes.**

**Please take a minute to complete this survey if you have students who might benefit from counseling services. Check the items that describe students in your class. Your input will help us decide what types of groups are most needed.**

**You may list students name on the back.**

**Thank You!**

**Teacher's Name** \_\_\_\_\_

**I have students who:**

- Do not pay attention in class
- Waste Time
- Do not hand in their work
- Put themselves down
- Do not know how to cooperate
- Do poorly on tests
- Talk out of turn
- Are underachievers
- Put others down

#### Teacher Form For Individual Counseling Evaluation

In (MONTH) of this year, you referred (STUDENT) for individual counseling because (IDENTIFIED CONCERN). Please circle the question below to indicate your observations about the progress being made with this student. You may include comments if you would like. When completed, return the form to the counselor's mailbox in a sealed envelope. Thank you for your assistance.

Problem Worse?

No Change?

Much Improvement?

Comments? \_\_\_\_\_

## A Book List of Organizational Strategies for the School Counselor

- ⇒ The School Counselor's Book of Lists  
by Dorothy J. Blum, Ed.D.
- ⇒ Forms For Use In Counseling Children by Lawrence Shapiro, Ph.D.
- ⇒ Strengthening K-12 School Counseling Programs by Donald R. Rye, Ed.D., Rozanne Sparks, Ed.D
- ⇒ ASCA National Model for School Counseling Programs (Manual and Workbook)

All of these books are great helps with forms and uncommon situations. Most come with a great index as well as bibliotherapy lists, and material lists with pricing and book reviews.

What type of articles would you find helpful in the newsletter?

Email

paulagrussell@Yahoo.com

"He who every morning plans the transaction of the day and follows out that plan, carries a thread that will guide him through the maze of the most busy life. But where no plan is laid, where the disposal of time is surrendered merely to the chance of incidence, chaos will soon reign."

Victor Hugo (1802 -

Want a great  
**FREE** counseling  
resource sent to  
your mailbox?

exchangelessons · A new resource for K-12 school staff

An online community for school social workers, counselors, and psychologists to post and share lesson plans, small group counseling sources and behavior management ideas for students in grades K-12.

Go to:

<http://groups.yahoo.com/group/exchangelessons/>

## The Road to Significance

(Taken from *Character Counts*, Michael Josephson Institute)

The most traditional way to measure the quality of one's life is to list accolades, achievements, and acquisitions. In its simplest terms, success is getting what we want, and most people want wealth and status.

Yet as much pleasure as these attributes can bring, the rich, powerful, and famous usually discover that true happiness will elude them if they don't have peace of mind, self-respect, and enduring loving relationships.

Peace of mind doesn't preclude ambition or desire for material possessions or high position, but it assumes a fundamental foundation of contentment, gratitude, and pride - a belief that whatever one has is enough and an active appreciation for the good things in life.

Feeling successful can generate satisfying emotions of self-worth, but feeling significant - that one's life really matters - is much more potent. Peter Drucker, the great management guru, captured this idea when he wrote of the urge many high achievers have to "move beyond success to significance."  
The surprise for many is that one of the surest roads to significance is service.  
It doesn't have to be of the Mother Teresa missionary variety.

Parents who sacrifice their comfort and pleasure for their children are performing a service, as are teachers, public-safety professionals, members of the military, and volunteers who work for the common good.

In addressing graduates, Albert Schweitzer said, "I don't know what your destiny will be, but one thing I do know: The only ones among you who will be really happy are those who have sought and found how to serve."

This is Michael Josephson reminding you that character counts.

<b>Kristina Burkholder, President</b>	burkhold@usd487.org
<b>Deb Woodard, President-Elect</b>	dewooda@yahoo.com
<b>Val Beikmann, Past President</b>	vbeikmann04@yahoo.com
<b>Cathie Kunstel, Secretary/Treasurer</b>	ckunstel@usd234.org
<b>Ken Hughey, Post Secondary VP</b>	khughey@ksu.edu
<b>Kristi Dixon, Secondary VP</b>	kdixon@bluevalleyk12.org
<b>Judy Johnson, Middle Level VP</b>	jjohnson68@yahoo.com
<b>Kathy Isaacson, Elementary VP</b>	kathy.isaacson@usd305.com
<b>Tonja Wienck, Awards</b>	t_wienck@teen.k12.ks.us
<b>Rhonda Wright, Government Relations</b>	rhonda.wright@usd305.com
<b>Elaine Werner, Membership</b>	wernere@usd320.com
<b>Cheryl Bowen, Professional Development</b>	bandcbowen@tvecwb.com
<b>Bill Bush, Public Relations/Advocacy</b>	bbush@usd396.net
<b>Paula Russell, Technology</b>	paulagrussell@yahoo.com
<b>Becca Flowers, Peer Programs</b>	bflowers@usd438.k12.ks.us
<b>Dr. Pat Neufeld, Peer Programs</b>	neufeld@emporia.edu