

# Guidance & Counseling Program NEWSLETTER

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PARENTS' EDITION  
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Happy October!!!  
As your School Counselor, my job is to provide support to students, parents, teachers, administrators, and staff as we all work together to provide the best learning environment for your children.

CHARACTER  
EDUCATION TRAIT  
OF THE MONTH:

CITIZENSHIP

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## RED RIBBON WEEK Oct. 23-31, 2008

**Red Ribbon Week** began after the kidnapping, torture and brutal murder of Drug Enforcement Administration (DEA) Agent Enrique "Kiki" Camarena in 1985. Agent Camarena had been working undercover in Guadalajara, Mexico for over four years. Mr. Camarena's efforts led to a tip that resulted in the discovery and dismantling of a multimillion dollar narcotics manufacturing operation in Chihuahua, Mexico.

The **Red Ribbon Celebration** brings millions of people together to raise awareness regarding the need for alcohol, tobacco and other drug and violence prevention, early intervention, and treatment services.

The **Red Ribbon Campaign** is also

a **CALL TO ACTION!** This week-long campaign provides opportunities for students, parents, and teachers to join together to address the alcohol, tobacco, other drugs and violence-related issues or concerns in our community. In our school we will be doing different activities with our students to send a message of alcohol, tobacco, and other drug abuse prevention. The Theme for this year is:

**"Ask Me, See Me, Be Me...I'm Drug Free"**

Parents can take this opportunity to discuss with their children the importance of living a healthy, peaceful, drug-free life.

Information obtained at:

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

## PARENTS' PLEDGE TO PREVENT SUBSTANCE ABUSE

I pledge to set guidelines to help my child grow up safe, healthy and drug-free.

As a parent, I will talk to my children about the dangers of drug abuse.

I will set clear rules for my children about not using drugs.

I will set a good example for my children by not using illegal drugs or medicine without a prescription.

I will monitor my children's behavior and enforce appropriate consequences, so that our family rules are respected.

I will encourage other family members and friends to follow the same guidelines to keep children safe from substance abuse.

From the National Family Partnership Website.



*“If you want children to keep their feet on the ground, put some responsibility on their shoulders.”*

*~Abigail Van Buren*

## DEVELOPING CHARACTER: CITIZENSHIP

Helping children develop to their full potential as citizens is an important priority of families, communities and schools. Developing citizenship means becoming a productive, responsible, caring and contributing member of society. It includes:

- being successful in school;
- making responsible decisions;
- caring about others;
- contributing to society;
- developing social and personal skills, such as reflective problem solving, accepting a variety of perspectives, and setting and attaining goals; and
- developing a core set of common values

## TO HELP DEVELOP CITIZENSHIP...

**Plan family service projects or civic activities.** At the heart of good character is a sense of caring and concern for others. Numerous opportunities for family service projects exist in every community that even young children can participate. Simple acts like taking food to a sick neighbor, mowing an elderly person's yard, or collecting outgrown clothes and toys for charity help youth learn the joys of assisting others and develop lifelong

habits of service.

**Set clear expectations for your children and hold them accountable for their actions.** Defining reasonable limits and enforcing them appropriately establishes the **parents as the moral leaders** in the home and provides a sense of security to children and youth. It also lets them know that you care enough about them to want them to be people of good character.

## HOME LEARNING ASSIGNMENTS

Many research studies have demonstrated that **homework** has a positive impact on academic achievement and also assists in the development of important learning skills and study habits in children.

Parents must assist their children in maintaining a consistent homework completion routine. This does not mean that you have to sit down with

your child every day and help him do his homework (or, even worst, do his homework for him).

You should provide an appropriate setting for doing homework (free of distractions) and encourage the child to use the agenda to write assignments; read directions carefully; remember what the teacher said; make sure he finishes and turns in all assignments.

## SELF ESTEEM: A "CAN DO" ATTITUDE

Many people have talked and wrote about the effect of "attitude" in the kind of life that we end up living.

As parents, when we instill in our children a "Can Do" type of attitude as one to hold onto during both, easy times and challenging times, we are providing them with an amazing tool.

Parents can talk about and model the kind of positive attitude that can help

children feel good about their accomplishments and at the same time help them to overcome challenges when they are seen as "learning opportunities" and not as "failures".

Be Careful!! Never forget that children are watching you ...all the time. The way you solve your problems and take on challenges will teach your children what to do when they encounter their own roadblocks.

## HELPING YOUR CHILD TO DO WELL AT SCHOOL

- Each day ask your child what he/she did that day in school.
- Each day ask to see your child's papers and notices from school.
- Have a quiet time each day when the children sit down to do their homework — TV OFF.
- Make sure your child gets proper rest so he or she can function at school — a reasonable bed time.
- You take charge of the TV and decide what your children will watch. You may let them pick from "acceptable" programs. TV violence affects kids in harmful ways.
- Each child needs a place to call his or her own, a place to keep his or her things.
- All things for school should be assembled the night before.

## FAMILY TIME: HAVING FUN TOGETHER

Making the effort to find occasions to **spend time together as a family** is as important as having a consistent discipline/organizational system at home. There should be a balance between the time you spend "managing your household" (making sure rules are followed, giving directions and orders, completing household-related tasks, supervising homework, in other words, taking care of the parenting business) and the time you spend with your

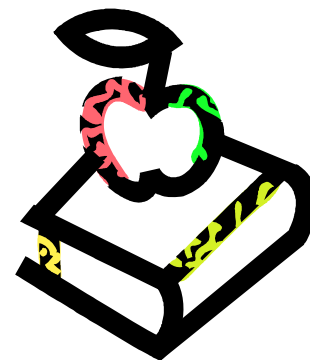
family enjoying each other, doing things together, learning more about each other, strengthening family bonds.

As parents, it would be important that you have in mind that the proportion should be something like 60%-40%. You should dedicate about 60 % of your interaction time with you children to "management" and 40% to engage in loving relationship-building, enjoyable activities.

## MAKING FRIENDS IS AN IMPORTANT SOCIAL SKILL

One of the most important social skills that children need to develop is making (and keeping) friends. Peers provide the benefits (and challenges) of one of the most important social groups for your child. **Friends** are peers that accept your child the way he is, care for him, and provide help as needed. As they grow up, children encounter numerous social challenges that,

according to the way they are resolved, they feed positively into a healthy self-esteem or may take away a piece of self-confidence. Your child's friends can help reaffirm self-efficacy beliefs, restore diminished self-confidence, and nurture wounded egos. Help your child learn to choose well and surround him/herself with a good group of friends.



**"There are two lasting bequests we can give our children. One is roots. The other is wings."**  
~Hodding Carter, Jr.