



# Counselor's Corner

## Meet the Counselor

Welcome and welcome back to Dr. Charles Drew Elementary School. My name is Mrs. Nadine Allen and I am the school counselor. I am honored to be part of this school community and I am looking forward to an exciting school year. I am a Maryland State Department of Education certified school counselor trained to address the academic, career, personal and social developmental needs of all students through comprehensive school counseling. This is my third year as a school counselor in Montgomery County. On a personal note, I am a married mom of two girls: Nia (an 8th grader at John Poole MS) and Zoe (a Kindergartener at Poolesville ES).



## Role of the School Counselor

As the counselor, I facilitate classroom lessons in each class every four weeks on a rotating schedule. We will typically read a story, maybe sing songs, play a game, and complete follow up activities. I also support peer mediation, skills development in small groups, and short-term individual counseling to support in-school achievement.

I typically send monthly newsletters with helpful tips and resources that address concerns and questions based on your feedback. They are available electronically on Drew's Website under Counselor's Corner and on the MyMCPS Parent Portal. This newsletter includes tips for starting a new year, an introduction to the role of the counselor and the counseling program, and some helpful resources.

I would like to offer you the option to provide some input on topics you would like to see included in upcoming newsletters. Please send me an email: [Nadine.Allen@mcpsmd.org](mailto:Nadine.Allen@mcpsmd.org) telling me your topics of interest. Thank you.

## September Counseling Lesson

This month Drew students will learn about my role as their school counselor and confidentiality (i.e. any they tell me is private except if they tell me they want to hurt themselves, hurt others, or someone hurts them). Students will also learn about the [Zones of Regulation](#)<sup>®</sup>, a framework and curriculum that teaches students strategies for emotional and sensory self-management. The Zones approach uses four colors (i.e., blue, green, yellow, and red) to help students identify how they are feeling in the moment given their emotions and level of alertness as well as guide them to strategies to support regulation. By understanding how to notice their body's signals, detect triggers, and consider how their behavior impact those around them, students learn improved emotional control, sensory regulation, self-awareness, and problem-solving abilities.

## Dad's Take Your Child to School Day

Dads Take Your Child to School is an annual event held at Dr. Charles R. Drew Elementary School celebrating the special relationship that fathers and other significant male caregivers have with their children. This event will occur on Tuesday, September 17, 2019 at 8:00 a.m. We are inviting fathers, stepfathers, foster fathers, grandfathers, uncles, brothers, godfathers, and any other significant male caregivers to accompany their child(ren) to school on September 17<sup>th</sup> and make a commitment to be involved in their child(ren)'s education throughout the school year with us at Drew. Please complete the [electronic form](#) to RSVP, so we will have an accurate count for breakfast. We hope you will attend!

## Peace Day

Peace Day is on Saturday, September 21, however at Drew we will be celebrating Peace Day on Friday, September 20, 2019. Peace Day provides a powerful opportunity for Drew students to consider the concept of peace and how they can be a peacebuilder in their world, as well as to express their visions for peace – personal, local and/or global. Observing Peace Day is also a powerful way to open the year with dialogue about interpersonal respect, compassion and local/global citizenship. Drew Peace Day activities (i.e., Pinwheels for Peace, Only One You) are flexible and can connect with multiple curriculum areas and anti-bullying programs.

## Tip of the Month

### The Importance of Home & School Teamwork

Neither parents nor teachers working alone can do everything to help students learn. But when parents and teachers are on the same team, children win every time. Here's how you can contribute to the partnership:

- **Establish and enforce** firm, fair & consistent rules. Respect for rules at home will translate to respect for learning.
- **Support your school's policies** for attendance, discipline, homework, etc.
- **Come to every school event you can**, including teacher conferences.
- **Use a respectful tone when talking** about the school or the teacher. Make sure your child knows that the teacher is in charge in the classroom and requires respect.
- **Show you believe that education is important.** Set a good example. Spend time reading to show your child that reading is enjoyable and useful. Stay positive about school. Your attitude will rub off and lead to better academic success.

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## October

### Counseling Lesson

This month Drew students will learn about our first character trait (i.e., responsibility) from the Six Pillars of Character. The Six Pillars of Character are the core ethical values of Character Counts. These values were identified by a group of youth development experts in 1992 as core ethical values that transcend cultural, religious and socioeconomic differences. The six pillars are: Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship.

As mentioned, Drew students will be learning about RESPONSIBILITY this month. Responsibility is:

- doing what you are supposed to do;
- planning ahead;
- being diligent;
- persevering;
- doing your best;
- using self-control;
- being self-disciplined;
- thinking before you act;



- being accountable for your words, actions, and attitudes; and
- setting a good example for others.

This lesson dovetails with Drew's school wide character program and PBIS expectations. Please speak with your child about our lessons.

Additionally, Grade 5 students will be introduced to their home middle school (Francis Scott Key MS), [Middle School Magnet Consortium](#) (MSMC) whole school magnet program (i.e., Argyle MS, Louderman MS, and Parkland MS), and [Middle School Magnet Programs](#) (i.e., Eastern MS and Takoma Park MS).