



MAY HAPPENINGS

- May 1 May Day
- May 3 2nd Grade trip to the Monadnock Center for History and Culture
- May 7 PTO Meeting 6:00 in the Pierce School Library
- May 10 Colonial Theater in Keene; 1st grade
- May 10 Community Supper 5:30
- May 11 Assembly 2:40 Reporters Kindergarten, 2nd and 4th Grades
- May 15 Lend an Ear; 4th grade
- May 19 Children and the Arts Festival and Parade
- May 24 GBS Ambassadors visit 4th Grade 10:30
- May 25 Assembly 2:40 Reporters 1st & 3rd Grades
- May 28 Memorial Day ~ NO SCHOOL
- May 29 Parent Orientation at GBS for 4th Graders' Parents 6:30
- May 31 4th Grade Students attend Fly-up at GBS

SPECIALS: 4/30 PE (sneakers); 5/7 Library/Media; 5/14 Health (sneakers);
5/21 PE (sneakers); 5/29-6/8 MuzArt

~~~Cornucopia 1<sup>st</sup> Grade Thursdays beginning April 19<sup>th</sup> through May~~~

Coming in June: 6/5 Field Day- all day at CVHS sport fields (6/12 rain date); 6/7 All School Field Trip to the Montshire Museum; 6/8 PTO Ice Cream Social 6:00; 6/11 Dodge Library Introduction to the Summer Program with Steve Blunt; 6/15 Assembly; 6/19 3<sup>rd</sup> Grade trip to VINS; 6/20 4<sup>th</sup> Grade Celebration 6/22 Volunteer Assembly/Last Day 2017-18 (dismissal at noon)

*\*In order to maintain our supply, please return borrowed garments, (laundered and ready to use), to Pierce School. Thank you!*

Robin Gregg, School Counselor

### **Recent Classroom Counseling Lessons: Career Awareness, Social Skills, Dealing with Strong Feelings/Self-Regulation, and Problem-Solving**

Kindergarten students discussed their job at school as a student, and connected some of their “work responsibilities” with those of other jobs. They discovered that math, reading, and writing are used in many jobs. They discussed the importance of the skills reflected in our school values (Pierce School: *Be Kind, Be Safe, Do the Right Thing, Have Courage*; Antrim Elementary School: *Kindness, Respect, Honesty, Cooperation*) for most jobs, too. They shared what they know about the jobs held by family or community members and their hopes for their own future jobs/careers. This lesson comprises one piece of the K-12 career awareness component of the American School Counselor Association (ASCA) Model and our NH school counseling program standards.

First and Second Grade students are discussing feelings such as frustration, elation, anger, excitement and sadness, and are learning and practicing strategies for emotional self-regulation/control, such as “belly/balloon breathing”; slow counting; and positive self-talk (e.g., “I can calm down;” “I can do it.”) They are beginning to integrate what they know about strong feelings and strategies for dealing with them and what they are learning about problem-solving, learning a process that includes explicit steps, beginning with: *Stop, Name Your Feeling and Calm Down*. They have also reviewed and practiced assertiveness (the skill of asking for what you need or want in a respectful, clear, strong way) and also how to respond appropriately to assertiveness.

Third and Fourth Grade students are practicing social skills, using the *Skillstreaming* curriculum. Working in small groups, they review the steps involved in each skill (e.g., completing assignments, joining in, beginning a conversation, dealing with no, making a complaint, responding to a complaint, dealing with losing, asking for help, deciding what to do after completing work) and role-play the skill for the rest of the class. Students are also reviewing what they learned about the brain earlier this year (from the *MindUp* and *Second Step* curricula), how the amygdala and prefrontal cortex are involved in strong feelings and rational thoughts, respectively. They are reviewing strategies for emotional self-regulation (what to do when you “flip your lid,” so to speak). They also talked about diversity and the importance of appreciating differences. In addition, they are beginning to discuss strategies for problem-solving, first reviewing the problem-solving steps they learned in previous grades: *Stop, Name Your Feeling and Calm Down*.