

# COUNSELOR

connection



**OTTO-ELDRED ELEMENTARY SCHOOL -AUGUST/SEPTEMBER 2022**

## MENTAL HEALTH MINUTE

Going back to school can be a stressful time for students. All students are transitioning from being at home in the summer to going back to their school routines. Follow these tips to get your children back into the school mode:

- Make sure their child has a daily, predictable routine, with regular times for healthy meals, naps, and night sleep at home. Having a rested body and knowing what to expect at home helps children cope.
- Give children a safe space to share their feelings, and recognize anxiety is completely normal
- **COMMUNICATE** with your child, your child's teachers and school. Listen and acknowledge their fears. Give them coping strategies for when they are afraid.
- Remind them that emotions change, and **it's okay not to be okay** all the time.

## CHARACTER TRAIT OF THE MONTH

### Growth Mindset

Definition:

Believing that your brain can grow and learn many new things

**The Power of Yet!**

## GROWTH MINDSET AT HOME

Keep the growth mindset conversation going at home by hosting a family movie night and watching one of these great movies:

- Turbo (2013)
- Zootopia (2016)
- Leap! (2016)
- Kung Fu Panda (2008)
- Cars 3 (2017)

## REMINDERS

**- NO SCHOOL ON SEPTEMBER 5, 2022-**

Mrs. Storer's Contact Info:

Email: [cstorer@ottoeldred.org](mailto:cstorer@ottoeldred.org)

Phone: 814-817-1380 OPT. 1



# Meet the School Counselor

## About Me

Hi! My name is Colleen Storer! I am SO excited to be your child's school counselor this year!

I have been the school counselor for over 5 years. 2 years ago, I started in the district at the high school. When the elementary school position became available for this school year, I decided it was time to go back to my roots! (Fun Fact: I did my school counseling internship at Otto-Eldred Elementary School in 2018!).

I am looking forward to being back at OEES and getting to know you and your kiddos! Please feel free to contact me at any time with any questions or concerns you may have regarding your child's academic, social, or emotional needs.

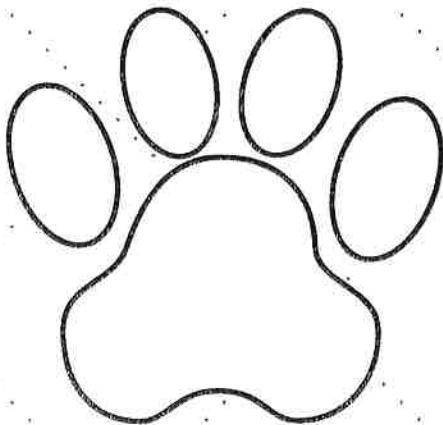
## Contact

Email:

[cstorer@ottoeldred.org](mailto:cstorer@ottoeldred.org)

Conference Hours:

8:15-9:00 daily and as needed



## Meet



*Mrs. Storer*

## My Favorites

COLOR: Pink

FLOWER: Peony

HOBBY: Four Wheeling

DRINK: Fresca

FOOD: Chicken Wing Pizza

SPORTS TEAM: Notre Dame

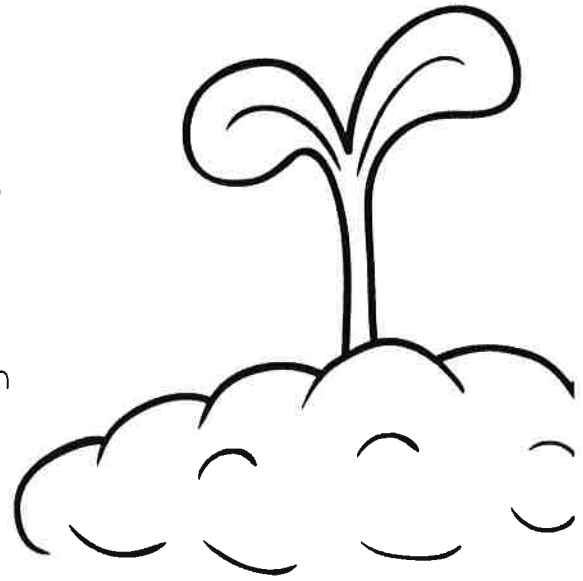
SEASON: Fall

CANDY: Dots or Reese Cups

# growth mindset

## what is it?

We used to think that our intelligence was fixed – meaning we were either smart or we weren't. Scientists have proven again and again that simply is not true. Our brain acts like a muscle – the more we use it, the stronger (and smarter) our brain becomes.



### IS YOUR MINDSET FIXED?

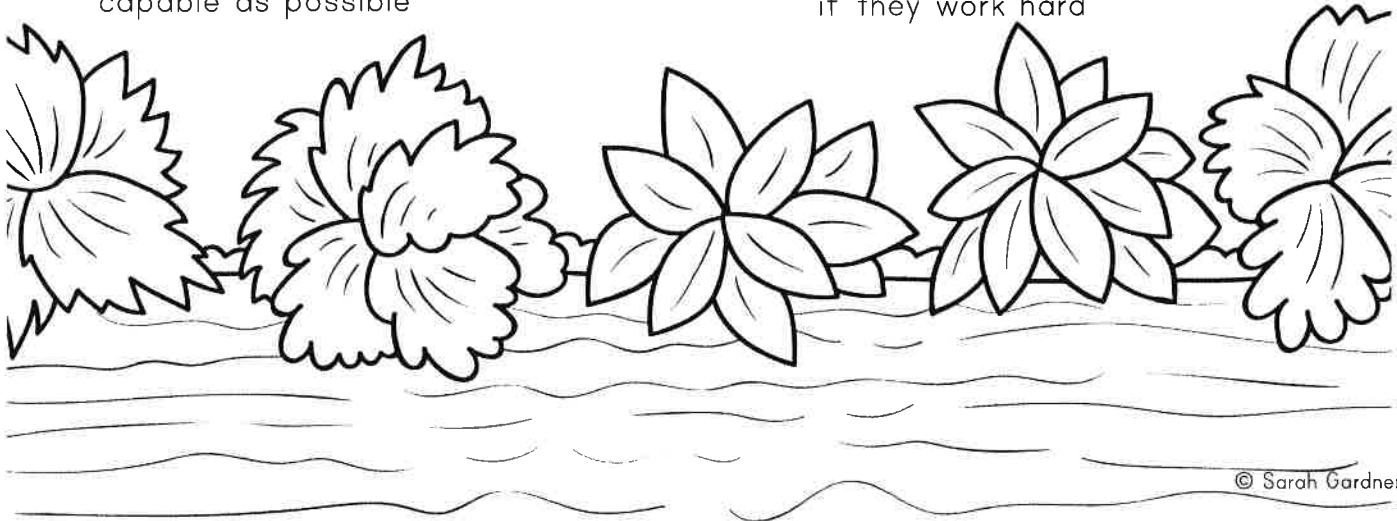
A person with a fixed mindset may do these things:

- avoid challenges
- give up easily
- ignore feedback
- become threatened by other people's success
- try hard to appear as smart or capable as possible

### WHAT DOES A GROWTH MINDSET LOOK LIKE?

A person with a growth mindset may do these things:

- embrace challenges
- give their best effort
- learn from feedback
- become inspired by other people's successes
- believe their intelligence can change if they work hard



# growth mindset

## ways to help your child

### TALK ABOUT IT

Talk with your child about their day, but guide the discussion by asking questions like:

- Did you make a mistake today? What did you learn?
- What did you do that was difficult today?

### ENCOURAGE FAILURE (say what?!)

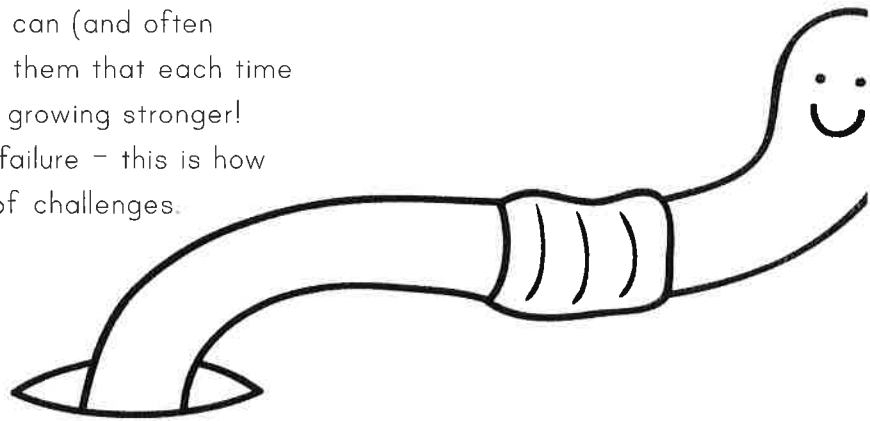
Your child needs to know that failure can (and often does) happen and **it is okay!** Remind them that each time they fail and try again, their brain is growing stronger! Don't step in to prevent your child's failure – this is how they learn to persevere in the face of challenges.

### PRAISE THE PROCESS

Instead of saying, "You're so smart!" praise effort, goal setting, persisting through challenges, or being creative.

You can say something like:

- "Wow! You must have worked really hard on this!"

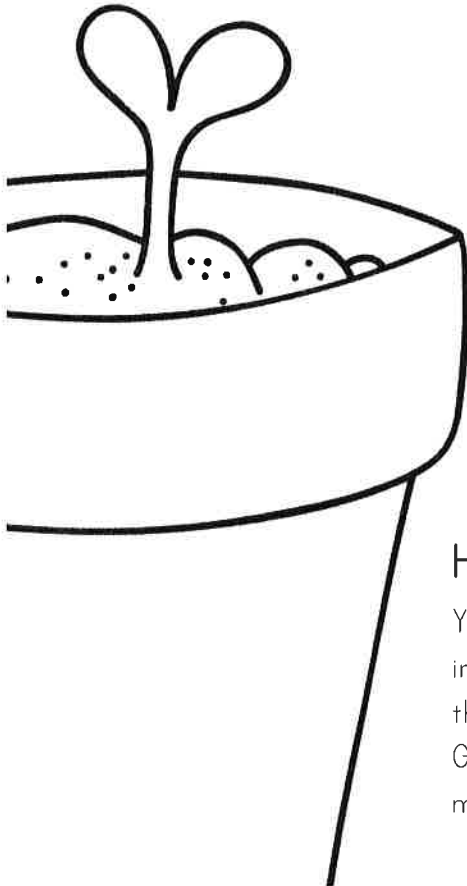


### THE BRAIN CAN GROW!

Remind your child that **their intelligence is not fixed**. Remind them that when things are difficult, their brain grows if they persists through the challenge. Each time they learn something new, their brain is making new connections. Your child needs to know this is possible!

### HELP THEM CHANGE THEIR DIALOGUE

Your child's self-talk, or internal monologue, makes a huge impact on their mindset. If they say, "This is too hard!" help them change that to "I can't do this yet, but I will keep trying." Give them the words to say when they are feeling defeated by modeling it yourself!



Family Name: \_\_\_\_\_

September 2022- Growth Mindset						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Practice Growth mindset self-talk: <i>Challenges are hard, but that's how we learn.</i>	2 Turn off all devices for at least 5 hours (after schoolwork has been done)	3 Call, Skype, ZOOM, Facetime a friend and talk about anything.	4 Turn off all devices for at least 5 hours (after schoolwork has been done)
5 Complete a mindfulness guided meditation as a family. You can access these on YouTube.	6 Complete 30 minutes of incidental physical activity. Example: vacuuming, putting clothes on the line or taking the bins out.	7 Take a family walk	8 Complete a journal activity for the day or compile a list of things you are grateful for.	9 Practice Growth mindset self-talk: <i>Feedback is how I learn and improve.</i>	10 Learn a new skill that the whole family can participate in. Ex- cooking a new dish, painting. Etc.	11 Create your own game to play with your family members. Be creative with your objects ex- wrap up some socks to make a ball.
12 Connect with a family friend who you have not spoken with in more than 1 month	13 Write a list of affirmations and Growth mindset self-talk.	14 Participate in Yoga. There are some available on YouTube or you create your own.	15 Spend at least 30 minutes outside as a family.	16 Turn off all devices for at least 5 hours (after schoolwork has been done)	17 Watch one of the movies listed in Mrs. Storer's newsletter as a family	18 Do something for a family member e.g. cook a meal, tidy part of the house, offer to mow
19 Practice Growth mindset self-talk: <i>I can't do it yet, but I think I can learn to with time and effort.</i>	20 Everyone pick someone you admire - what values do you share? Discuss as a family	21 Write a thank you note to someone who helped you improve a skill you have and post it/email it.	22 Participate in a self-care activity Ex-going to bed early, painting, deep breathing,	23 Go on a nature walk as a family.	24 Complete a jigsaw puzzle, sudoku or crossword puzzle as a family.	25 Participate in a virtual workout as a family for at least 30 minutes. Examples: YouTube fitness videos.
26 Play a board game with your family members.	27 Practice Growth mindset self-Talk: <i>This is how I improve - by watching and learning from an expert.</i>	28 Tidy your room / desk while practicing Growth mindset self-talk.	29 Watch your family's favorite show/movie then discuss how it made you feel.	30 Turn in your calendar to Mrs. Storer 🍌		

### Calendar Directions:

Color in the square of each activity you and your family participate in during the month.

At the end of the month, have your child turn in your family's calendar to Mrs. Storer.

Mrs. Storer will randomly pick a family to win the prize of the month!

Questions? Contact Mrs. Storer at [cstorer@ottoeldred.org](mailto:cstorer@ottoeldred.org) or call the school!

