

# The Counselor's Desk

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## Classroom Guidance

Classroom Guidance is designed to assist the teacher with the social and emotional learning of children. We all want young people to be knowledgeable, caring, responsible, and healthy. Young people who succeed academically and in their personal lives are socially and emotionally competent. They are self-aware. They have a positive attitude toward themselves and others. They can handle emotions, set and achieve goals, and solve problems. They can communicate effectively. They are cooperative. They make a positive contribution to their family, community and world.

To achieve this the counselor visits each classroom, K-4, one time each month to teach and reinforce skills that help build social and emotional skills of our children.

## Counseling Programs at Nixon School

- Individual counseling: This is available to any student who needs to communicate about issues relevant to them regarding interpersonal and/or academic development.
- Small Group Sessions:
  - *Changing Family Groups:* This group is for students who are currently experiencing parental separation and/or divorce. The group provides information and teaches skills to assist the children cope with family changes.

- *Newcomers' Club:* All students new to Franklin School meet the counselor to help them orient themselves to their new school.
- *Friendship Groups:* Sometimes children have a difficult time making or keeping friends. In this group we explore self-esteem and skills for making friends.
- *Study Skills Groups:* This group is most popular with 3<sup>rd</sup> graders who experience a greater need for organization, planning and research. The focus is on academic improvement.
- *Social Skills Groups:* Some children need additional coaching in making good choices in social settings. In this group we explore problem solving skills, anger management, manners and more.

## Calendar

April 6-9: Parent Teacher conferences

April 20-26: No TV/Screen Week

## Websites

[www.apa.org](http://www.apa.org) The American Psychological Association offers a general section on their web site maintaining articles on current issues.

[www.casel.org](http://www.casel.org) Collaborative for Academic, Social and Emotional Learning offers ongoing information on the importance of social and emotional learning (SEL).

[www.eqparenting.com](http://www.eqparenting.com) Dr. Elias and Dr. Tobias offer information on current parenting issues.

[www.incaf.com](http://www.incaf.com) The International Network for Children and Families is the founding organization for the parenting program "Redirecting Children's Behavior" that I offer during the school year. The website has parenting articles that are of interest.

[www.tvturnoff.org](http://www.tvturnoff.org) Offers information on the effects of media on children. Watch for the no TV week in April.

## Screen Time Fact Sheet

According to the Nielsen statistics Americans continue to watch more and more screened media. The conventional television still has the most viewers, but is quickly changing with greater use of DVR's, computers, cell phones and other screens as people utilize On Demand and other technologies now available.

1. The American academy of Pediatrics urges parents to avoid television and other electronic media for children two years of age and under.
2. Overweight U.S. babies are more numerous since 1980, a study in the journal Obesity found, growing to 6% from 3% of those under 6 months old.
3. 19% of children between ages 6-11 are overweight or obese.
4. In a study of preschoolers a child's risk of being overweight increased by 6% for every hour of television watched per day. If that child had a TV in his bedroom, the odds of being overweight jumped an additional 31% for every hour watched.
5. The Center for Disease Control estimates that if all stays as it is now, 1 in 3 children who were born in the year 2000 will develop Type 2 diabetes.
6. Research now indicates that for every hour of television children watch each day, their risk of developing attention-related problems later increases by 10%. For example, if a child watches three hours of television each day, the child would be 30% more likely to develop attention deficit disorder.
7. The more TV preschoolers watch, the less well they do academically in the first grade. The more TV preschoolers watch, the less well-socialized they are in the first grade.
8. Children in households where the TV is on "always" or "most of the time" are less likely to read than are children in other homes.

**Join us during No TV Week and turn off your screens.**