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Introduction

Happy Fall from your Guidance Department! We hope you and your families had an excellent summer and are getting settled back to school during this fall season. During this edition of our seasonal newsletter, you will find important news and dates from your School Guidance Counselors, as well as reminders about upcoming events and meetings.

We are looking forward to another exciting school year of working with students to achieve success at school. Through individual and group meetings as well as classroom

guidance lessons and instruction, your School Guidance Counselors will work closely with students to have a fun, successful, and exciting school year.

Beginning in the month of November, Mrs. Prochilo will be meeting with 7th grade students during Technology or Library classes to deliver a classroom guidance program focused on “7 Habits of Highly Effective Teens” by Sean Covey. The first session will be delivered during the week of November 10.



School Guidance Counselors' Contact Information

Your School Guidance Counselors are best reached through email but can also be reached by phone. Please feel free to contact us with any questions or concerns, as well as to schedule appointments or meetings.

Mrs. Lord: Grades K-5 School Guidance Counselor

ashlyn.lord@haverhill-ps.org

(978) 374-5775

Fax: (978) 374-3442

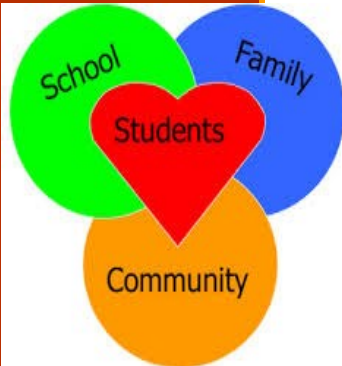
Mrs. Prochilo: Grades 6-8 School Guidance Counselor

kprochilo@haverhill-ps.org

(978) 374-5775

Fax: (978) 374-3442

November News



During the month of November, Mrs. Prochilo will be working closely with 8th grade students applying to private high schools or Essex Tech. Many of their due dates are approaching rapidly. If your child is going to apply to a private high school, please send in all the required documents with a Parent/Guardian signature to authorize me to send out all academic records. These records include report cards from 7th and 8th Grade, as well as all standardized tests score reports (MCAS). Most schools also require a recommendation from the Guidance Counselor and/or Teacher Recommendations. If this is the case, please make sure your child sees me to receive a Student Profile. I require at least a two week window to complete an application packet. Please direct any questions to Mrs. Prochilo either by phone (978) 374-5775 or by email kprochilo@haverhill-ps.org.

Important November Dates

Saturday, November 1 - Classical Academy exam at Haverhill High School.

Sunday, November 2 - Open house at Whittier Tech 1-4pm

Tuesday, November 4 and Tuesday, November 11 - No school for students

Week of November 10 - Mrs. Prochilo visits 7th grade Technology classes for classroom guidance

Saturday, November 15 - Open house at Essex Tech 9am-12pm

Friday, November 21 - Trimister 1 marks close



Elementary News from Mrs. Lord

During the upcoming months, we will continue small group counseling sessions in grades K-5. Small group counseling entails groups of students (typically 3-5) from the same grade level. These children are chosen to be part of a group depending on the topic. Students may sign up for a specific group, teachers or parents may refer, or students could be chosen by the counselor. Topics include, but are not limited to, the following: Social Skills, Self-Esteem, Anxiety, Anger-Management, Grief/Changing Families.

Typically, groups meet over the lunch/recess or specials period, once a week, for 6 weeks. Students will not miss any instructional time during our meetings. Parents will be informed when their child is being asked to participate in a group via a parent permission letter and/or a phone call from the counselor.

***Confidentiality is stressed at our first meeting**

December News



During the month of December, Mrs. Prochilo will continue to work with students who are applying to private high schools or Essex Tech. When Trimester I report cards are issued on December 3, we may finalize private school applications. Please make sure your child has met with Mrs. Prochilo and has turned in any necessary pieces of the application at least two weeks prior to the deadline.

Mrs. Prochilo will visit 8th grade classes and lunches the during the week before Christmas break to hand out Whittier Tech applications. Please complete the front page of the applications during the break and return the forms to Mrs. Prochilo. Please turn in applications with the front page completed by February 1.

Important December Dates

Tuesday, December 2 - 8th grade tour of Whittier Tech. All 8th grade students and teachers will be transported by bus at 8:45am and will return to Consentino at 11am.

Wednesday, December 3 - Trimester I report cards issued

Thursday, December 4 - Parent Teacher Conferences 6pm-7:30

Week of December 8 - Mrs. Prochilo visits 7th grade Technology classes for classroom guidance

Thursday, December 18 - Elementary (K-4) Field Trip to Haverhill High School for a chorus holiday show



Elementary Tips from Mrs. Lord

Friendships are an important part of school! Here are some tips for making and keeping friends.

Model good friendship skills for your child. Encourage friendliness, sharing and being a good listener.

When they have trouble, help them problem solve and develop their own problem solving skills.

Be empathetic. Help your child identify how people are feeling based on facial expressions or actions and encourage them to react appropriately.

Set up opportunities for play in various situations – have play dates or participate in an activity they enjoy where peers will be involved (Girl Scouts, soccer, etc).

Visit the following links for more information: Education.com More4Kids.info Pediatrics.About.com ShyKids.com