

# The Advocate

## HCPSS School Counseling Monthly Newsletter



### IN OUR WORLD

[The Great Kindness Challenge](#) is hosted annually during the month of January to encourage kindness all over the world. Last year (2019), the Great Kindness Challenge included over **13 million student participants** in over 24 thousand schools located in at least 115 different countries. All together, the challenge produced more than 650 million kind acts in one week's time! Learn more about the process and success of the [Great Kindness Challenge here!](#)



### IN OUR COUNTY

While change can bring new opportunities and great possibilities, it can also be accompanied with some challenges and unpleasant feelings. Please check out the [HCPSS page dedicated to supporting students through the recent attendance area adjustments](#). The following strategies can be useful in helping your child(ren) navigate any big transition:

- Have an open conversation
- Listen to your child's excitement AND concern
- Offer choices, when possible, surrounding the change (*Would you like to go explore the playground at your new school this weekend or over the summer? Would you like to explore the school and teachers on their website? How would you like to keep in touch with old friends?)*
- Allow your child(ren) to be upset (*"I know you are feeling sad, change can be hard. It is OK to feel upset."*)
- Focus on the positive (*"While you may feel sad to leave friends behind and uneasy about meeting new people, this can also be an opportunity to make new friends."*)

If your child is in need of additional support during this time, please reach out to your school counselor for assistance. Additionally, please keep an eye out for welcoming meeting, events, and information being hosted by many schools to assist families with this process.

### IN OUR SCHOOL



Happy New Year! Thunder Hill Elementary School is proudly joining schools nationwide in an effort to promote kindness, acceptance, and respect. We will be encouraging kindness over the next few weeks by participating in two positive and proactive bully

prevention initiatives: *National No Name Calling Week*, January 21 - 24 and *The Great Kindness Challenge*, January 28 - 31.

*National No Name Calling Week* is a week designed to create safe schools free of name calling and bullying. The national theme is #KindnessInAction with the idea being putting kindness into action rather than just recognizing kindness.

*The Great Kindness Challenge* is one week dedicated to creating a culture of kindness on campuses nationwide. Students will receive a **Daily Be Kind Calendar**. Please encourage your child to complete as many acts of kindness as they can! For more information, visit: [Great Kindness Challenge here!](#)

Additionally, Thunder Hill is partnering with Grassroots in Howard County again this year in a campaign called *Change Matters*. Grassroots is Howard County's only 24-hour homeless shelter and crisis intervention center. All of the change collected will go directly to Grassroots to provide services to children and families in our community. All students will attend a presentation on January 23 to learn more about how to help others right here in Howard County and a letter will be sent to families explaining the campaign.

For the next couple of weeks, we will continue sharing kindness actions that are happening at Thunder Hill over the announcements. Students and staff are encouraged to show as many acts of kindness as they can!

Thank you for encouraging your child to participate in the kindness activities and for your support in creating a culture of kindness, tolerance, unity, and respect! Mrs. Reeb

## IN OUR HOMES

Interested in learning more about bringing The Great Kindness Challenge home? [Check out the family edition here!](#)

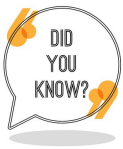
### Book List

Check out these kid-friendly books on kindness:

- [Last Stop on Market Street](#) (Matt De La Pena)
- [Those Shoes](#) (Maribeth Boelts)
- [You, Me and Empathy](#) (Jayneen Sanders)



- [Most People](#) (Michael Leannah)
- [The Invisible Boy](#) (Patrice Barton)
- [Come With Me](#) (Holly M. McGhee)
- [Little Blue Truck](#) (Alic Schertle)
- [Be Kind](#) (Pat Zietlow Miller)
- [Save Me a Seat](#) (Gita Varadarajan)
- [Chocolate Milk, Por Favor](#) (Maria Dismody)
- [If You Plant a Seed](#) (Kadir Nelson)
- [We're All Wonders](#) (R.J. Palacio)
- [I Am Enough](#) (Grace Byers)
- [Each Kindness](#) (Jacqueline Woodson)



### **Fun Fact!**

School counselors use assessment to monitor the effectiveness of their school-wide programs and efforts. The following are examples of assessment tools that are used to assist with this process:

- Needs assessments
- Surveys (*For students, staff, parents, and community members*)
- Pre- and Post-Surveys
- Completed student material/work
- Process Data (*The Logistics: Who, what, when, where, and why was the instruction/intervention completed*)
- Perception Data (*What the student learns, feels, and/or believes after the instruction/intervention*)
- Outcome Data (*Focuses on the goals, growth, and achievement of the instruction/intervention*)
- Attendance Data
- Behavior Data
- Academic Data
- Formal and Informal observations