

The Advocate

HCPSS Elementary School Counseling Monthly Newsletter



IN OUR WORLD

The National Association for Music Education (NAfME) annually celebrates **Music In Our Schools Month** throughout the month of March. Studies consistently show the positive impacts of music on mood, stress, anxiety, patience, memory, cognition, and more! **Music In Our Schools Month** brings awareness to the importance of high quality musical education, particularly in light of these known benefits. Click here to read about [“20 Important Benefits of Music in Our Schools”](#). Consider using this information to begin a conversation with your child about how music is used in his/her school (*Instruction, calming, celebrations, memorization devices, etc.*) and how music could potentially assist with learning at home!



IN OUR COUNTY

Did you know that it is never too early to start conversations around college and career readiness with your child(ren)? While our elementary aged children won't be choosing a college or career path any time soon, it is important to get them thinking about their strengths and areas of interest. It can also be helpful to draw connections from their current academic concepts and learning behaviors to future interests. Consider using the example below to help you dive into a conversation with your child(ren) in regards to future possibilities!

2nd Grade Example: The Life Cycle of a Butterfly

I noticed you have been doing a butterfly unit. What have you learned in school so far that has helped you study butterflies?

- Math? (*Calculating growth*)
- Science? (*Observations, asking/answering questions*)
- Reading? (*Informative text*)
- Writing? (*Journaling about the process/findings*)
- Art? (*Drawing pictures of the butterfly life cycle*)
- PE? (*Movement*)

What other jobs/careers would need to be able to read informative text or journal about the scientific process? What other jobs may require observations?

What are your school rules/expectations? How would the rule “Be Respectful” apply to being a scientist? How would “Take Responsibility” apply?



IN OUR SCHOOL

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This March we are celebrating Music in Our Schools Month at Thunder Hill! Our mindful moments will be musical moments for you to relax and enjoy! Students listened to a piano piece called Gymnopedie (Jim-no-peh-DEE) number 1 by Erik Satie (Sah-TEE) that was written in the 1890's in Paris, France. Students were invited to focus on their breathing with their eyes opened or closed while they listened to the gentle harmonies of the piano.

https://youtu.be/EE6_PacCnRw?t=108

Students also listened to Venus, Bringer of Peace, one of the seven movements of the orchestral suite The Planets by English composer Gustav Holst. Again, students were invited to focus on their breathing with their eyes opened or closed while they listened to the gentle harmonies of the woodwinds, strings, and harp.

https://youtu.be/EE6_PacCnRw?t=108

We will continue celebrating and highlighting music for the remainder of the month! Be sure to ask your child about it and enjoy the beautiful pieces of music together as a family.



IN OUR HOMES

Considering making connections between home responsibilities and activities and future careers. Start by getting an idea of potential career interests for your child(ren). Then, consider applying connections...

- We are organizing our bookshelf right now? How could this skill help you be a good chef when you grow up? (*Organization, efficiency*)
- I am asking you to set the table. How might this activity help you be a better athlete when you grow up? (*Teamwork, consistency*)
- How will showing your sister kindness right now help you become a better doctor one day? (*Patience, caring, empathy, love, diligence, resilience* :)



Book List

Here are some elementary-friendly resources to check out about careers!

- [Career Day](#) (Anne Rockwell)
- [When I Grow Up](#) (Andrew Daddo & Jonathan Bentley)
- [Whose Hat is This?](#) (Sharon Katz Cooper)
- [Whose Tools?](#) (Toni Buzzeo)
- [When I Grow Up](#) (Al Yankovic)
- [Mighty Mommies and Their Amazing Jobs](#) (Donald Jacobsen)
- [ABC What Will She Be?](#) (Sugar Snap Studio)
- [Video: Community Helps for Kids](#)



Fun Fact!

In addition to *ASCA Mindset Standards*, school counselors also work to ensure students demonstrate (1) **learning strategies**, (2) self-management skills, and (3) social skills.

The *Behavior Standard: Learning Strategies* for students include the following:

1. Demonstrate critical-thinking skills to make informed decisions
2. Demonstrate creativity
3. Use time-management, organizational and study skills
4. Apply self-motivation and self-direction to learning
5. Apply media and technology skills
6. Set high standards of quality
7. Identify long- and short-term academic, career and social/emotional goals
8. Actively engage in challenging coursework
9. Gather evidence and consider multiple perspectives to make informed decisions
10. Participate in enrichment and extracurricular activities

Check back next month to hear more about self-management skill development!