



# School Counseling Program

## Welcome to Orange River Elementary (ORE)

Welcome to a new year at ORE. I am your new School Counselor, Mrs. Eileen Cherbini. Like many of you, I am not only new to this school but to the state of Florida. I recently moved from the state of Virginia. I am really proud and happy to be part of this school and very excited to meet new people. If any of you would like to meet someone new, I would like to invite you to visit my office, located in the main building. It is going to be a great school year. I look forward to meeting all of you. "Orange" you glad to be part of the best?

## What is a School Counselor?

Are you excited with the new school year or are you feeling anxious?, Worried about a friend? Scared because your parents are splitting up?, Would you like some tips on how to get better grades? The role of the School Counselor is to support and enhance student learning in collaboration with teachers, parents and the community. The main areas of student development through counseling and guidance are: academic, personal/social, and career development. The School Counselor is here to help and enrich students daily lessons. The School Counselor will meet with the students in the classroom to provide guidance lessons. The School Counselor is available to answer your questions individually. If you would like to meet with the Counselor you just have to leave a note in her door, ask your teacher, or parent.

## TIGER W.A.P. (WELCOME ABOARD PROGRAM)

On Friday, August 12, 2005, the School Counseling Program welcomed 50 new students to our school. The activity was a success thanks to the participation of all the students and the support of ORE staff. The students were given a Welcome Aboard Package with an explanation of the items given inside of a star like this one:

Dear students:  
 Welcome to sunny Florida (Sunglasses)  
 We are the roaring tigers and an A+ School (Note Pad)  
 You are a star in my school (Star)  
 And a precious gem too!! (Gemstone)  
 It's OK to make mistakes... that's how we learn (Pencil and eraser)  
 Remember to practice counting and bounce back (Ball)  
 Everyone needs something sweet and a hug; let us know when you need one (Candy)  
 We are so happy to have you in our school!

## Orange River Elementary School

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## LIFELONG GUIDELINES:

- TRUTH
- TRUST
- ACTIVE LISTENING
- NO PUT-DOWNS
- PERSONAL BEST

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# ORE believes in Peace and Solutions : Say "NO" to Bullying

What is Violence?: it is any mean look, gesture, word, or action that hurts a person's body, feelings, friendships, or property.

What is Bullying?: it is an expression of contempt and a form of violence where a person with more power intentionally hurts another person's body, feelings, or property over and over again.

What is Tattling?: It is telling to get someone into trouble, or telling when no one is being hurt and no rules are being broken.

What is Taunting?: It is verbal abuse by deriding, mocking, criticizing, insulting.

What is Harassment?: It is persistent and unwelcome behavior that you feel is both unacceptable and inappropriate. It can take many forms: It is physical attacks, verbal rebukes, teasing, taunting, sexual provocations, putdowns, and spreading rumors.

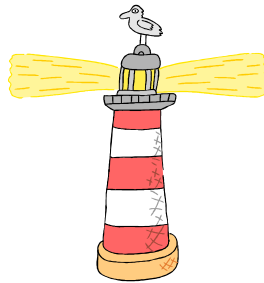


## Teasing versus bullying

There are some fundamental differences between teasing and bullying. Teasing occurs when someone makes fun of you in a good-humored way. The person doing the teasing is someone who knows you, cares about you and does not intend to hurt one's feelings. Teasing is a reciprocal form of communication – it allows the teaser and the person being teased to swap roles with ease. Teasing is meant to get both parties to laugh. Teasing becomes bullying when the teasing is one way and the person being teased becomes uncomfortable, distressed and is not able to tease back.

## Our School is A Place Where.....

- We don't all have to be the same.
- We don't all have to think the same.
- We don't all have to act the same.
- We don't all have to talk the same.
- We don't all have to dress the same.
- We don't all have to believe the same things.
- We have the right to be ourselves.
- We like it that people are different.
- We know that our differences makes us interesting and unique.
- We do our best to solve problems peacefully.
- We speak up if we see others being treated unfairly.
- We treat each other the way we'd like to be treated.



### SIX WAYS TO FIX IT QUICK Solve Problems, and Keep the Peace:

- Are you mad?, Is someone else mad?, Does it look like there might be a fight?
1. Walk away: If somebody else is fighting mad, you can just walk away. No one can make you fight.
  2. Share: Do you both want the same thing? Maybe you can share.
  3. Talk it Out: You don't have to argue. Just talk about it- see what you can work out.
  4. Flip a Coin: If it's not too important let the coin decide.
  5. Laugh it Off: If you get into an argument about something silly, laugh about it!!
  6. Say You're Sorry: If you did something that upset somebody, it's OK to say you're sorry. A lot of times that makes the other person feel better, and you avoid the fight.

## ORE BELIEVES IN:

- Caring: to feel concern for others
- Responsibility: to be accountable for your actions.
- Pride: to feel proud of your achievements.
- Courage: to act according to ones beliefs.
- Perseverance: to continue in spite of difficulties.
- Effort: to try your hardest.
- Common Sense: to think it through
- Flexibility: the ability to alter plans when necessary.
- Patience: to wait calmly for someone or something.
- Cooperation: to work together toward a common goal.
- Friendship: to make and keep a friend through mutual trust and caring.
- Organization: to plan, arrange, and implement in an orderly way.

- Sense of Humor: to laugh and be playful without hurting others.
- Initiative: to do something because it needs to be done.
- Curiosity: a desire to learn or know about a full range of things.
- Problem Solving: to seek solutions in difficult situations.

