

THE CONVERSATION

BOWER HILL ELEMENTARY SCHOOL COUNSELING NEWSLETTER **SPRING 2013**

Character Counts:

Next time you are in Bower Hill please take a look at the great posters of students and staff showing great character. The posters are located on the left side of the ramp leading to the cafeteria. You will notice 3rd graders practicing honest communication and being responsible for their school. You will see Mrs. Jackley's class respecting one another, and you will see other students caring for one another on the playground.

Nice work Bower Hill students!



Modeling Character

"Don't worry that children never listen to you; worry that they are always watching you." - Robert Fulghum



In addition to being an excellent role model, Bob is an inspiration to Bower Hill. Bob goes out of his way each and every day to help the children, parents and staff at Bower Hill. He is a real "people person" and doesn't enjoy the summer simply because there is no one to talk to at school. For over 12 years, everyone looks forward to seeing Bob as our conductor for the Polar Express. He is the "most loved and admired person in our school".

CONTACT



Fred Traumuller

School Counselor

11th year at Bower Hill

Phone: 724-941.0913 x2101

email: traumullerf@pt-sd.org

Pam Slomiany

Counseling Secretary

Phone 724.941.0913 x2110

email: slomianyp@pt-sd.org

Please Contact Your Guidance Counselor If You Need:

Where To Turn Referrals –
Including Individual or
Family Counseling, Mental
Health Services, Grief
Counseling and additional
Child Resources (Referrals
can be found on the Bower
Hill Website)

Tutor List

Concerns about Bullying,
Social Issues, Academic
Success, or Grades

Questions Regarding
Special Education Testing
or Gifted Support

Transitioning Questions or
Concerns

Counseling Office

Meet Jessica Veltum:

I am very excited to introduce myself to Bower Hill parents and families. For the past several months I have been working as a counseling intern with Mr. Traumuller. In that time I have got acquainted with the school and met wonderful students and teachers. Mr. Traumuller and all of Bower Hill have helped make me feel a part of Bower Hill “Buzzer Bees” and I am truly valuing every experience I have with the students.



I am currently a graduate student at Carlow University, earning my masters in professional counseling and certification in school counseling. I received my secondary internship experience (a great experience, as well!) at Peter's Township High School at the beginning of this school year. I earned my undergraduate degree from Duquesne University in Psychology and Pre-Health. Originally I am from the North Hills having graduated from Hampton High School but my family relocated to Peters Township in 2011 and we have been enjoying our time in the community since.

For the past three years I have worked with adults at Western Psychiatric Institute and Clinic, as a milieu therapist tending to consumers with mental health needs.

I look forward to continuing my experience with Bower Hill over the next few months and thank you all for allowing me to gain my experience in your school, as well as get to know your children!

Have a great Spring!
Jessica Veltum

Friendship:

”Friendship is born at that moment when one person says to another:

”What! You too? I thought I was the only one.” -C.S. Lewis

”A friend is someone who knows all about you and still loves you.”

-Elbert Hubbard

LUNCH BUNCH

19 Classes

in lunch lunch groups this year.

100+

students have participated.

Modeling Reading

Behavior and character are modeled each and everyday by parents and teachers, coaches and neighbors. At Bower Hill we also wish to model reading for our students. Not just reading our assignments or lessons, but reading for ENJOYMENT. Many of our teachers and staff have been modeling the love of reading. Check out these young reader novels that our staff has been reading. After this year copies of these novels will be donated to the McMurray and PTMS libraries for our students to enjoy.



The One and Only Ivan

Katherine Applegate

Ivan is an easygoing gorilla. Living at the Exit 8 Big Top Mall and Video Arcade, he has grown accustomed to humans watching him through the glass walls of his domain. He rarely misses his life in the jungle. In fact, he hardly ever thinks about it at all.

Instead, Ivan thinks about TV shows he's seen and about his friends Stella, an elderly elephant, and Bob, a stray dog. But mostly Ivan thinks about art and how to capture the taste of a mango or the sound of leaves with color and a well-placed line.

Then he meets Ruby, a baby elephant taken from her family, and she makes Ivan see their home—and his own art—through new eyes. When Ruby arrives, change comes with her, and it's up to Ivan to make it a change for the better.



Wonder

R.J. Palacio

"I won't describe what I look like. Whatever you're thinking, it's probably worse."

August Pullman was born with a facial deformity that, up until now, has prevented him from going to a mainstream school. Starting 5th grade at Beecher Prep, he wants nothing more than to be treated as an ordinary kid—but his new classmates can't get past Auggie's extraordinary face. **WONDER**, now a #1 New York Times bestseller and included on the Texas Bluebonnet Award master list, begins from Auggie's point of view, but soon switches to include his classmates, his sister, her boyfriend, and others. These perspectives converge in a portrait of one community's struggle with empathy, compassion, and acceptance.



Red & White Days : April 26, May 31

April 19 Bower Hill Beestro

April 25 Kennywood Ticket Sale

April 25 "Take your child to work day"

April 27 Autism Awareness Walk at PTHS 1-4pm

April 29 - May 3: SAT Testing for 1st and 2nd Grade

April 30 Community Character Counts Awards at PT Chamber Office

May 4 Kids of Steel Marathon Pittsburgh, PA

May 27: Memorial Day

May 30 New Kindergarten Orientation

May 31 Bower Hill Day

June 6: Last Day of School

June 7: PTHS Graduation

Have a Great Summer!

Children's Literature

Take a look at some of these books that are used during guidance lessons



At this school, there are some children who push and tease and bully. The girl in this story sees it happening, but she would never do these mean things herself. Then one day something happens that shows her that being a silent bystander isn't enough.

(2nd Grade - Assertiveness Unit)



"Mr. Peabody's Apples takes place in 1949 in Happville, USA. Mr. Peabody is the beloved elementary school teacher and baseball coach, who one day finds himself ostracized when rumors spread through the small town. Mr. Peabody silences the gossip with an unforgettable and poignant lesson about how we must choose our words carefully to avoid causing harm to others.

(3rd Grade Lesson - Personal/Social Development)



The story of the young Jane Goodall and her special childhood toy chimpanzee named Jubilee. As the young Jane observes the natural world around her with wonder, she dreams of "a life living with and helping all animals," until one day she finds that her dream has come true.

(1st Grade - Career Unit)



Maya's friend Bailey loves to talk about everything and everyone. At first, Maya thinks Bailey is funny. But when Bailey's talk leads to harmful rumors and hurt feelings, Maya begins to think twice about their friendship. **Please see the Bullying Tool Belt activity on the next page.**

(3rd Grade - Bullying Lesson)

'I' Statement Script

"I feel _____

because _____.

I would like _____

or I will _____.

Relay for Life

This year so far the Relay For Life Team has raised \$3600 with Relay for Life lunches, Nibbles & Things, and Penny Wars. There will be a Basket Raffle at Bower Hill Bistro. Please feel free to purchase raffle tickets at the Bistro. If you are interested donate please contact Donna Hartz at 724.941.0913 ext. 2129 or hartzd@pt-sd.org /



In lieu of Christmas gifts, the Third Grade Team donated money for Relay for Life. One more example of the teamwork that goes on at Bower Hill!

Thanks so much to parent Gretchen Walker from Sabika Jewelry gave all of her profits from a Bower Hill Party back to Relay for Life.

Mark your calendars: The Relay for life will be AUGUST 3 at PTHS.

BULLYING TOOL BELT

3RD GRADE BULLYING LESSON

“Who Cares?” Hammer
“So?” Screwdriver
“Change the Subject” Snips
“I Agree” Adjustable Wrench
“Humor” Hacksaw
“Why Why Why” Saw
“Stop Sign”



Why these tools?

When bullying or teasing occurs, many times our advice to students is not very specific; “Stand up for yourself”, “Just walk away”, or “Be assertive” come to mind. Kids need specific tools that allow them to respond to teasing and bullying. These tools are designed for students to use. They are

neither mean nor threatening. They are matter-of-fact and non-argumentative. Though they may not be as assertive as an “I Message” they are quick and take some of the bite out of nasty comments. Students do not need to master everyone of these. A big-league pitcher masters 2-3 pitches, not every

one. Please feel free to use the ideas to help your children gain confidence and feel supported when they are away from home, on the bus, or on the playground...or even with a sibling.



WHO CARES?



SO?



CHANGE THE SUBJECT

Kids need tools to feel secure and supported. Try these role-playing activities:

Who Cares?

Bully: You can't play with me on the playground today!

Response: Who cares?

Bully: I'm not sitting with you at lunch today!

Response: Who cares?

So?

Bully: You smell! Response: So?

Bully: I hate your shirt! Response: So?

Change the Subject

Bully: You stink at math!

Response: Did you see the new Spongebob?

Bully: Your shoes are ugly!

Response: I got a new Wii game last night.

I Agree

Bully: I can't believe you got that answer wrong!

Response: Me either! I thought I knew that answer!

Bully: My markers are way better than yours!

Response: I know, these are hand-me-downs!

Humor

Bully: Your hair is a mess!

Response: That's the look I was going for!

Bully: You are way too tall!

Response: I know when it's raining before you do!

Why? Why? Why?

Bully: You can't sit with me at lunch today!

Response: Why?

Bully: You can't come to my birthday party!

Response: Why?

STOP!

Bully: Pushes you.

Response: Stop!

Bully: Hits you

Response: Stop!

MORE TOOLS



I AGREE



HUMOR



WHY WHY WHY?



STOP!