

On a Peaceful Note...

*A Seasonal Newsletter from the School Counselor
Elementary Guidance Office
by Kimberly Ann Borin, Ed.D.
Fall 2010*

Dear Parents and Students,

It is hard to believe that summer is over! It has been wonderful to see the children back at school, meeting their teachers and settling into the new routines. I hope that this year is one of great success for you and your students in and outside of the classroom. Each of the schools I am working in have many beautiful initiatives to enhance a child's learning. It is inspiring to see all that education can be.

This fall I will be covering for both school counselors. My tentative schedule is Monday and Friday at Mt. Prospect and Tuesday, Wednesday, and Thursday at Oak Street School. Please don't hesitate to reach out to me if there is something that you need. **When you contact me on e-mail please include the following if you can: Student's name, grade, school, and homeroom teacher. This will be a great help to me.** I look forward to working with you and your children and want to wish you a wonderful new school year! Thank you for all that you do everyday!

Most Sincerely,

Dr. Kimberly Borin

Professional School Counselor

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Some Inspiration to Go...

"... From the time we were little children we have all of us, at moments at least, cherished overwhelming desires to be of use in the great world, to play a conscious part in its progress."

-Jane Addams, pg. 80, [Peace and Bread in Time of War](#) (1922).

Thank You's...

Thank you to all of our teachers, students and staff who give their all everyday. Thank you for the very warm welcome. I am so happy to be working with you, the children and the teachers and staff at Mount Prospect School and Oak Street School. Thank you also to the PTO organizations at each school that provide so many amazing programs for our students. You enhance the learning in so many ways.

Small Group Counseling

For information about small group counseling, please contact the website under "Counseling Information." There is a form available for you if you would like your child involved in small group counseling.

Guidance Modules

For all of the handouts on Guidance Modules, please contact the website under "Handouts." All of the handouts are there for you to print out and review.

A Good Book About Feelings...

The Very Cranky Bear by Nick Bland

Informative and Inspirational Websites...

Stop Bullying Now - www.stopbullyingnow.org

PBS Kids - www.sproutonline.com

BlinkNow - www.blinknow.org

Social and Emotional Learning - <http://www.teachsecd.com>

Positive Psychology - www.fishfulthinking.com

Resilience - <http://www.drrobertbrooks.com/index.html>

An Artist for Your iPod...

Enya. I will be playing soft music in the classrooms when teaching the students relaxation skills and often, they just love it!

A Reaching for Recess Yoga Activity for Home...

Next time you are standing in the kitchen, see how many different kinds of stretches you can get using the counters, sinks, and cabinets as places to stretch.

See if you can stretch in the following ways and don't forget to breathe too! Try:

Stretching Tall

Stretching Forward

Stretching Down to the Floor

Stretching Each Side (Reaching high first, then leaning to the left and then right)

Gently Turning Right and Left

Anything Else You Can Think Of?

Best Wishes for a Wonderful Day!