

# Casis Counselor News

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## Counselor Classes

Counselor classes have focused on a variety of topics these last few months. In **Kindergarten**, students learned about lying versus telling the truth, and the difference between tattling and reporting.

**First** and **second grade** classes also talked about being honest as well as taking responsibility for ones own behavior.

**Third** and **fourth grades** discussed what to expect on TAKS testing days and ways to deal with stress.

**Fifth grade** classes finished a unit on careers and completed choice sheets for 6<sup>th</sup> grade.

## Casis Cares and Read Aloud

Casis Cares was cancelled on Wednesday, March 5<sup>th</sup> due to TAKS testing. Read Aloud on April 30<sup>th</sup> will also be cancelled for TAKS testing. Parent volunteers can decide if they want to skip the missed lesson in the Casis Cares book, or incorporate it in with the next scheduled lesson. Please contact me with any questions or concerns.

## Safety Tips for Students

Nicer weather means more students will be walking and riding their bikes to school. This is a great opportunity to review safety tips with your child.

Tips:

Establish a safe route to and from school. (Sidewalks, bike paths, crossing areas, etc.) Watch out for cars in the early morning darkness on your way to school.

Designate "safe places" your child can go to along the route if they feel unsafe or are in need of help (churches, libraries, public places such as stores, etc.).

Walk with other students. There is safety in numbers.

Establish rules for walking home. For example:

Never get into a vehicle under any circumstance. Never go into someone's home. Do not give assistance to anyone. Go to the closest safe place and tell adult someone needs help. Go directly home, do not wander around.

Tell your child that anyone who asks them to break your rules is not to be

trusted. They need to go to the closest safe place and tell an adult.

Talking to your child about stranger awareness is a tool your child can use their whole life. There are many web sites that give tips on discussing this with your child without creating unnecessary fear. These are two sites I found helpful [www.mcgruff.org](http://www.mcgruff.org) and [www.missingkids.com](http://www.missingkids.com).

Enjoy the nice weather and continue practicing safety.

### **TAKS TALK**

As the second round of TAKS testing approaches, please consider the following advice for your 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders.

- Make sure your child gets a good night's sleep for several days leading up to the test.
- Start the test day early so you have plenty of time to eat a healthy breakfast and get to school on time. Being late can add unnecessary stress to a child.
- Don't ask your child or other students if they are nervous. Act as if you know everyone will do well. Your confidence will be contagious.
- Encourage your child to take their time and check over their work when they are finished. TAKS tests are not timed. They have the entire day to work if needed.

- Have your child dress in layers so they do not have to worry about being too hot or cold during the test.
- Relax! Help your child remember to "Smell the flowers and blow out the candles."

Casis students are well prepared for these types of tests. Our school has a long history of doing well. Remember, while TAKS is an important indicator of success for schools, it only provides a snapshot of your child's performance. All children have knowledge and skills that these tests do not measure. A single test score doesn't tell you everything about your child, or for that matter everything about our school. If you or your child have specific concerns about test anxiety please let me know.

### **Special Thanks**

I would like to thank Rita Stewart, Jeannette Williams, Julie Kocurek, Dawn Goetzel, and Kathryn Burniston for their help in lining up some incredible speakers for Career Day. It was a huge success! Special thanks also goes to Heather McKenzie for her help with this newsletter. It is such a blessing to work with such amazing parents!

### **Words to Live By**

**"When you feel good about yourself, others will feel good about you, too."**

**- Jake Steinfeld**