

Counselor's Corner

Message From Your Counselors

Welcome to 2012!

The year has just begun and already we are talking about the transition to our next school year. There will be many dates and times to add to your calendars in the next few months, so please keep an eye out for this information.

But before we get ahead of ourselves, lets take a moment

and reflect on the past year. Remember all the successes. Take note of all the progress. Even the baby steps that you have made as individuals and as a family. Unless we slow ourselves down and reflect, we can sometimes lose sight of what our goals are and what we need to do to get there.

Ask your children

what they want to accomplish in this new year. You may be surprised what you hear! If we can be of any help to you in reaching your goals, just let us know!



Nicole Williams and Cori Giroux-Williams

New Year Resolutions For Teens

New Years Resolutions are difficult to make and keep as adults, let alone a "living in the moment" teenager. But a little goal setting can go a long way in getting the ball rolling toward

making some changes for a better "you!"

Here are the top 5 New Year's Resolutions for teenagers:

1. Get Happier: See if you can find ways to

boost your self-esteem, or just spend time doing things that you love instead of doing things that make you feel bad about yourself.

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Based on brain development, adolescents are more likely to:

- Act on impulse
- Misread social cues and emotions
- Get involved in fights
- Engage in dangerous or risky behavior

Resolutions For Teens continued...

2. Be a Better Person: Donate your time or old stuff to those in need. Or just throw some random acts of kindness into your daily routine—it can be addictive!

3. Be a Better Friend: The more love you give to your friends, the more love they'll give back to you. Find a couple of ways to help a friend out this month. Not only will you be making

someone else feel good, you'll be helping yourself too.

4. Show More Love to Your Family: Like it or not, your family is made up of the most important people in your life. This year, take a couple of deep breaths and resolve to be a little nicer to them.

5. Be a Role Model: Being a good role model is easier than it

sounds. All you have to do is make smart decisions, and then make sure that other people are listening in on it. You can handle that, right?

Adapted from: Top 5 New Year's Resolutions for Teens, by: Holly Ashworth.



“PARENTS AS PARTNERS”

PRESENTS:

“TWEEN TALK”

FEB. 2ND, 6:30-8:00PM AT ADL

Come learn more about your pre-teens and how to keep them safe. We will cover everything from online safety to how to better communicate with your child. Come to learn, ask questions, and meet other parents experiencing life with pre-teens!

Presented by: Hector Tamayo, Nicole Williams, and Cori Giroux-Williams

Did You Know?

- ♥ 48% of preteens admit to being bullied
- ♥ 1 in 3 preteens say they have been in a boyfriend/girlfriend relationship
- ♥ It is recommended that preteens get at least 9 hours of sleep a night.
- ♥ 90% of preteens are online.



Coaching Kids Through Middle School

Friendships can turn on a dime in middle school, as a girl named Jamie learned the hard way. She was part of a group of friends until one of them casually suggested, "Let's hate Jamie." The next thing she knew, her former friends had created an "I Hate Jamie Club." Other than being a preteen, Jamie had done nothing to deserve such treatment. But it was a horrible feeling nonetheless.

Kids can be cruel, even to their friends. But parents need to know that all of these behaviors, while often mean, are part of the roller coaster development process of early adolescence. In the book "Why Good Kids Act Cruel: The Hidden Truth About the Pre-Teen Years," author Carl Pickhardt uses anecdotes, such as Jamie's story, as well as his experience as a long time counselor, to help parents coach their children-whether they are handing out some of the cruelty or on the receiving end of it.

Children begin testing their limits somewhere between the ages of 9 and 13, which often leads to strains in the parent/child relationship. Your children suddenly realize they don't want to be treated as children anymore, and while parents may be giving them more independence, they aren't exactly sure where they fit in. Often the child's

"Parents are often oblivious that any of this happens because they don't see the other half of their child's life at school."

self-esteem takes a hit. Among their peers, who are struggling to find their own place socially, things that were acceptable at a younger age can become sources for teasing. But when a child is teased, friends may pull away in an attempt to salvage their own social ranking, further unsettling a child's self esteem.

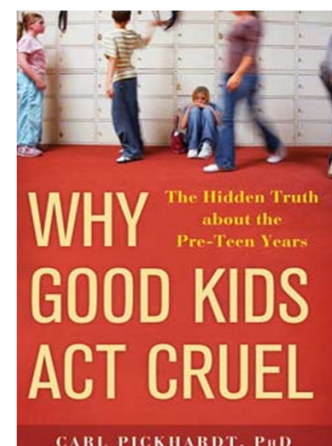
Parents are often oblivious that any of this happens because they don't see the other half of their child's life at school, Pickhardt says. Parents have no idea how much energy children this age spend trying to get through the school day without standing out in a negative way, he says. "Everyone is striving to get a social place. Even if they aren't teased, they can see what is happening to other kids and know it could happen to them," Pickhardt says. This affects their behavior and they may begin to pull away from a friend who doesn't have the social acceptance they want. "They are worried about their own social survival," Pickhardt says.

Parents can help by coaching their child before inevitable mean behavior starts. Parents should work

to remain close to their children by talking with them and spending time together even if the child prefers friends more. Explain that middle school will bring all kinds of changes socially, as well as physically and emotionally, and that name calling or teasing happens.

Pickhardt's book offers a variety of strategies for dealing with teasing, exclusion from a group, bullying and rumors. There are lots of rumors flying in middle school, but teaching a child to not listen or pass them along and remain skeptical about rumors can go a long way to dulling them. Children can only control the truth about themselves, not what people say or think about them.

By: Ellen Rooney Martin, 2010, PsychologyToday.com



Local Resources and Events

Nicole Williams
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x6307

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104 Maple Street
Essex Junction VT
05452

We're on the Web!
[www.ccsuvt.org/
adl/guidance/](http://www.ccsuvt.org/adl/guidance/)

“Learn To Ride” Snowboard Camp

February 27-March 2

The camp is open to Middle School students with very little snowboarding experience. Accompanied by Essex CHIPS Staff and snowboard instructors, students will spend the week on Smuggler’s Notch learning to ride.

While not on the slopes students will participate in group games and leadership skill development.

Space is Limited!

Contact Mischa at 878-6982 ext. 102 or

Mischa@essexchips.org

High School Registration

Believe it or not, we are already talking about the transition to high school! 8th grade parents, here are some important dates to put in your calendars:

- ◆ Jan. 31: Essex High School orientation night at 7pm for both parents and students
- ◆ Feb. 1: 8th grade students will be visiting the High School for information and a tour
- ◆ Feb. 2: 8th grade students will be meeting with high school counselors to learn about scheduling
- ◆ Feb .17: All completed registration forms need to be turned in to the middle school counselors

A copy of the Program of Studies book for 2012-2013 can be found on the ADL website under the “guidance” toolbar. If you have any other questions regarding transition or deadlines, please do not hesitate to contact us!

“Living Room” Open Mic Night

at

Essex CHIPS Teen Center

Friday February 3rd

7:00-10:00pm