

Greetings from Guidance,

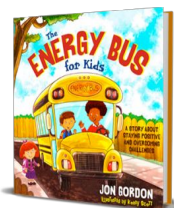
The staff of K-4 Guidance Counselors have been working to develop a curriculum that is uniform in all the NPS elementary schools, while still allowing for the individual needs of students in each building. We are exploring new guidance materials and I want to share with you some highlights.

Kindergarten: **DUSO** (Developing Understanding of Self and Others), the Dolphin puppet continues to bring the students stories of characters to whom they can relate. In addition, we now teach the **“Second Step” Skills for Social and Academic Success** with posters, puppets, songs and games to help students develop their skills for learning, for managing their emotions and for relating to and cooperating with others.



First/Second: We are using **CharacterFirst Education** materials which teach skills such as Self-control, Attentiveness, Compassion, Courage, Diligence, Determination; etc. through nature stories about animals, through biographic sketches of famous people from history, and with songs, poems and crafts. You can find out more by visiting

<http://www.characterfirsteducation.com>



Third: We have been reading the book **The Energy Bus for Kids** by Jon Gordon and have been compiling journals as we learn to practice five rules for “staying positive and overcoming challenges”. A YouTube video project done by a young girl is found at https://www.youtube.com/watch?v=GAKw73m_Kxl- if you watch it you can gather some information and discuss the book with your third-grader!

Fourth: We are using the **Why Try? Program** provided to us by the *Elkhorn Logan Valley Public Health Department*. This curriculum teaches students resiliency skills for dealing with pressures and challenges. Lessons we have studies so far include: **Reality Ride** - choices and consequences: **Tearing off Labels** - replacing negative labels with positive; **Defense Mechanisms** - using communication and understanding rather than aggression; and **Climbing Out** - not letting others drag you down. Visit <http://whytry.org/> for more information!



Guidance curriculum covers four areas: Personal, Social, Academic and Career Readiness Skills. Starting second semester we will be emphasizing the last two areas more intentionally. With the third and fourth grade classes, we will use the **Career Camp** curriculum (www.careerkids.com) to teach students very practical skills as they begin to focus in on their interests and strengths and applying these to their academic tasks and short and long-term goals.

I truly enjoy working with your children and invite you to visit a guidance class session or to e-mail me anytime you have a question, concern or comment!

Thank you! Kathy Naranjo, Guidance Teacher
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