



CDS COUNSELING DEPARTMENT

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ECC-2nd

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3rd-5th Grade

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SCHOOL COUNSELOR PARENT PARTNERSHIP

In case you missed it:

LOWER SCHOOL

In December, Mrs. Molano and Ms. Calvert led a parent education workshop on anxiety and worries. The book *Anxious Kids Anxious Parents* was discussed and strategies were shared that parents can use at home to help their child(ren) manage worries. Here is the link to the presentation: [Anxious kids Anxious parents.pptx](#) and a recording of the presentation: [Presentation Recording](#)

MIDDLE/UPPER SCHOOL

Mrs. Tullis and Mrs. Frankel hosted a parent workshop on anxiety. Here is link to the presentation and recording: <https://youtu.be/yIcSXjNUPfo>, PDF slides: [MS Anxiety Workshop 2023-2024.pdf](#)

An article from Mrs. Tullis on helping your student navigate social relationships can be found [here](#).

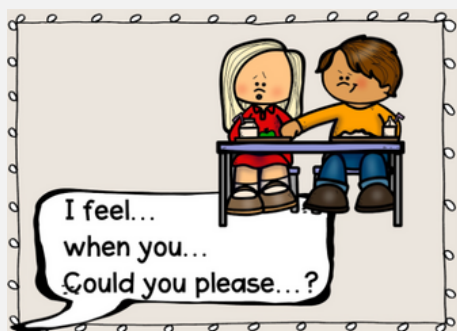
Lori Smith Parent Presentation can be found [here](#).

AT ECC AND ES, EMOTIONAL REGULATION IS THE NAME OF THE GAME!

At the ECC, students have enjoyed lunch bunch with Mrs. Molano and continue to learn about feelings and how to control them.



First and 2nd grade students have been learning about big problems vs small problems, conflict resolution by using “I messages”, and how to be a kind friend. Some kids were learning what it means to be successful at school through small group interactions.



Ms. Calvert and 4th grade students engaged in a lesson about conflict resolution. Students created skits as a class to show how they would resolve conflicts based on a specific scenario. Some of them also showed the wrong way to approach a conflict. They presented their skits to the other 5th grade classes in December.



Ms. Calvert visited 3rd-5th grade classrooms monthly for lessons using The Social Institute.

Here are the topics that were covered in the first half of the year:

- **September:** Concentration Challenge and introduction
- **October:** Striking a Balance with technology and responsibilities, limiting distractions
- **November:** Cyberback with kindness, being an upstander, and decision-making
- **December:** Handling the Pressure and ways to manage stress and frustrations

A look ahead at January: Play to Your Core with making choices and honoring our values



MIDDLE SCHOOL GIVES AND GETS!

October

Advisory Lessons -

- **CharacterStrong:**
 - 6th Grade - Exploring our Values
 - 7th Grade - Understanding Emotions
 - 8th Grade - Connecting your Future & this Year
- **TSI: Shattering Stereotypes**

November

Advisory Lessons

- **CharacterStrong:**
 - 6th Grade - Practicing Listening Skills
 - 7th Grade - Emotional Regulation
 - 8th Grade - Creating Goals
- **TSI: Using Student Voices to Strengthen our School Culture**
- Students celebrated the 30 Days of Gratitude Challenge. One activity included writing thank you cards for teachers, friends, and family.

December

Advisory Lessons

- **CharacterStrong:**
 - 6th Grade - Practicing Listening Skills
 - 7th Grade - Understanding Stress
 - 8th Grade - Making Positive Habits
- **TSI: Respecting Others' Boundaries and Helping Others Respect Yours**

Photo Highlights:

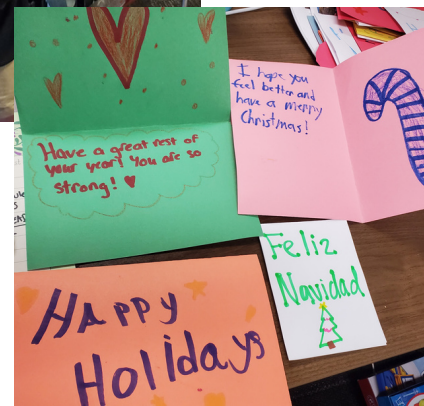
Gingerbread Competition gets messy!

Students wrote thank you cards for teachers, friends and family.

RoundSquare members met to discuss the RS IDEALS

Counselor Cannoli is on campus!

Students made holiday cards for patients receiving treatment at Moffit.



Coming SOON

- **January:**
 - January 30th St. Joesph's Behavior Healthcare will be visiting 6th-8th students
 - 6th Grade Spacecoast Trip
- **February**
 - Black History Month
- **March:**
 - Women's History Month
 - Shakespeare Festival
 - 8th Grade DC Trip





US Students visited Moffitt to bring some holiday cheer to patients currently in care.



During midterm week, US students were visited by the Alliance of Therapy Dogs for a boost to help get them through testing!



UPPER SCHOOL IS IN WORK MODE!

- During the first semester, upper school students worked within advisory to create an advisory yearbook, which included a little piece about each student, an advisory theme, song, and whole group picture. Halloween proved to be a celebratory season with pumpkin decoration and advisory celebrations.
- In November, Lori Smith visited us to share insight into students' relationship with social media and technology as a whole; a copy of her parent playbook can be [found here](#).
- December, Juniors and Seniors listened to Mr. Adam Schwartz who serves as the facilities director at The Insight Program of Tampa Bay; an outpatient program for teens and adults who struggle with various forms of addiction.



COMING SOON

- **Friday, January 12th** - Crowd Safety: Tampa PD department will partner with the CDS security team to discuss steps students can take to enjoy Gasparilla in a safe and responsible manner.
- **Tuesday, February 20th** - Harassment and Consent: In partnership with the Tampa Bay Crisis Center, juniors and seniors will hear about the importance of healthy relationship habits, proactively discuss consent, and the effects of harassment.
 - Audience:
 - 8:00 - 9:15 US Parents
 - 11:15 am - 12:00 pm - 11th and 12th grade students
- **Tuesday, March 5th** - Hazing Prevention: Mrs. Lianne Kowiak, an alumni parent, will visit with juniors and seniors to share a personal story regarding the impact of hazing upon students and their families.
 - Audience:
 - 8:00 - 9:15 US Parents
 - 11:15 am - 12:00 pm 11th and 12th grade students