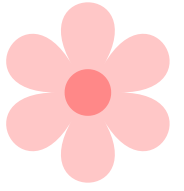


Cotrone's Character Corner

A Monthly Newsletter from School Counselor, Connie Cotrone



May 2024



Character Education

Resilient is the character theme of the month for May.

PA announcements reflected on how being resilient is a skill that we will need throughout our lives and that we practice it often every time we do something challenging, overcome difficult situations, manage upsetting emotions and learn something that isn't easy for us. Our character tree showed many different examples of famous people who achieved greatness after multiple failures. Without being resilient, they would never have accomplished their set goals. Students were asked to reflect on times they were resilient and share their successes. Some of the following were examples of their resiliency:

"I overcame my fear of the water slide at the public pool!"

"I went into the ocean after many times of being scared!"

"I went to my dance tryouts, even though I was nervous!"

"I finally learned how to use the diving board!"

"I went on a ferris wheel even though I'm scared of heights!"

"I was bad at something and tried to get better."

"I stopped a habit!"

"When I sprained my ankle, I had to keep going!"

"My homework was hard, but I finished it!"



STAR Students

Students at Columbus are continuing to show behaviors that are responsible, respectful & safe. For the month of May, staff continued to focus on rewarding STAR behavior that was above and beyond what students are expected to do. Names of all May recipients were announced each week and STARS have been placed in the cafeteria celebrating their accomplishments. Please see a comprehensive list of all our May STARS.

Frankie Dlugon	Athan Canaras	Luke Arcadipane
Rohan Ratanshi	Estelle Park	Matteo Vano
Macky Coulibaly	Tess Costello	Elliot Hernandez
Leo Mastro Simone	Aoife McKeon	Julian Kamberi
Gia Capocci	Lucy Mendes	Logan Petrellese
Sofia Fasano	Alexa Sica	Samantha D'Amato
Michael Scanapieco	Alyssa Carter	Caitlin Baker
Lena Samagaio	Brennan Foster	Leo Pulcini
Brandon Damin	Michael Paradiso	Ella Amy
Charlotte Donoghue	Andrew Chacko	

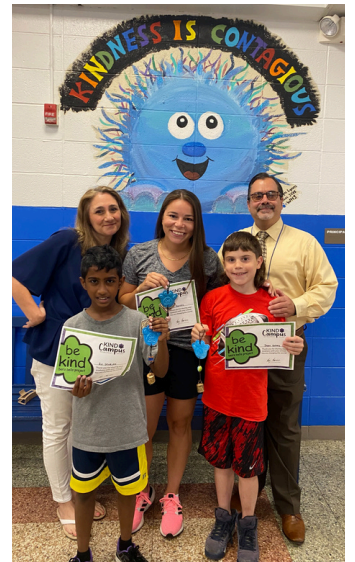
Boys in Mrs. Lulgiuraj & Mrs. Galbo's class
Mrs. Callinan's Class

Ben's Bells

"Kindness is contagious!"

Ben's Bells is a program we use to promote the practice of intentional kindness. Each month students and staff nominate people who have shown genuine acts of kindness.

Congratulations to the following recipients for the month of May.





Making a connection...



How to reinforce character education at school and home

What can I do at home?

Our thoughts are powerful and can influence how we feel. When we think negatively, we feel badly, and when we think positive thoughts, we feel optimistic. Changing our words can change our mindset. One way to build resilience in children is to have them practice positive thinking. When they are frustrated by a challenging task, help them reframe their thinking to focus on a more positive outlook. Here are some examples of helpful language to use at home.

IF THEY THINK THIS...	SUGGEST THIS INSTEAD...
I can't do this.	I haven't figured this out yet.
I give up.	This may take some time to understand.
This is too hard.	I may need to try a different strategy.
I'm not good at this.	Mistakes help me learn.
I can't make this any better.	Is this my best effort?

STAR WALL OF FAME

It has been an exciting year watching our STAR Wall of Fame grow each week. We are very proud of our STAR students who continually show responsible, respectful and safe behavior. While it is not always possible to catch every STAR act, we want all students to take pride in their good behavior and know that responsible decision making leads to success.

GREAT JOB CES!



FUN RUN

A special thanks to our PTA and Physical Education department for facilitating an amazing opportunity for students to work together to raise funds for our school, while promoting good health and exercise. Character education videos were shown in classrooms to reinforce teamwork and other values such as altruism, goal setting, collaboration and of course, resilience. Mr. Cunzio and Ms. Raniolo took one for the team as recipients of the ice bucket challenge for meeting our fundraising goal. It was a successful day all around and the money raised will benefit our Columbus students for years to come.

