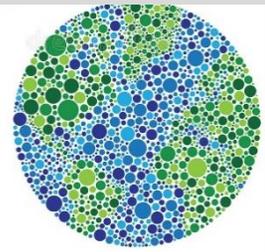


Counselor's Corner

Nov/Dec 2018 • Gutierrez.Gloria@tusd.org • (310) 533-4559

Mindful Eating

The holidays are arriving and with them the chance to spend time with family and food. Materials: 2 raisins per person (or jelly beans, chocolate kisses, mandarin oranges). First confirm nobody is allergic or for major aversions. If someone doesn't like the food, encourage trying it anyway. Place two raisins in each person's palm. Say it'll take 10 minutes to eat both. Use each sense for two minutes, describing the food as you would to a Martian- sight, touch, smell, hearing, encouraging rolling it between fingers. Point out that varying descriptions may be quite diverse and still true. Notice how the oils stay on fingers. Ask about where the raisin came from and discuss planting, growing, harvesting, transport, selling, and all the livelihoods in between. Then close eyes and finally place it on the tongue - no eating yet. Note changes to the raisin and any thoughts before slowly chewing and swallowing. Bon appétit!



Do One Thing!

What can you do with Styrofoam? Now it can be recycled into surfboards! Drop off at Torrance location. For info: <http://wastetowaves.org>

Does Bullying Harm Plants?

We are born scientists; it is innate within us to try to understand how the world works. So when I heard about a school experiment on bullying I decided to duplicate it- do plants get affected by words, positive or negative? So one set of 6 plants was praised, and one set was bullied. Each set began with 193 leaves, albeit one was taller than the other. The taller plants stayed taller - and outgrew the other plants (237 leaves vs. 299) - over 4 weeks.

It was the bullied set! DISCUSSION: Either bullying helps plants, or (what I suspect is) there were uncontrolled factors, for instance:



Bullied: Left; Praised: Right. Now planted in the entry benches.

- The praised plant was thirstier, which may indicate it was exposed to hotter temperatures
 - Inconsistent volume/tech issues with sound
 - Recordings may not impact like 'live' messages
 - Anza students secretly cheered the bullied set
- Use this video with your children to discuss the power of words: <https://youtu.be/Ou9-jTFA9hc>

WHAT'S HAPPENING

Bullying Lessons Postponed

The bullying assemblies were postponed due to unexpected absence, so Mrs. G conducted bullying lessons before Thanksgiving. Look for the take-home info and activity sheet! (GR 2-5)

Parent-Teacher Conferences

Conference time is here and the teachers have been busily preparing to share your children's progress. This is a great time to appreciate their hard work - be sure to thank your teachers and implement any suggested strategies!

Positive Behavior Interventions & Supports

Students learn about Anza's expectations:

- Be Safe
- Be Respectful
- Be Responsible

Character Counts:
Honesty/Trustworthiness

Cool Website of the Month:

<http://www.pbs.org/parents/expert-tips-advice/2016/02/teach-frustration-tolerance-kids/>