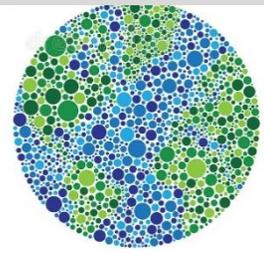


Counselor's Corner

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Mindful Nature-ing

The first time I remember learning about climate change was from my science teacher in 7th grade. We all thought she was nuts telling us we shouldn't eat hamburgers! She quizzed us on how many resources went into a ¼ lb burger. Quite unbelievable: 14.6 gallons water, 13.5 lbs feed, 64.5 sq.ft. of land – and those are the low estimates! Along with this exercise, the teacher had us spend 10 minutes a week for 7 weeks sitting in a natural spot and journaling about it. She wanted us to notice and gain awareness of how long it took for nature to return 'nature-ing' after our arrival, and how this can reduce over time once the environment gets used to your presence. The importance of sitting quietly – and doing nothing! (not even cell phones) – for 10 minutes was challenging, but well worth the practice.



Do One Thing!

Here's a thing you can do that doesn't require a new habit! Reduce unwanted mail (and the subsequent unnecessary recycling) by exempting your name from mailers:

<https://www.calrecycle.ca.gov/reducewaste/home/junkmail>

New Year; New Green Habits

January is National Get Organized Month. Or if it isn't, it should be. Personally, I tend to keep many of my New Year's Resolutions – but one that always fails me is getting organized. The thing about being organized – or so I'm told – is that it increases efficacy wherever applied. The other thing is that it takes discipline. Or does discipline increase efficacy? Oh, nevermind. Can't you tell this isn't my favorite subject? However, developing the organization and discipline required to incorporate green habits into the everyday is what *each* of us can do for *all* of us. For instance:



STEAM Project idea that repurposes disposables: Marble Run

- Recyclable plastic must be clean, dry, AND UNBAGGED to be recycled properly by the city.
- Consider installing a 'Recycling Station' at home to dry and sort plastic, glass, CRV, etc.
- Say no to single-use plastic – BYO if you can!
- Have an idea for an elementary STEAM project that repurposes disposables? Contact Mrs. G!

WHAT'S HAPPENING

Martin Luther King Day - January 21

MLK Day is a National Day of Service. Consider some ways to serve others to honor his legacy – pick up trash, feed the homeless, visit the elderly or disabled, or contribute to relief efforts.

New Year, New Stuff

Starting in January, Anza's Counseling Department (that's me, Mrs. G), with staff help, will implement new PBIS Tier 2 supports for students with multiple behavioral referrals; consent forms will be sent home for eligible students.

Positive Behavior Interventions & Supports

Students learn about Anza's expectations:

- Be Safe
- Be Respectful
- Be Responsible

Character Counts:
Respect

Cool Website of the Month:

<https://makinglemonadeblog.com/free-printable-january-organizing-calendar/>