

Counselor's Corner

Aug/Sept 2019 • Gutierrez.Gloria@tUSD.org • (310) 533-4559

Youth With an Action

Each month this column will feature a youth activist who is standing up for what they believe in. This month is: **Greta Thunberg**, age 17. If you have not heard of her, it's time to look her up. Her movement is **#FridaysforFuture** and has led many to rally for the environment. In September she has called for worldwide support for action on climate change by bringing to attention the Emergency UN Climate Summit in New York starting Sept 23. She sailed a carbon-neutral boat to New York to reduce her carbon usage.



Project Drawdown is a ranking of carbon-cutting eco-improving suggestions local and global. Can you match rankings below?

- 1st 7th 8th
A. Verticulture
B. Educating Girls
C. Refrigerant Management

A: 8, B: 7, C: 1

Connectivity: On Being Connected

Unattended children. We know what that means. Or do we? Attending has several meanings. One: Being physically present. Two: Mentally alert and focused on task. Three: Being a privileged guest to a person of honor or ceremony. Our children can be near us (physically present), technically not 'unattended' by a store's definition, but still be '*left to their own devices*' (Old French word *devis*, meaning "division," "separation," "wish," or "desire."). What a dreaded phrase: for me as a kid, it meant being bored until we figured out how to entertain ourselves (pause) *without electronics*. In today's vernacular, it's more like 'let play (with iPads)'. But 'attending' is a powerful word: after physical presence, your attentional attendance (Two) has a different power. To *connect*. When we give attention, and get attention, it builds our



Photo by [Hal Gatewood](#) on [Unsplash](#)

Students spend an average of 2 hours daily viewing entertainment on devices. Adults spend 10 hrs on devices.

self-esteem and relationships. So this month and next, buff up those attending skills, and remember Three: you are a guest of honor attending to your child as they walk the ceremony of their lives. And they are guests of honor at your ceremony as well. Speaking of attendance, make good choices to stay healthy to attend every day!

WHAT'S HAPPENING

Green Team
60% toward bench!!

Recruitment has begun for the new Green Team. Please let your teacher know if your child is interested.

Recycling Caps to
Bench continued

By the summer we'd reached half of our goal, and since the new year we are at 60%. Please **ONLY TURN IN CLEANED AND DRIED CAPS**. Many have had to be wasted due to contamination.

Positive Behavior
Interventions &
Supports

Students learn about Anza's expectations:

- Be Safe
 - Be Respectful
 - Be Responsible
- Character Counts:
Conflict Resolution

Cool Website of the Month:

[Social Media & Screen Time Usage](#)