



## THE COUNSELOR'S CORNER

September  
2017



**Amy Brown & Fran Chapman**  
*Student Support Counselors*

Dear Mill Creek Families,

Welcome back to the 2017-2018 school year! We are looking forward to a wonderful year with your child! To better communicate and interact with our families and community, we have created the "Counselor's Corner," which will be posted on Mill Creek's guidance page at the beginning of each month.

We would like to utilize this page to provide resources and information to help your child learn and grow academically, emotionally, and socially.

**You Have Honored the  
Creekers' Code!**

**Cooperation  
Respect  
Excellence  
Effort  
Kindness  
Empathy  
Responsibility  
Support**



*Mill Creek's school wide positive behavior program was created by an inspiring group of 6th graders who appreciated the importance of creating a positive school climate. The Creekers' Code gives everyone at Mill Creek the chance to be recognized and celebrated for their efforts and character.*

*During the month of October, we will be focusing on cooperation and providing you with discussion points and activities to facilitate cooperation within your family.*

**\*\*NEW ADDITION TO THE MILL CREEK PLAYGROUND\*\***

Be  
the Reason  
Someone Smiles  
Today

Mill Creek Elementary  
Buddy Bench

Creekers' Code

*Our new buddy bench will help emphasize inclusion, as well as, the character traits we encourage through the Creeker's Code.*

*Students will be able to use the seating area to seek support from their peers when feeling lonely or upset. The Buddy Bench also gives students an opportunity to make new connections and help others.*

**CONVERSATIONS ABOUT SCHOOL**

Here are some conversation starters that will help you support your child's education at home and stay involved!



***"Let's see what you brought home today."*** Look at completed work to find out what your youngster is learning and how well she's doing. You could comment on her math work or social studies project ("You know a lot about our state's history!").

***"Show me what you have for homework."*** It's your child's job to do her homework, but you play a role, too. Make sure she knows what she's supposed to do by having her explain the assignments to you.

***"Describe a book you enjoyed today."*** This gives you an idea of what your youngsters prefer to read. Then, build a daily reading habit by asking what she'd like to read tonight. Encourage reading and listening skills by reading aloud to her and letting her read to you.



**BACK TO SCHOOL STUDENT BOOK RECOMMENDATIONS**



**ADULT BOOK RECOMMENDATIONS**





## CREATING A HOMEWORK STATION



As those bright yellow buses start rolling again, parents are understandably concerned about the kind of learning experience their children will have in the classroom – but it's just as important that you give your kids the right study environment at home if you want them to do well in school.

## CHOOSING A HOMEWORK STATION

Where does your kid do his/her homework? At the kitchen table? In front of the television? Hidden away in a dark corner of the bedroom? Or perhaps your child studies in a different location every night, misplacing papers and spreading school supplies all over the house? Every child should have a quiet, undisturbed, and DEDICATED location for studying. Kids don't require much space – even a small niche is fine as long as it is away from noise and distraction, has comfortable seating, good lighting, and offers enough room to spread out. If you simply can't designate a permanent workstation, set up a rolling cart so your child can easily take his papers and supplies from place to place – every student should have a study space of some kind to call their own. Help your child create their own study station.

## SETTING UP THE SUPPLIES

The school supplies a child needs depend a great deal on his grade and classes. But every homework station should be equipped with the basics. Writing implements and art supplies can be stored in a series of small plastic drawers – one for markers, one for pens, one for pencils, one for paintbrushes, etc. Loose paper works best when placed in stacking trays – computer paper in one, notebook paper in another, construction paper in a third. All those little loose supplies (like scissors, tape, rulers, protractors, staplers, etc.) can be stored in labeled shoebox-style containers. And don't forget a solid set of bookends for holding up schoolbooks, binders, and notebooks. It's also not a bad idea for your child to have duplicates of those items he uses both at home and in the classroom. Keep one set at his homework station and include another set in his school binder – stored in a poly three-ring envelope or vinyl pocket. You run less risk of something important being lost or left behind.

## KEEPING TRACK OF PAPERS

Most parents' biggest complaint during the school year is paperwork – homework assignments, school calendars, memos, permission slips, graded assignments, artwork, etc. The amount of paper each kid receives can be overwhelming. The best way to stay on top of school papers is to stem the tide before it even starts. Of course current assignments should live in your child's homework folders – but what to do with the rest of it? Fill out any forms or permission slips IMMEDIATELY, and return them to your child's school folder, so they aren't misplaced and can be turned in the next day. As you receive calendars and activity notices, mark the information in your planner and discard the paperwork. What about the papers you need to keep? For organizing at home, you could try using a file folder system at your command center or desk. And finally, set up plastic tub with a lid for the new school year labeled "art/school papers." Each time your child brings home a drawing or an A+ report or other item that you want to save, put it in the box (instead of piled all over the desk or on the floor.) Then, at the end of the school year, you can pick your favorites to include in a scrapbook.

## COLOR CODING IS KEY

It can be hard to keep all the materials for one class together – so the trick is to color code. Choose a different color for each class – say, math is blue, history is orange, and science is green. For math class, your child would have a blue pocket folder (the left side for new assignments, the right side for completed homework that needs to be handed in), a blue textbook cover, a blue pouch for any class-specific school supplies, and possibly a blue poly envelope or expanding wallet for larger materials. Now it's easy for kids (and parents) to double check in the morning to make sure all the right folders and school paraphernalia are packed for the day – no more excuses for showing up to class unprepared!

By Ramona Creel

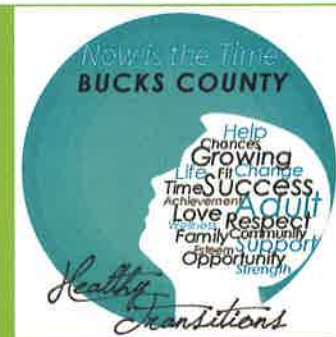
# ADDICTION IS A FAMILY DISEASE: NEEDED KNOWLEDGE FOR DECISION MAKING

**SEPTEMBER 27, 2017  
1:00PM-3:00PM**

The Bucks County Departments of Behavioral Health and Mental Health have partnered with Dr. Kathleen Meyers under the Now Is the Time: Healthy Transitions grant to provide training specifically tailored to families. Dr. Meyers will outline what a substance use disorder means and will discuss approaches to treatment with evidence of effectiveness. The training will summarize what to look for in a treatment program as well as identify available resources. This presentation will be audio recorded for future webinar viewing.

**Who should attend: Family members who are interested in learning more about substance use disorders. Please register by contacting Monica Stefanik at 215-444-2719 or [mstefanik@buckscounty.org](mailto:mstefanik@buckscounty.org). Space is limited.**

**Presenter:** *Dr. Kathleen Meyers* has dedicated her career to clinical research in adolescent substance use disorder with an emphasis on improving the way adolescent substance abuse treatment is delivered in this country. In 2004, Dr. Meyers received the Research Award of Excellence from the Caron Foundation. She has served on numerous advisory panels, and peer review, institutional review and editorial review boards. Her research has been funded by the National Institute of Drug Abuse (NIDA) and the Office of Juvenile Justice and Delinquency Prevention (OJJDP). With more than 75 publications, Dr. Meyers currently delivers high impact and targeted technical assistance to 37 State Youth Treatment initiative grantees working to improve state and tribal adolescent and transition aged-youth substance use disorder treatment systems across the country.



The Pennsylvania Healthy Transitions Partnership is a coordinated and comprehensive approach to the provision of supports and services to address serious mental health conditions, co-occurring disorders, and risks for developing serious mental health conditions among youth 16-25 years old. This FREE event will focus on providing a better understanding of how to engage and support transition age youth in their journey to adulthood.

"This training was developed [in part] under grant number SM061250 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS."

## LOCATION

Bucks County Department of  
Behavioral Health Office  
600 Louis Drive  
Suite 102A  
Warminster, PA 18974