

# LCMS Counseling

## November Newsletter 2019



### Academic Support Available at Los Cerritos



- Homework help
  - Monday-Friday from 8:04-8:51 in room P3 with Mrs. Kay
- Homework club
  - Monday-Friday at lunch in room 12 with Mrs. Meir
- English help with your own teacher (make arrangements)
- Math study hall at lunch (grades 7 & 8)
  - Tuesdays in room P6 (Mr. Pyle)
  - Thursdays in room p5 (Mrs. Landseadel)

**FREE Community Resources for Tutoring** (found on Counseling page of Los Cerritos Website <http://www.conejousd.org/loscerritos/Parents/Counseling>)

#### **Thousand Oaks Teen Center**

**FREE** Math Tutoring Monday and Thursday 4:00-5:30

No Appointment Necessary

#### **Thousand Oaks Library – Homework Help**

(Need a library card to access on line services)

<https://www.tolibrary.org/teens/homework-help>

**BrainFuse HelpNow!** - Live online help from expert tutors from 1-10 p.m. Through the Library Website

#### **PAID Tutoring Resources**

**Thousand Oaks Student Tutoring TOHS Students**

<https://www.tostudenttutoring.com/> 805-870-5352

## Students Grades/Marking Periods:

- Trimester 1 **progress** grades have been posted on the Q parent portal connection: <http://www.conejousd.org/Q-Student-Information-System-Login>
- Trimester 1 **official grades** will be posted on 11/15/2019
- Please check Q under assignments to see if your student has any missing/late work which is affecting their grade.
- Please connect with your students teachers regarding their progress.  
Teacher contacts can be found here: <https://www.conejousd.org/loscerritos/About-Us/Teachers>

## **LOS CERRITOS MIDDLE SCHOOL GRADING TIMELINE**

<b>Marking Period</b>	<b>End of Marking Period</b>	<b>Report Cards Available to View on Q</b>	<b>Days in Marking Period</b>
Tri 1 Progress	9/27/2019	10/4/2019	27
Tri 1	11/15/2019	11/22/2019	58
Tri 2 Progress	1/17/2020	1/24/2020	29
Tri 2	3/6/2020	3/13/2020	61
Tri 3 Progress	4/24/2020	5/1/2020	28
Tri 3 Final	6/12/2020	6/19/2020	61

## **College & Career Readiness:**

- LCMS is offering the PSAT 8/9 to all interested 8th grade students on Saturday, December 14th. Experience the College Board's "Suite of Assessments" in preparation for the SAT. The PSAT 8/9 can be used to establish a baseline in terms of college and career readiness as a student transitions to high school as well as provide valuable data in a comprehensive score report that will outline your student's strengths and areas for improvement. This data will not be shared with Universities or Colleges.
  - Register your student starting on Monday October 14<sup>th</sup> through Friday November 15<sup>th</sup> Here is the link to the form:  
<https://www.conejousd.org/loscerritos/Forms>
    - Attach \$20 dollars (cash or check) and turn into the front office.
  - The PSAT 8/9 will be administered from 8:30 to 12:30 pm at LCMS using our classrooms. The test lasts approximately 2.25 hours, but with breaks and administration, it usually takes 3 hours from start to finish.
  - Check out the College Board website at [collegereadiness.collegeboard.org/psat-8-9](http://collegereadiness.collegeboard.org/psat-8-9) for further details.

## **Help your student get involved:**

- Lunch bunch is a great way for students to meet new friends and have a place to go during lunch. Check out the schedule:
  - Mondays room P5
  - Wednesdays room P12
  - Thursdays room 29
  - Fridays room 25
- Check out our clubs schedule online here:  
List of Lunch Time Clubs below:

# LUNCH TIME CLUBS

<b>CLUB NAME</b>	<b>MEETING DAY</b>	<b>ROOM #</b>
Homework Club	Monday <i>thru</i> Friday	12
Art/Drawing Club	Monday	23
Yu-Gi-Oh Club	Monday	13
Builder's Club	Tuesday	40
Harry Potter Club	Tuesday	P-3
Book Club	Tuesday	P2
Beyblade Club	Wednesday	29
Chess Club	Wednesday	P-3
Dungeons & Dragons	Wednesday	10
Magic the Gathering	Wednesday	24
Robotics Club	Wednesday	27
Movie Club	Thursday	35
Wildlife Defenders	Thursday	7
Guitar Club	Friday	P-13
Origami Club	Friday	P-3
Toy Car/Fingerboard/ Board Games	Friday	25
WYLDLife Club	Friday	P-12
Geography Club	Friday	P-11

Please be sure to check out Resources on the Los Cerritos Website Counseling Page for On-Line Resources, Recommended Reading, Useful App's, Ted Talks.

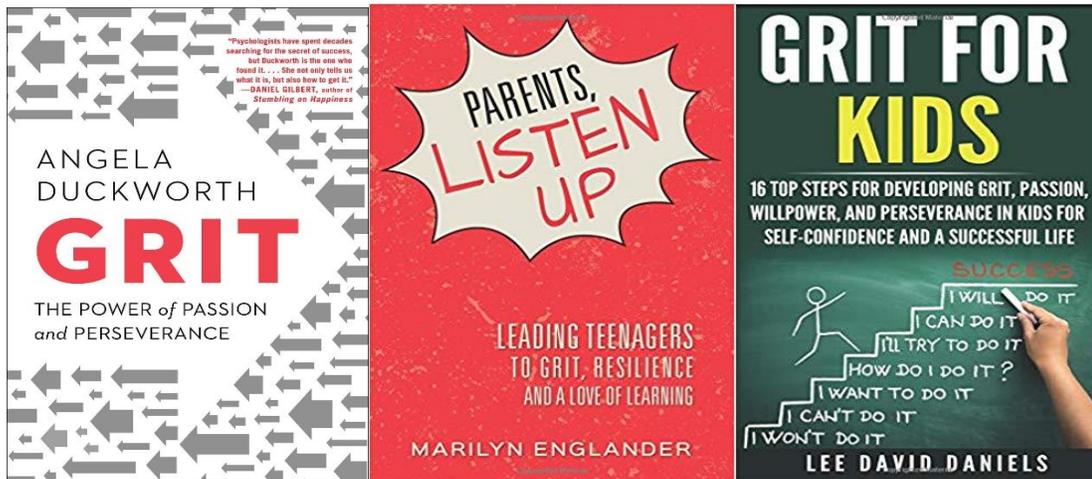
<http://www.conejousd.org/loscerritos/Parents/Counseling/On-Line-Resources-Websites>

## Resource Theme for November is Resilience and Grit



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## Recommended Reading



## TED Talks

Angela Lee Duckworth: Grit: The power of passion and perseverance



Leaving a high-flying job in consulting, Angela Lee Duckworth took a job teaching math to seventh graders in a New York public school. She quickly realized that IQ wasn't the only thing separating the successful students from those who struggled. Here, she explains her theory of "grit" as a predictor of success.

[https://www.ted.com/talks/angela\\_lee\\_duckworth\\_grit\\_the\\_power\\_of\\_passion\\_and\\_perseverance](https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance)

## PodCasts on Resiliency



Road to Resilience brings you stories and insights to help you thrive in a challenging world. From fighting burnout and trauma, to building resilient families and communities, we explore what's possible when science meets the human spirit. Powered by the Icahn School of Medicine at Mount Sinai.

# Resilience in Children: Strategies to Strengthen Your Kids

## **Help your child build resilience in the face of obstacles**

All children are capable of working through challenges and coping with stress. Resilience is the ability to bounce back from stress, adversity, failure, challenges, or even trauma. It's not something that kids either have or don't have; it's a skill that kids develop as they grow.

Resilient kids are more likely to take healthy risks because they don't fear falling short of expectations. They are curious, brave, and trusting of their instincts. They know their limits and they push themselves to step outside of their comfort zones. This helps them reach for their long-term goals and it helps them solve problems independently.

## **Stress and Resilience**

All kids encounter stress of varying degrees as they grow. Despite their best efforts, parents can't protect kids from obstacles. Kids get sick, move to new neighborhoods, encounter bullies and cyberbullies, take tests, cope with grief, lose friends, and deal with divorce, to name a few. These obstacles might seem small in the eyes of an adult, but they feel large and all-consuming to kids.

Resilience helps kids navigate these stressful situations. When kids have the skills and the confidence to confront and work through their problems, they learn that they have what it takes to confront difficult issues. The more they bounce back on their own, the more they internalize the message that they are strong and capable.

## ***Strategies to Build Resilience***

Parents can help kids build resilience and confront uncertainty by teaching them to solve problems independently. While the gut reaction of the parent might be to jump in and help so that the child avoids dealing with discomfort, this actually weakens resilience. Kids need to experience discomfort so that they can learn to work through it and develop their own problem-solving skills. Without this skill-set in place, kids will experience anxiety and shut down in the face of adversity.

### ***Build a Strong Emotional Connection***

Spend one-on-one time with your kids: Kids develop coping skills within the context of caring relationships, so it's important to spend one-on-one time with them. When kids know they have the unconditional support of a parent, family member, or even a teacher, they feel empowered to seek guidance and make attempts to work through difficult situations.

### ***Promote Healthy Risk-Taking***

In a world where playgrounds are made "safe" with bouncy floor materials and helicopter parenting, it's important to encourage kids to take healthy risks. What's a healthy risk? Something that pushes a child to go outside of their comfort zone, but results in very little harm if they are unsuccessful. Examples include trying a new sport, participating in the school play, or striking up a conversation with a shy peer. When kids avoid risk, they internalize the message that they aren't strong enough to handle challenges. When kids embrace risks, they learn to push themselves.

### ***Resist the Urge to Fix It and Ask Questions Instead***

When kids come to parents to solve their problems, the natural response is to lecture or explain. A better strategy is to ask questions. By bouncing the problem back to the child with questions, the parent helps the child think through the issue and come up with solutions.

### ***Teach Problem-Solving Skills***

The goal is not to promote rugged self-reliance. We all need help sometimes, and it's important for kids to know they have help. By brainstorming solutions *with* kids, parents engage in the process of solving problems. Encourage kids to come up with a list of ideas and weigh the pros and cons of each one.

### ***Label Emotions***

When stress kicks in, emotions run hot. Teach your kids that all feelings are important and that labeling their feelings can help them make sense of what they're experiencing. Tell them it's okay to feel anxious, sad, jealous, etc. and reassure them that bad feelings usually pass.

### ***Demonstrate Coping Skills***

Deep breathing exercises help kids relax and calm themselves when they experience stress or frustration. This enables them to remain calm and process the situation clearly.

### ***Embrace Mistakes—Theirs and Yours***

Failure avoiders lack resilience. In fact, failure avoiders tend to be highly anxious kids. When parents focus on end results, kids get caught up in the pass/fail cycle. They either succeed or they don't. This causes risk avoidance. Embracing mistakes (your own included) helps promote a growth mindset and gives kids the message that mistakes help them learn. It can be helpful to talk about a mistake you made and how you recovered from it.

### ***Promote the Bright Side—Every Experience Has One***

Optimism and resiliency go hand in hand. Some kids may appear more naturally optimistic than others, but optimism can be nurtured. If you have a mini pessimist on your hands, acknowledge the feelings that lead to pessimistic thinking and teach your child to reframe his thoughts to find the positive.

### ***Model Resiliency***

The best way to teach resilience is to model it. We all encounter stressful situations. Use coping and calming strategies. Deep breathing can be an effective way to work through stress. Always label your emotions and talk through your problem-solving process.

### ***Go Outside***

Exercise helps strengthen the brain and make it more resilient to stress and adversity. While team sports are the most popular method of consistent exercise for kids, all kids really need is time spent outdoors engaging in a physical activity. If team sports don't appeal to your child, encourage them or introduce them to bicycling, playing tag, or even just swinging at the playground. These are all great ways for kids to engage in free play that also builds resilience.

Resilience helps kids navigate the obstacles they encounter as they grow. It's not possible to avoid stress, but being resilient is one of the best ways to cope with it.

# REMEMBER TO BREATHE



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