

# School Counselor Newsletter

**PARENT EDITION**

## January - Growth Mindset

This month students will learn about the difference between a growth mindset and a fixed mindset. Lessons include activities that help students learn and practice how to identify positive self-talk as well as how to apply strategies needed to maintain a growth mindset. These include videos, stories, and activities that will help them identify how to change from a fixed mindset to a growth mindset.

[Fixed Mindset vs. Growth Mindset Video](#)

## UPCOMING REMINDERS/DATES

Jan 3-Jan 30 - LEAP Nominations  
Please see details on next page!

Conscious Discipline Trait of the Month:  
**Choices**

Traditional Discipline	vs	Conscious Discipline
First Warning		Choice to Be Helpful
Second Warning		Choice of Safe Place
Loss of Privilege		Behavior Plan
Call to Parents		Logical Consequences

ConsciousDiscipline.com

## TIP OF THE MONTH:

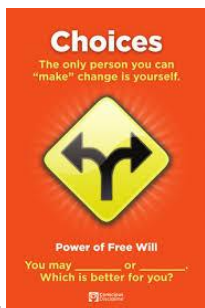
[Traditional Discipline vs. Conscious Discipline](#)

Use this tool to help you shift from how you perceive and respond to children's behaviors.

## Practicing the Skill of Choices

December Conscious Discipline Family Discussions Questions:

- What does the statement, "The only person you can "make" change is yourself," mean to you?
- If you were given the choice to use \$100 to buy food for someone who is hungry or buy blankets for someone who is cold, which would you choose and why?
- Would you rather be helpful around the house by dusting/vacuuming or by helping fold/put away the laundry?



# School Counselor Newsletter

## COMMUNITY RESOURCE OF THE MONTH

### **C.A.N. Caring About Nutrition Program**

Through the Raymore-Peculiar Public Schools Foundation (a 501(c)3 organization), the C.A.N. program is designed to assist students with nutritional needs while they are away from school.. Qualifying students receive a weekly Friday child-friendly food package. This program is currently operating on donations of food, money, and time from volunteers.

If you would like your child to participate in the CAN program please contact your student's teacher, the school's front office or school counselor to request a form.

PARENT  
EDITION



IN THE  
SPOTLIGHT

Happy New Year! As you may know, **LEAP** is our district intervention program for gifted students in grades 2-8 who have been identified as gifted learners. Students must meet qualifying levels on identified assessments in order to participate in LEAP. The levels are prescribed by the Missouri Department of Elementary and Secondary Education and have been adapted to the Ray-Pec LEAP program.

Each year, parents or teachers may nominate students in grades 1-7 for candidacy to be evaluated for LEAP. The nomination period this year is from **January 3 to 30, 2020**. The nomination form link is available on our district webpage <http://www.raypec.k12.mo.us/889/LEAPGifted-program>

As part of my role as school counselor, I serve as our building LEAP coordinator. If you have any questions about any step in the LEAP process, please do not hesitate to email me or call me at 892-1915.

## SCHOOL COUNSELOR CONTACT INFORMATION

**Mrs. Andrea Whalen**

[Andrea.whalen@raypec.org](mailto:Andrea.whalen@raypec.org)

**816.892.1915**