



Counselor's Corner

Ms. Casey Ruhland, School Counselor

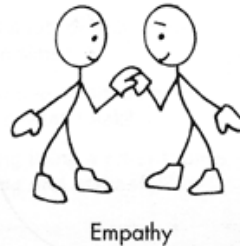
"Choose a job that you love, and you will never have to work a day in your life." Confucius

Students at Waubesa have been busy learning about Careers in Lifeskills. The 5th graders have learned about Career Clusters, or grouping similar jobs together, and have explored career websites to learn more about careers that interest them. 4th graders completed a Color Quiz and discovered their personality type, which will help guide them in future career investigation. WIS 3rd graders have been exploring careers using Discovery Education videos and modeling with Career Charades.

Have you asked your child about their career interests?

April Character Trait

Empathy: Understanding and sharing another person's experience and emotions. (Standing in their shoes.)



Have a Safety Conversation

Here are some practical tips to help keep kids safe:

- ⇒ Discuss the three personal safety rules: 1. Say NO! 2. Get away. 3. Tell a trusted adult.
- ⇒ Create "What if..." stories and practice with your child.
- ⇒ Teach your child to yell "HELP" instead of just screaming.
- ⇒ Create a Secret Code for you and your child to use if someone new is picking them up from school, practice, etc.
- ⇒ Pay attention to your child and be an attentive listener. Keep communication open and welcome.
- ⇒ Know where your children are, who they're with, and what they're doing.

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Connecting With Your Child

10 Tips for Reducing Stress:

- ☺ Exercise every day!
- ☺ Get enough sleep!
- ☺ Eat healthy foods!
- ☺ Talk about your problems!
- ☺ Keep a journal!
- ☺ Break large tasks into smaller, achievable steps!
- ☺ Practice slow, deep breathing!
- ☺ Avoid negative people!
- ☺ Don't over-commit!
- ☺ Think happy thoughts!!!!

