

COUNSELOR'S CORNER

Belforest Elementary School

January Campaign

This month the school counseling department will put a focus on "Your Future Self."

Students in kindergarten-3rd grade will receive a lesson exploring [Kuder Galaxy](#). Kuder Galaxy is an online career awareness system designed specifically for elementary school students, using an interactive, space-themed platform to introduce them to different career paths through engaging games, videos, and activities, helping them discover their interests and connect them to potential future careers; essentially, it's a fun way for young children to explore the world of work. Kuder Galaxy has been purchased for all elementary students by the Alabama Department of Education.

Our 4th-6th grade students will participate in a career day event. This event will be to help students learn about different careers and become more comfortable interacting with adults in professional settings.

Career Day is an engaging and informative event designed to introduce young students to the wide range of careers and professions that exist in the world. During the event, a series of guest speakers—often parents, local professionals, or community members—are invited to share their career journeys and experiences with the students. The goal is to inspire children to think about their future aspirations and broaden their understanding of the many possibilities available to them.

The Impact:

- Career Day helps students begin to think about their interests and strengths in relation to the world of work.
- It encourages them to dream big and recognize that many different paths are available to them as they grow older.
- It also fosters a sense of community as students interact with professionals from various fields, and it helps build a positive connection between the school and local businesses or organizations.

Do you need to contact your School Counselor?

Grades K-3 Rebecca Johnson rjohnson@bcbe.org

Grades 4-6 Kim Powell kpowell@bcbe.org



ADDRESSING MISBEHAVIOR WITH **POSITIVE DISCIPLINE**

BE PROACTIVE!

- Nurture your connection with your child
- Help your child learn self-regulation skills
 - Work with your child to create a calm-down space
 - Model positive self-regulation skills
- Work with your child to set clear behavior expectations and consequences
 - This can include negative consequences as well as positive consequences
- Provide opportunities for your child to make their own decisions.
 - Give him/her limited choices
- Be consistent - make a habit of meaning what you say and saying what you mean.

ADDRESSING MISBEHAVIOR

- Stay calm. Take time to manage your own emotions if needed.
- Address the behavior, not the child.
- Follow through with consequences - positive or negative.
- Use logical consequences.
- Help your child use their coping skills.
- Work with your child to help them problem solve.
- Consider what need your child is trying to meet.
- When possible, address behavior concerns in private.
 - Avoid using shame to discipline your child.

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"Positive discipline is based on maintaining dignity and respect by using kindness and firmness at the same time" Dr. Jane Nelson