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 OLD FIELD MIDDLE SCHOOL GUIDANCE DEPARTMENT

Counselor Corner

A Quarterly Newsletter from the OMS Guidance Staff

Looking Back as First Marking Period Draws to a Close...

In just ten short weeks, our students have accomplished so much! In October, twenty 7th and 8th grade students completed a four-day training in mediation skills, becoming the latest class of Peer Mediators at OMS. Students were recommended for this training by either their counselor or teachers. With the help of co-advisors Ms. Roemer and Mrs. Nigro, our Peer Mediators are now equipped to work with fellow students in helping to resolve non-physical conflicts. Students were trained in the skills of active listening, restatement, maintaining

confidentiality, and helping disputants come to a 'win-win' solution. Peer Mediators will be receiving additional follow-up training in six weeks as well.

In addition, during the third week of November, T.L.C. training will take place. Now in its fourth year, Tornadoes Listening and Caring is based upon the tenants of the nationally renowned Natural Helpers program. Twenty 7th and 8th grade students, nominated by their peers as trustworthy and approachable, will be trained in in-

tensive helping skills, building on their instinctual listening skills. OMS will now have 30 trained peer helpers in the building to assist fellow students through the difficulties many face during their middle school years. Training will be led by Ms. McCaffrey and Ms. Roemer. See the next edition of *Counselor Corner* for more details!



The OMS Guidance Staff wishes everyone a Happy Thanksgiving!

Annual Long Island Counselors Conference Attended by OMS Counseling Staff

The middle school counselors attended the 35th annual Long Island Counselors Association Conference this November. The conference was highlighted by Keynote Speaker Margaret Sagarese. Ms. Sagarese specializes in teaching edu-

cators about the drastic technological advances that have taken place in our society over the last twenty years and how to keep our students safe in this constantly evolving technological world. Ms. Sagarese is a nationally renown

speaker and has published six books focusing on young adolescent experiences. Some of her book titles include, *Cliques*, *Balancing Your Need to Know with Your Adolescent's Need to Grow*, and *The Roller Coaster Years*.

Dates to Remember:

First Marking Period Ends	Nov. 13
Emergency Dismissal Drill	Nov. 13
Thanksgiving Recess Begins	Nov. 25
OMS Report Cards Mailed	Nov. 30
OMS 2nd Qtr Interims Mailed	Dec. 23
Winter Recess Begins	Dec. 23
Second Marking Period Ends	Jan. 29

The Strategy Corner

Tips for Managing Stress

- Expect surprises! Know that not everything will go as planned;
- Remind yourself of times you've successfully handled stress and what you did to cope;
- Do what you enjoy: exercising, writing, listening to music...whatever helps you to relax;

KIDS IN ACTION ANNUAL CONFERENCE

Each fall, 8th grade T.L.C. members join co-advisors Jenn McCaffrey and Dahlia Roemer in attending the annual Kids in Action Long Island Conference at Farmingdale State University. The half-day trip (which is free of charge to all students and schools) proves to be a favorite each year with students and staff alike. The mission of the Kids in Action conference is to “support the efforts of schools to foster character education, self-respect (and respect for their body), and leadership within the community” (www.ourkidsinaction.org).

Student leaders from schools across Nassau and Suffolk unite at this conference to celebrate their role as peer leaders throughout the school year. Every conference features a guest speaker whose

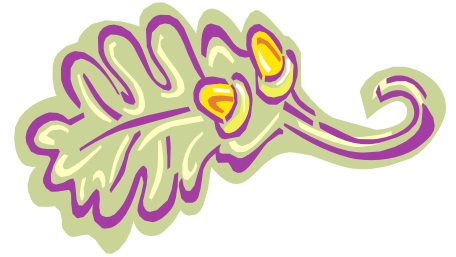
goal is to inspire these student leaders into further action once they return to their schools.

This year’s guest speaker is **Sarah Rein-ersten**, the first Female Amputee to finish the Ironman Triathlon Championships in Kona, Hawaii (2005). Sarah was an ESPY recipient in 2006 as well as the USTA’s Best Female Disabled Triathlete. Sarah also competed on “The Amazing Race” (session #10). In 2007 Sarah was given the Outstanding Young Californian Award. Then, in 2008, Sarah received the *Women Who Mean Business Courage Award* and was later honored in 2009 with the *Cool Women Award* from the Girl Scouts of America.

As a motivational speaker, role model and advocate for change, Sarah’s mantra

for students is, “Don’t ever give up on what you believe in. Not once. Not ever! Fear Less Live More!”

For more information on Sarah’s journey, please visit www.alwaystri.net.

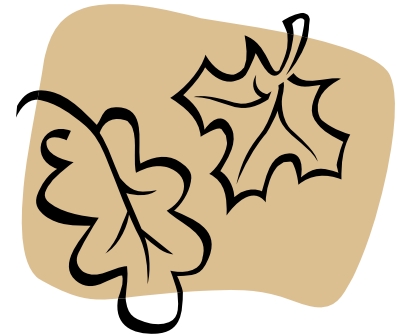


Industry Advisory Board Update

The Harborfields CSD held its first Industry Advisory Board meeting of the year on October 7. The Industry Advisory Board is a partnership representing members of the business and education communities. Initiated in Harborfields in 1999, its purpose is to bring business resources together with teachers and administrators to help guide, plan, and take an active role in the School-to-Career

Program in grades K-12. Events include Career Day programs, job shadowing, internships, mentoring, and paid work experiences. We are always looking for new members to offer their unique talents and experiences to benefit our students. Persons wishing to join the Industry Advisory Board should contact Marian Corbett, School-to-Career Coordinator at

631-754-5360 or email corbettm@harborfieldscsd.org.



THUMBS UP PROGRAM UNDERWAY

Keeping parents ‘in the loop’ through out the year is one of our primary roles as guidance counselors. One way we accomplish this is through our Thumbs Up program, which began during the last week of September.

Every five weeks, the grade level guidance counselor and administrator meet with each teacher to discuss every child in their class to evaluate how well the

child is doing from an academic, emotional, social, and behavioral perspective. Students who are doing well in all areas receive a Thumbs Up certificate that they can bring home to share with their families to communicate that they are “on track.” If a student does not receive a Thumbs Up for academic reasons, the teacher with concerns will speak with the student directly. If there is a behavioral concern for a student, the grade level

administrator will follow up. Should there be an emotional or social concern, the grade level guidance counselor will address the student privately.

Over the years, we have found Thumbs Up to be an excellent tool to monitor our students through out each marking period. Please contact your grade level counselor with any questions (754-5340).