

Mr.
Gilmore

Counselor Connection

Mrs.
Barbee

Equally Sharing the Pieces of An Orange

<https://www.lcisd.org/campuses/roberts/home>

The Character Trait for January & February is Fairness

Thank you!

STUCO wants to send a big thank you to all our students who participated in the Diaper Drive. We collected over 100 packages.

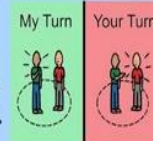
THANK YOU



What is Fairness?:

What is Fairness?

- ✓ Fairness means I will treat others equally.
- ✓ I will play by the rules.
- ✓ I will take turns and share.
- ✓ I will help solve a problem.
- ✓ I will listen to both sides, and judge fairly.



H.O.P.E. Line:

H.o.P.E. Line
832-223-HOPE
Se habla español (4673)

LCISD H.O.P.E. Line 832-223-HOPE or 832-223-4673

LCISD has a dedicated Hotline that provides emotional support 24/7 for student and parents.

National Teen Dating Abuse Hotline 1-866-331-9474 or 1-866-331-8453 TTY

Crime Stoppers 1-800-222- TIPS of 1-800-222-8477

FAIR ISN'T

everybody getting
the same thing....

FAIR IS

everybody getting
what they need in
order to be

SUCCESSFUL.

Contact the counselors:



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Amber Barbee
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Fairness

- . playing by the rules
- . taking turns
- . sharing
- . listening to others





Fair vs. Equal

Fair is giving someone what they need.
Students are treated fair because we will give them what they need.



Equal is the same.
Students are not treated equal because everyone is different.

10 POWERFUL
CONVERSATION
STARTERS TO
TEACH YOUR KIDS

FAIRNESS

Discuss with your children, by asking these questions, what Fairness is and why it is so important!



1 When do you think fairness means “everyone should get (or do) the same amount”?

3 What do you do or say when you see unfair things happen to other people?

2 When might fairness mean that everyone should get or do a different amount?

4 What are some of the rules that should be followed at home to make things fair for everyone?

5 What happens to fairness when someone doesn't follow the rules?

6 When does sharing seem fair and when does sharing seem unfair?

7 What happens when a member of a group does not do their fair share?



8 What would you do if you were in a group and a friend refused to do his/her share?

**POWERFUL
WORDS**
CHARACTER DEVELOPMENT

9 What happens to fairness when we blame others for our mistakes?

10 How do you show fairness at home and at school?

Visit DrRobynSilverman.com
for more tips!

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TEST ANXIETY

What is test anxiety?

Test anxiety is the worried, nervous, or scared feeling that happens to you when it's time to take a test or a quiz.

How does it affect me?

You might experience headaches, sweating, nervous stomach, crying, trouble breathing, and a faster heartbeat. You may feel angry, worried, hopeless, helpless, and overwhelmed.

Test anxiety can also bring on negative thoughts. You might say things like, "I can't do it" or "I'm probably going to fail". You may also be thinking about the worst possible thing that can happen. Some people experience a "blank out" which means that they forget everything that they studied!

What can I do about it?

- 1** Be prepared! Do a good job studying so that you can feel confident about taking the test. Start studying a few days before, and make sure that you are understanding what you're reading.
- 2** Use positive self-talk to quiet the negative thoughts in your head. Say things like, "You can do it!" or "You've got this!" Picture yourself doing well on the test!
- 3** Find ways to calm your body before, during, and after the test. The more relaxed you are, the better you will be able to focus on doing a good job.
- 4** Take your time and focus on one question at a time. Take deep breaths and read each question carefully. Don't spend too much time on one problem.
- 5** Talk to a parent, school counselor, or teacher. They might be able to work with you to come up with coping skills that can help you be successful.



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Tips to Increase Motivation!

1. Visualize the prize

Think of how things would look differently if you suddenly had all the motivation in the world. There would probably be a lot of positive effects! Every time you start to feel unmotivated, try to refocus on all the good things that will happen when you reach your goal. It might help to draw a picture of it or write it down.

2. Write down positive statements

It can be easy to feel like giving up when you're working really hard towards a goal. What are some positive things you can say to yourself to help you refocus? Write these statements down, and put them somewhere you can see it every day!

3. Take small steps

Motivating yourself can be hard if your goal seems so big and so far away! Rather than looking at how much work you have left to do, break it down into smaller steps. Every day set a new goal for yourself that will bring you closer to your big goal. Remember to 'pat yourself on the back' whenever you make any progress!

4. Make it a challenge

Challenges and competition are things that can get us excited and energized. Is there a way you can challenge yourself in reaching your goal? Maybe there's a friend or family member who has a similar goal. You can turn it into a fun and healthy competition. Remember, whenever people are working towards a goal, there are never any losers - just winners!

5. Reward yourself

Finding a way to reward yourself can help keep you motivated. Every time you reach a small or big goal, find a way to give yourself a prize. It doesn't have to be anything big or cost a lot of money. Talk to your parents and see if you can think of fun rewards for the progress you make towards your goals.

