

COUNSELOR'S CORNER

Mrs. Fabina, the counselor for grades 5-12 and Ms. Schweitzer, the counselor for the Elementary School, have collaborated to provide regular information regarding counseling related activities in the school and community.

Recess patrols

A few months ago, the Elementary School began a recess patrol program. All of the 4th grade students participate in this program. On a rotating schedule in the first and second recess, two 4th grade students are always present outside to act as additional recess patrols. They wear a yellow safety vest and have their own whistle. Their responsibility includes helping other students on the playground and providing additional supervision. Additionally, the 4th grades learn about responsibility and community service. They were trained by Ms. Schweitzer to recognize situations where they can be of assistance and were given pointers on areas they can help patrol. They have done a fantastic job enforcing our recess rules while also giving their peers the opportunity to seek help from another student as opposed to an adult, should they choose to do so. They have collaborated well with our ever present teacher patrols and we'd like to thank them for their dedication!



Summer is around the corner!

Tips for shifting from school to summer break

- Post the family schedule ,,,
It helps children to visualize the plans for the summer and to have an overview. It also helps you and your children to see where you might have free time to plan other activities or just relax. Have your child contribute to the family calendar. Maybe the child can help mark things on the calendar to feel a sense of ownership and responsibility.
- ...but stay spontaneous!
Have a list handy with things you have always wanted to do (museum visits, specific parks or trails) or people you have wanted to visit for a while. When time frees up you can pick one of the spontaneous events



together.



- Encourage summertime learning.
Summer outings present a good opportunity to learn about history, geography, and nature. Look for teachable moments and encourage him/her to listen, read, take pictures, collect mementos or keep a journal. This type of learning can boost the self-esteem of a child that struggles in school. This may also be a good time to dedicate more time to a hobby and to explore new leisure activities and interests.

- New routines
Routines can be very important to some kids and provide security and structure. If possible, keep some schedules the same: meal times and bedtimes for example. Practice certain new routines (like packing for camp or the pool) while dropping others (like homework). It may also help to visit locations in advance if they are new (like camp) and talk to some of the people he/she will meet beforehand.

GOOD SPORTSMANSHIP

Team sports aren't just for fun. They also offer the opportunity for learn and practice good sportsmanship. To make sure your child is prepared before the next game, remind her to be:

- **respectful** to teammates and opponents

-a **good winner** (no bragging)

-a **good loser** (no whining)

Research shows that kids who hear this “good sportsmanship” message before competing demonstrate better conflict resolution skills than kids who don't. Better yet, those skills may spill over into the classroom.

Source: Firm, Fair, and Consistent- available on the DSW Website under CAMPUS LIFE > Counseling



GOOD BYE AND AUF WIEDERSEHEN TO OUR GRADUATES...

The end of the school year often brings with it a wealth of conflicting emotions. On the one hand, there is gratitude that the seemingly endless homework, exams, corrections, meetings, and projects are over and it's time to relax over the summer vacation. However, the fact that some members of school community will be leaving the school for good is very hard to think about. You have enriched our school community in so many ways, and the school will not be the same without you!

For those students who are going to new schools, I wish you and your families all the best for a smooth transition and lots of new friends. To the staff that is leaving, I hope that the next chapter in your lives is a happy one, and you find fulfillment wherever you go. Charlotte, Ingrid, Peter – I have to thank you especially. While I was a student you guided and encouraged me, as my colleagues for over 15 years you supported and inspired me and have motivated and challenged the next generation as well. My eternal thanks for all you have done!

Congratulations to our graduates! Whether you will be studying abroad or in the US, where our graduates were offered admission by prestigious programs including American University, NYU, and the University of Maryland, you have paved a way for a bright future and we wish you all every happiness and success. No matter where the road takes you all, I hope that you will stay in touch and visit often.



MAKE YOUR SUMMER COUNT!

If you have not done so already, I would like to encourage the “college group” for next year to use some time over the summer vacation to seriously think about where you will be applying and continue to visit as many campuses as you can. Getting a feel for a school truly helps in narrowing down the list of colleges that offer both a stimulating academic program and an atmosphere that promotes an all-around positive college experience.

Please make sure that you meet with me at the beginning of the 2016/2017 school year to complete the applications and discuss recommendation letters, essays, extracurricular activities, etc.

Application deadlines are as early as October, and good time management is key. Also, keep in mind that a summer internship can really make an impact on an application! Make use of the tools that are available to you through the internet. Below are a few websites that you and your parents might find interesting both during the summer and beyond.

<https://bigfuture.collegeboard.org/get-started/for-parents#>

<http://www.internships.com/summerinternships/high-school-students>

<http://collegeapps.about.com/od/theartofgettingaccepted/tp/best-summer-plans-for-high-school-students.htm>

<http://college.usatoday.com/2012/01/30/the-10-best-sites-to-look-for-scholarships>

<http://www.foxnews.com/opinion/2015/07/01/three-keys-to-getting-your-kids-into-ivy-league.html>

<http://www.forbes.com/forbes/welcome>

Summer Camps

If you are looking to enroll your child in a summer camp with the purpose of working on his/her social skills, attention skills, or improving in certain academic areas, here are some ideas.



Basic Concept

Therapeutic summer program offering daily instruction and focus in the areas of receptive and expressive language, social/peer interactions, play, problem solving, sports and academic skills. Full day and half day classes available for preschool, elementary and middle school students.

Rockville/North Bethesda, Maryland
240-447-8013

www.basicconcepts.org

Email: info@basicconcepts.org

Camp Aristotle

Full day and half day options at The Auburn School for children with high functioning autism, Asperger's Syndrome, ADHD and anxiety issues. Activities integrate social thinking and learning throughout the day.

Grades K -9

Chantilly, VA 703-793-9353

Silver Spring, MD 301-588-8048

<http://www.camparistotle.org/>

Email: info.fairfax@camparistotle.org or info.silverspring@camparistotle.org

Camp Sequoia

An overnight camp for boys focusing on improving social skills and life skills. Small group sessions, as well as traditional camp activities with a 2:5 ratio of staff to campers. Ages 8-17
Pennsburg, Pennsylvania (1 hour from Philadelphia)
610-771-0111
www.camp-sequoia.com
Email: office@camp-sequoia.com

In Step/Stepping Stones

Several summer programs and groups to enhance social skills for children and teens. All groups have a parent component to reinforce skills learned.
Fairfax, VA 703-876-8480 or Sterling, VA 703-433-5771
www.insteppc.com
Email: dara@insteppc.com

Kate McClain Summer Camp Friendship

Camp for children with special needs to boost confidence and social success.
Grades 1 - 6.
Falls Church, VA
703-994-1663
<http://katemcclainsocialskills.com/>
Email: info@katemcclainsocialskills.com

Lego Summer Camp

Corpus Christi's Early Childhood Center is an accredited program providing both entertaining and educational activities for children with sensory skills needs. Half day and full day summer camps offered.
Ages 3-12
Falls Church, VA
703-573-4570
www.corpuschristischool.org
Email: astich@corpuschristischool.org

Life Changing Fitness - Get Moving! Get Social!

Therapeutic, fitness and socials skills camp for children with ADHD, autism spectrum disorder, sensory processing disorder, motor delay, learning disabilities, and social skills needs. Building children's self esteem, self confidence, and their physical ability through sports and social activities. The camp will focus on improving children's communication skills, team work, cooperation, and overall social skills.

703-909-7971

<http://www.lcfkids.com/>

Email: info@lcfkids.com

Take2Summer Camp

A therapeutic summer camp for children who have difficulty making and keeping friends. Campers participate in fun, engaging activities that allow them to explore and learn how to be a good friend, recognize emotions in themselves and others, set and achieve goals and work together in a group. Ages 7-14

Edmund Burke School

Washington, DC

703-282-2900

<http://www.take2camp.org>

Email: take2campdc@gmail.com

Xpress Yourself Expressive Therapy Center

Social Skills Camp for children and adolescents.

Pre-K-Grade 8

McLean, VA and Rockville, MD

703-349-5225 or 301-869-1017

<http://www.expressivetherapycenter.com>

Lab School of Washington

Summer program for students with learning disabilities and/or ADHD in grades 1-9 and special sessions in Speech and Language and Occupational Therapy for preschool to 12th grade.

Washington, D.C.

202-944-2217

www.labschool.org/summerprograms

Email: alexandra.freeman@labschool.org

Mad Science Camp

For children with ADHD or learning disabilities.
Campers create, build, and observe a variety of projects to explore how science affects the world around them.

30 locations throughout the D.C. area
703-536-9897

www.dc.madscience.org
Email: info@madscienceofdc.com

Talisman Summer Camp

Traditional residential adventure camp for children with Learning Disabilities and ADHD. Many different camping experiences designed to build confidence, problem-solve, and gain responsibility.

Zirconia, North Carolina

Ages 6-22

855-588-8254

<http://www.talismancamps.com>

Email: info@talismancamps.com

Treatment and Learning Center Summer Programs

Therapeutic camps for sensory integration, occupational therapy, speech/language, learning enrichment and handwriting. .

Ages 3-7 for Friends Camp and

Grades 1 -12 for Learning Enrichment Programs

Rockville, Maryland

301-424-5200 ext. 6923

http://ttlc.org/summer_programs/

Email: ltorvik@ttlc.org

The Treatment and Learning Centers Summer Programs

Therapeutic camps for speech/language.

Ages 3-7 Friends Camp

Grades 1-12 Learning Enrichment Programs

Rockville, Maryland

301-424-5200 ext. 6923

http://ttlc.org/summer_programs/

Email: ltorvik@ttlc.org

The therapeutic recreation camps listed below can be found under the following website:

<http://montgomerycountymd.gov/rec/thingstodo/therapeutic/camps.html>

Camp Bullseye Ages 11-14; Middle school youth with learning disabilities, ADD/ADHD, and/ or Asperger's. A transition camp from Camp Pines to the TR Summer Teen Center. Games and team building activities to enhance socialization; swimming, special events and local trips fill the schedule. No personal care provided. Staff ratio: 1 staff/4 participants. TR Extended Camp now available

Camp Pines Ages 6-10: Youth with learning disabilities, ADD/ADHD, and/or Asperger's. Instructional sports and cooperative games are part of the camp experience. Adding Theme Weeks, board games, crafts and field trips encourages social skill development. Depending on the schedule, campers are placed in small groups for specific activity time. No personal care provided. Staff ratio: 1 staff / 4 participants.

TR EXTRA Summer Fun! Ages 6-14: Youth with learning disabilities and/or ADD/ADHD. Sports, games, crafts, and special events extend the summer camp experience from Little Pines, Big Pines and Bullseye. Depending on the schedule, campers are placed in small groups for specific activity time. No personal care provided. Staff ratio: 1 staff / 4 participants.

TR Summer Teen Center Ages 14-21; active, independent teens with learning disabilities, ADD/ADHD, and/ or Asperger's Spectrum Disorder. Activities to enhance social skills and self-esteem, and promote independence and skills for life. Games, crafts, swimming, wellness activities, and special events featured. No personal care is provided. Staff ratio: 1 staff/4 participants.