

# School Safety Team For Bullying Awareness & Prevention

E S T E L L M A N O R E L E M E N T A R Y S C H O O L

## January's

Theme:

Goal Setting  
&  
Career  
Awareness

Career  
Awareness  
Week:  
Monday,  
January 27th  
Through  
Friday,  
January 31st



Happy New Year, Staff &  
Students!

Activities  
for Career Awareness Month

- Morning Announcements during Career Awareness Week
- Grade Level Lessons on Career Development with Jill Kuppel
- **“Bully-free is the Life for Me”** School-Wide Project
- **“Passport to Careers”** Assembly for Grades 5-8
- Classroom Career Awareness Program for Grades K-4
- Parent Letter

## Career Awareness & Bullying Prevention

What does Career Awareness have to do with Bullying Prevention?

Having a clear goal toward a specific career path may help students who are victimized by bullying behaviors. Through

this goal-setting process, students can identify with a positive motivation toward school success. This helps students feel a certain sense of the reason that school is needed: to provide

the opportunity for the student to attain a career of their choice.

This is the motivational factor behind the School Safety Team selecting **January as “Career Awareness Month”** for our students.

## T-Shirt Update



Congratulations to Olivia Dormanen for submitting the winning slogan for our t-shirts!  
**“Bully-free is the Life for Me”**

Congratulations to Alivia Klosek for submitting the winning design for our t-shirts!

## “Bully-free is the Life for Me” Days

The School Safety Team has selected the **LAST Friday of each month** to be designated as “Bully-free is the Life for Me” Day.

On these days we will ask students and staff to wear their t-shirts with the **“Bully-free is the Life for Me” Slogan**. Our School Safety Team will be planning activities for

students to participate in on these days. Details to follow each month!

## Upper Grade “Passport to Careers” Assembly

The upper grades will be taking part in a round robin career awareness program in the gymnasium. We have volunteers from local and state agencies who have offered to make mini-presentations to our students. Students will be given a “Passport to Ca-

reers” card to complete during the presentation. Students will be grouped in small groups and will spend about 5-10 minutes at each presenter’s table.

The “Passport to Careers” Program will be held on January 31st in the Gymnasium and will start at approximately 1:15 PM.

We ask that staff that are assigned to classes during this time, assist in the passing out of the “Passport to Careers” card and monitoring student behavior during the assembly.

More details to come...

## Lower Grade Career Awareness Program

A letter went home to parents of lower grade students to request volunteers who would like to make a **presentation to their child’s** class on their specific field.

We are requesting parents to visit our classrooms on January 31st from 1:15-3:15. If a parent would like to present, but is unable to make it at that time, individual teachers can make alternate arrangements at their discretion.

Information packets and video materials will be made available as well for any classrooms wishing to **enhance their class’s Career** Awareness Program.

More details to come...

## Classroom Lessons

Students will take part in grade-leveled class lessons with Jill Kuppel on Career Awareness during the whole month of January.

Thank you to all of the teachers for being so flexible with scheduling these lessons! It is greatly appreciated.



## Career Awareness Week

Monday, January 27th, 2014 through Friday, January 31st, 2014

### Morning Announcements

#### Monday, January 27th, 2014 ~ Self Awareness

“Career Awareness” Thought of the Day: “Find out who you are and do it on purpose.” This is a quote from the country singer, Dolly Parton. This means that you should take the time to develop your “self awareness” because that is such an important part of your career development. Did you know that the level of success in your future career depends a lot on your ability to recognize those special qualities in you that could help you have a successful career? So today’s reflection is for you to list your accomplishments. Brainstorm all of the things you have accomplished last year, large or small, that could help you in a future career. Ask friends and family members to help you. By doing this, you may discover something that could really help you find a future career!

#### Tuesday, January 28th, 2014 ~ Personal Attributes & Preferences

“Career Awareness” Thought of the Day: Look at your strengths and weaknesses. Knowing what you are good at and what areas you need to improve upon can help you to develop qualities that will help you in a future job. Are you a really good soccer player, but could use some work on your sportsmanship? Maybe you could work on improving your team leadership skills. Are you an excellent student, but your locker and book bag are full of clutter? Maybe you could work on improving your organizational skills. Today’s reflection is for you to make a list of things you are good at (strengths) and things that you would like to improve about yourself (weaknesses). Then use this list to set goals for personal improvement in the new year. By doing this, you are working on improving your career path.

#### Wednesday, January 29th, 2014 ~ Uniqueness

“Career Awareness” Thought of the Day: You are unique. There is no one in the world exactly like you. We all have different fingerprints and that shows us that we are all special and different in our own way. Learn to like the wonderful person you are and those things about you that help you bring wonderful gifts to the world. Today’s reflection activity is: Take a washable stamp pad. Use your thumb print to make a mark in the middle of the paper. Around your thumbprint, list all of those things that are unique to you: your hair color, your likes, your skills, your accomplishments and those things that are your strengths. Hang this in your locker or your bedroom at home. Use it as a way to greet yourself each morning with a positive feeling about how unique and special you are.

#### Thursday, January 30th, 2014 ~ Career Identification

“Career Awareness” Thought of the Day: Think about a career or job that you would like to do in the future. Look back on our activities from this week that would help you to be a good person for this job. Identifying the skills needed for a job will help you work on improving those areas as a student in school. Today’s activity is: look everywhere for career possibilities during the school day. Look at magazines, TV, radio. Look everywhere. Make a list of careers you are interested in and then research them. You may find a career possibility right next to you!

#### Friday, January 31st, 2014 ~ Goal Setting

“Career Awareness” Thought of the Day: We have been spending a lot of time learning about careers during the month of January. If you have an idea of the type of career you are interested in doing when you are older, why don’t you spend some time researching that career. You can talk to people you know who do this career and ask them about how important school is to being successful. Chances are, they will tell you that during your school years, you are learning many skills that you will use in your adult career! So every time you pick up that pencil during math class, anytime you read a book in Language Arts, anytime you exercise in P.E., you are learning valuable life skills that will help make you a healthy and successful adult!

# Estell Manor School District

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Ms. Nöelle Jacquelin  
Superintendent of Schools

Mrs. Rose Millar  
Business Administrator

January, 2014

Dear Parents and Guardians,

Our school will be taking part in “Career Awareness Month” sponsored by our School Safety Team for Bullying Awareness & Prevention. During this month, our school will be focusing on activities that will promote goal setting, personal exploration, and career exploration.

Some of the activities we are working on with our students are as follows:

- Students will hear an announcement during the week of January 27th each morning on a specific area of career awareness and/or goal setting.
- Each grade will take part in lessons with Mrs. Kuppel, our School Counselor that highlight career awareness and goal setting.
- On Friday, January 31st, there will be grade-leveled programs for students on career awareness.

If you have any questions regarding the programs, please feel free to contact Jill Kuppel at 476-2267.

Sincerely,

Ms. Nöelle Jacquelin  
Superintendent of Schools

## Schedule of School Counseling Lessons “Career Awareness Week”

Class	Activity
Kindergarten	Career Puppets Literature Selection: <u>Max the Wolf</u> Career Shapes: Matching the career person with their shadow
1 <sup>st</sup> Grade	Career Puppets Literature Selection: <u>Max the Wolf</u> Career Shapes: Matching the career tool with their shadow
2 <sup>nd</sup> Grade	Literature Selection: <u>Would you Rather?</u> & Goal Setting Activity Literature Selection: <u>Sylvester &amp; the Magic Pebble</u> & Star Booklet
3 <sup>rd</sup> Grade	Literature Selection: <u>Would you Rather?</u> & Goal Setting Activity Introduction to the Occupational Outlook Handbook & Briefcase Activity
4 <sup>th</sup> Grade	Literature Selection: <b>Jack’s Talent</b> & Explore Books Literature Selection: <u>Iggy Peck, Architect</u> & Explore Books
5 <sup>th</sup> Grade	Literature Selection: <u>How Santa Got His Job</u> Career Interest Inventory
6 <sup>th</sup> Grade	Literature Selection: <b>Jack’s Talent</b> & Explore Books Literature Selection: <u>Iggy Peck, Architect</u> & Explore Books
7 <sup>th</sup> Grade	“Connecting the Dots: How School Skills Become Work Skills” Unit
8 <sup>th</sup> Grade	“Exploring Careers” Unit

# Sample Worksheet for Career Development at Any Age Level



## PREFERENCES



**FOODS I LIKE**

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**FOODS I DISLIKE**

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**GAMES I LIKE**

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**GAMES I DISLIKE**

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**FAVORITE SUBJECTS IN SCHOOL**

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**SUBJECTS IN SCHOOL I DISLIKE**

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**HOBBIES I ENJOY**

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**HOBBIES I COULD NEVER ENJOY**

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**THINGS I DO WELL**

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**THINGS I DO NOT DO WELL**

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**TIMES I LIKE TO BE WITH PEOPLE**

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**TIMES I LIKE TO BE BY MYSELF**

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**OUTDOOR THINGS I LIKE TO DO**

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**INDOOR THINGS I LIKE TO DO**

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