

Counselor's Corner

by Louise C. Berman, M. Ed.

Dear Parents,

A few years ago, in my capacity as elementary VP for the Washington State Counselors association, I attended a two-day seminar based on Steven Covey's "7 Habits of Highly Successful People" called "The leader in Me."

We visited an elementary school where this program was in full swing. As we exited the bus, we were greeted by a student-lined entry way, each offering a "good morning," high five, fist bump, a wave, smile, or some other welcome offering.

This attitude was evident everywhere in the school. We visited class rooms where there were student-drawn posters of the 7 habits of effective kids, reminders in every hallway. This school was all about welcoming, belonging, and happy students.

Over time as a counselor, I've incorporated some of these characteristics into my counseling program. They include leadership groups, proactive problem-solving lessons, promoting an empathetic student body, and an understanding that I am here to support every student. Our educational paradigm is shifting. Our incredible staff has also made this shift over the years. I see it in how we come together to support EVERY student here.

Once upon a time, administrators were stiff, unfriendly, and only saw students who did not follow the rules? We no longer live with 1950s mentality. Sometimes the best teacher of what works for students is having lived through what did not. *(Take a moment to read that again.)*

I am thrilled to be a part of the metamorphosis occurring at Seattle Hill. Every day, I see happy students who drop-in to ask what they can do for our school, how they can join a leadership group, or ask if I need help with anything. . . much different than when I began at Seattle Hill in 2007.

Along with our parent community, we are creating solid kids.... those who demonstrate integrity, good morals, positive self-image. These kids stick their necks out every day to do the right thing.

School is so much more than academics. We are preparing our students for life... with S.M.A.R.T. goal-setting strategies and ways to get along with others in a kind and not so kind world.

Positive self-esteem and feeling secure are the best ways to raise academic performance. (Please read that again.) Our new mantra is to NOT be afraid to raise our hands and take a chance. Can you guess how much more our kids are learning by not being afraid to try?

According to SchoolDigger.com, in June 2018, Seattle Hill ranked 249th of 1054 Washington state elementary schools with our 626 students. (4 out of 5 stars). This is our third year in a row when Seattle Hill has shown academic-based increases.

There is no more fitting time than now to acknowledge all of you who have helped us on this journey.

Whatever it is you have done and however you have contributed to our school community, thank you. We couldn't do it without you. Just wait to see what we'll do next!! As always, I'd love to hear your thoughts on this.

LOOK WHAT WE'VE DONE TOGETHER

2016
School of Distinction

One of the 5% highest improving schools in the State of Washington for increased ELA/Math achievement and Graduation Rate over the past 5 years.

Presented to
Seattle Hill Elementary School
Snohomish School District

Greg Lobdell, CEO
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WSSDA
AESD
WASA
Washington State ASBO

2017
School of Distinction

One of the 5% highest improving schools in the State of Washington for increased ELA/Math achievement and Graduation Rate over the past 5 years.

Presented to
Seattle Hill Elementary School
Snohomish School District

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WSSDA
AESD
WASA
Washington State ASBO

2018
School of Distinction

One of the 5% highest improving schools in the State of Washington for increased ELA/Math achievement and Graduation Rate over the past 5 years.

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7 Habits of Highly Effective People by Stephen Covey

7 Habits of Happy Kids by Sean Covey

(adults) <https://www.youtube.com/watch?v=ktITxC4QG8g>

1. Be Proactive

I have a “Can Do” attitude.

I choose my actions, attitudes and moods. I don’t blame others. I do the right thing without being asked, even if nobody is looking.

2. Begin With the End in Mind

I plan ahead and set goals. I do things that have meaning and make a difference. I am an important part of my school. I look for ways to be a good citizen.

3. Put First Things First

I spend my time on things that are most important. This means I say no to things I should not do. I set priorities, make a schedule, and follow my plan. I am organized.

4. Think Win-Win

I want everyone to be a success. I don’t have to put others down to get what I want. It makes me happy to see other people happy. I like to do nice things for others. When a conflict arises, I help brainstorm a solution. We all can win!

5. Seek First to Understand, Then to Be Understood

I listen to other people’s ideas and feelings. I try to see things from their viewpoints. I listen to others without interrupting. I am confident in voicing my ideas.

6. Synergize

I value other people’s strengths and learn from them. I get along well with others, even people who are different from me. I work well in groups. I seek out other people’s ideas to solve problems. I know that “two heads are better than one”. I am a better person when I let other people into my life and work.

7. Sharpen the Saw

I take care of my body by eating right, exercising, and getting sleep. I spend time with family and friends. I learn in lots of ways and lots of places.