



School Counselor's Newsletter

Mrs. Chambers

December
2020

College Visit Days for Seniors

Seniors are allowed **two** excused College Visit Days.

In order for the College Day to be excused, seniors must see Mrs. Chambers to request a form. The form must be signed by the student, parent, and all the student's teachers **before** the request is approved by Mr. Vines or Mrs. Chambers.

Check with the college/university prior to going to a college to make sure they are offering in-person visits. You will also need to bring documentation of your visit.



Congratulations to the November Students of the Month

Elementary

Preslee Bingham

Grady Hollars

Middle School

Judson Dorman

Alexia Renfro

Junior High

Jacklynn Burns

Joshua Goad

High School

Nichole Cothren

Madison Hekia



Keep up the good work!

Bray-Doyle School Website and Facebook Page

To keep apprised of all that is going on at Bray-Doyle, be sure to visit the school website at braydoyle.k12.ok.us and/or the school Facebook page at Bray-Doyle Public Schools. Be sure to visit your child's teacher's webpage on the school website. Contact information for each teacher is also available on the website.

ICAP

Individual Career Academic Plan (ICAP) refers to both a process that helps students engage in academic and career development activities and a product that is created and maintained for students' academic, career, and personal advancements. ICAP is state-mandated for all 9th and 10th graders for the 2020-21 school year. Mr. Tillson currently works with students on their ICAP plans bimonthly. Between meetings with Mr. Tillson, students should continue to work on their ICAP plans. For more information, please contact Mr. Tillson or visit www.okedge.com.

National ACT Test Dates for 2020-2021

Test Date	Registration Deadline	Late Fee Required
December 12, 2020	November 6, 2020 *past due*	November 7-20, 2020 *past due*
February 6, 2021	January 8, 2021	January 9-15, 2021
April 17, 2021	March 12, 2021	March 13-26, 2021
June 12, 2021	May 7, 2021	May 8-21, 2021
July 17, 2021	June 18, 2021	June 19-25, 2021

**Visit my.act.org to register for the ACT test.

**All Juniors will take the CCRA—ACT Test in April 2021. This will be given at school during the day to satisfy state-mandated testing.

Helping Our Kids (and Ourselves) Through the Holidays During COVID-19

Undoubtedly, this year has been discouraging for many. The year has caused difficulties, disappointments, and disruptions for many people. As we enter the thick of the holiday season, we may wonder how we as parents and guardians can help our kids (and ourselves) through the holidays during COVID-19. While many of us want to continue to be positive, sometimes we need to stop and acknowledge that things are difficult around us. It brings an awareness to others' situations and helps us to refocus on our loved ones. The information listed below was provided by the Connecticut Children's pediatric psychologists at the Connecticut Children's Medical Center. For more information, you may visit connecticutchildrens.org. Suggestions are grouped by age, but tips may apply to other groups, too.

0-3 years old: Focus on quality time during the holidays—and don't worry about the details.

- * Children this age will not be able to recall detailed memories of holidays past and will not recall the events of this year in the future. However, they will remember how they happy they felt.
- * It's okay to keep things very simple for children this age in terms of celebrations and explanations. All children benefit from having quiet-down time to feel love and attention by parents and guardians. With social distancing and quarantine measures in place, this is the perfect season to indulge children with affection.

4-6 years old: Create new, quarantine-approved holiday traditions.

- * Establish traditions with your immediate family—make holiday decorations, make homemade gift, cook a special meal.
- * If in-person visits with family, friends, or Santa is not possible, consider fun ways to have a video interaction, write letters, or make cards.
- * Understand that children may have a negative reaction to holiday changes this year. Tell them it's okay to feel sad, disappointed, or angry.
- * Find the positive and teach positive self-talk. For example, "Since we don't get to travel, we get extra time to relax and play at home."

6-12 years old: Help your child cope with holiday blues—and build resilience for the future.

- * At this age, children understand the precautions that are taken due to COVID-19.
- * Validate their feelings of disappointment and sadness about changes to their holiday traditions: It's normal and okay to feel angry, frustrated, or sad.
- * Remember that helping children overcome disappointment helps them build resiliency.
- * Ask them for their ideas about how to make the holiday special.

13-18 years old: Ask, listen, and encourage COVID-safe holiday activities.

- * Ask teens how they are feeling.
- * Let them know you are there if they need to talk.
- * Listen! Often, teens just want someone to listen and not solve the problem for them.
- * Offer perspective on the situation by looking at the big picture.
- * Allow them a sense of control by giving them choices—maybe to have a friend over on a different day to celebrate the holiday, or allow them to plan a special activity.
- * Encourage positive social activities to honor the holiday season, such as to volunteer in a socially distanced way.

Parents, Guardians, and Caregivers: Manage your own disappointment about this holiday season.

- * Allow yourself to feel your emotions.
- * Do something to nurture yourself in a positive way.
- * Adjust your own expectations.
- * Look at the big picture.
- * Children take cues from the adults around them. If you maintain a positive, festive, and calm demeanor, your kids will pick up on it and do the same.