



# The Counselor Connection

DECEMBER 2021

## This month's character trait: TRUSTWORTHY

### So What is It?

Trustworthy means being about to be relied on as honest or truthful.

### Why is it Important?

Trustworthiness is an important part of building a healthy friendship. Your friends need to be able to trust you in order to have a strong friendship that will last and is meaningful.

### How Can I Show that I am Trustworthy?

- If I say I am going to do something, I will do it!

- I will show up to class, meetings, and DBAs on time.
- I will apologize...if I've made a mistake, I will admit it and ask how I can make it right.
- I will always speak the truth...even if it's more difficult to say, I know that honesty builds trust.
- I will take care of things that people let me borrow.
- If I find something that doesn't belong to me, I will turn it in instead of keeping it for myself.
- I will not spread rumors or untrue facts about someone.
- I will complete my schoolwork and/or tests on my own, and not by looking at someone else's work.

### December at a Glance

12/1-12/2 FLVS Professional Development (no student contact)

12/6 LIVE lesson: Being a Good Digital Citizen (1 PM)

12/13 LIVE lesson: Being Trustworthy (1 PM)

Check your class banner for link and password!

12/17-1/2 Winter Break  
NO SCHOOL



### We're here to help!



O: 407-513-3699  
[rpinkman@flvs.net](mailto:rpinkman@flvs.net)  
Serving counties Alachua through Hardee, alphabetically, plus Hillsborough.



O: 407-513-3613  
[nminger@flvs.net](mailto:nminger@flvs.net)  
Serving counties Hendry through Orange, alphabetically, except Hillsborough.

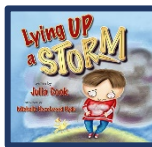


O: 407-513-3524  
[krehr@flvs.net](mailto:krehr@flvs.net)  
Serving counties Osceola through Washington, alphabetically.

For every good reason there is to lie, there is a better reason to tell the truth

-Bo Bennett

### Check out these books!

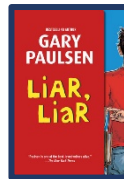


Lying Up a Storm

By: Julia Cook

Liar, Liar

By: Gary Paulsen



Sam Tells Stories

By: Thierry Robberecht



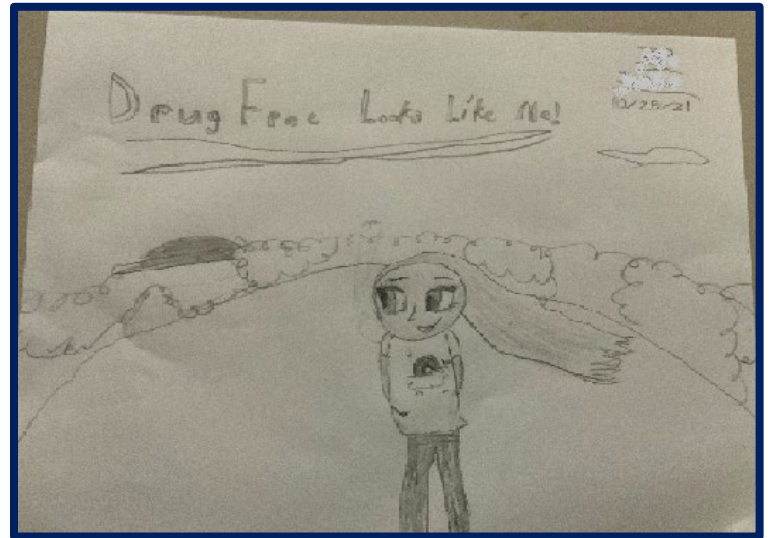
### How you can Help your Child Learn to be Trustworthy

- Let your children know how much you value honesty
- Help them to decipher between reality and fantasy
- Let them know you appreciate them being truthful even though they did something wrong
- Model honesty in your own communication and interactions
- Point out characters being honest in movies or stories as examples
- Foster a safe environment for them to feel comfortable coming to you with the truth
- If you make a mistake, allow them to see you owning up to it

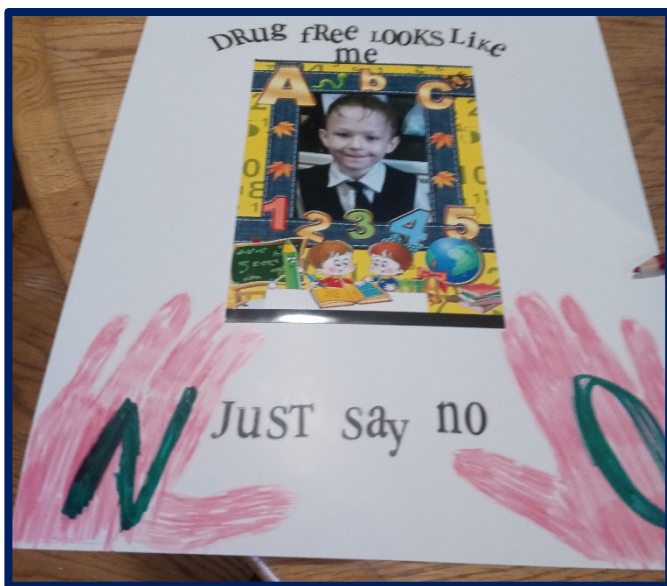
# Take a Peek at these winning submissions for Red Ribbon Week!



Gavin, 3<sup>rd</sup> grade



Jade, 4<sup>th</sup> grade



James, Kindergarten

**THANK YOU!!**

We want to thank all the participants for their incredible submissions! We enjoyed seeing all the artwork and reading all of your writing. We hope this activity was fun, but also helped you to visualize yourself in the future as drug free!

If I Stay Drug Free  
by: Naila, 5<sup>th</sup> grade

Staying drug free is important to **YOUR** mental and physical health. When people are addicted to drugs, they are permanently damaging their brain. Also, those who are addicted to drugs do **not** get to live their full life. If I stay drug free, I can go out and explore the world. If I stay drug free, I can live a long life filled with joy, excitement, and happiness. If I stay drug free, I can live life. My sister and I are doing our part, to help others. Do **your** part.

**Stay drug FREE!!!!**