



NORTHWEST MISSOURI SCHOOL COUNSELORS ASSOCIATION

COUNSELORS - HELPING - COUNSELORS
NEWSLETTER

– February 2010 –

Presidential Perspective



by Sharon Evans,
NWMSCA President



Winter break is always appreciated so much. It seems to come at a time when between the short daylight hours and the long days at school we've reached a point somewhere between utter exhaustion and making it through the day. 2009 was a tough one; for our country, our students and their families. It has been a challenging one for myself and at times difficult to focus on the positives. With the start of 2010, we each have the opportunity to start anew, to set new goals and to leave the past behind.

Begin by appreciating yourself and valuing what you do. Set new goals, personally and professionally, to encourage growth in your life. Since we cannot be everything to everyone, spend some time establishing priorities then select SMART (Specific, Measurable, Attainable, Realistic, Time limited) goals. Being realistic in choosing a few goals that are truly important to you is a key to success. Then the satisfaction you will enjoy as you accomplish those goals will far outweigh the effort.

Live well, the alternative to life is death. Enjoy being in the moment and appreciate the opportunity to be alive. Just by being here, you make a difference in the world.

Love much, the alternative to love is loneliness. Relationships make the world go around and connecting with others is what counselors do best.

Laugh often, the alternative to laughter is silence. Smiles make wrinkles that give faces character. Frowns make wrinkles that make faces look old. Be as young as you decide to be.

My wish for each of you is that you will live well, love much, and laugh often as you share the special talents and skills each of you possess that makes you the awesome counselors you are.

Broken Creek Youth Ranch

"Healing Hearts, Mending and Mentoring Lives, One Horse, One Youth at a Time"

By Kristine Carey

Broken Creek Youth Ranch is located just off of Highway 31 in Stewartville, MO, and exists to promote and improve physical, mental, and social wellbeing through equine assisted learning, therapy, and therapeutic riding. This organization provides unique, highly effective, equine assisted therapy programs. These programs include horse management as part of the curriculum, incorporating responsibility and ownership. Each student, to the best ability they have, may learn to lead, groom and prepare their equine partner before and after each session. During their program, an individual's needs are addressed through horse therapy up to and including speech, sensory, balance, behavior, cognitive processing and more in an experiential learning environment. Broken Creek Youth Ranch provides all of these services to the youth they assist at no charge to the child or their families. Their funding relies on the generous support of others, which is why they were selected as the NWMSCA Human Rights campaign for the spring. Donations will be collected at our spring district meeting on March 12, 2010.

Dont' Forget: MSCA Spring Conference - March 5 - Jefferson City

MSCA Spring Conference

"Technology Boot Camp" will be presented at the annual MSCA spring conference in Jefferson City this year by Dr. Russ Sabella. Participants will learn about the most powerful features of various applications to help more easily unlock the power of data to more effectively support student achievement. The specific details of this worthwhile event are as follows:

When: Friday, March 5, 2010

Where: Capitol Plaza, 415 W. McCarty, Jefferson City, MO

Time: 8:30 (Registration) 9:00-3:00

NOTE: Each participant needs to bring their own laptop! Registration must be postmarked by February 20 to receive "Early Bird Discount". See www.schoolweb.missouri.edu/MSCA for more information.

Mark Your Calendars for the Spring Meeting!

Friday, March 12, 2010

Empower U

518 S. 6th St.

St. Joseph, MO

(corner of 6th and Messanie)

Registration: 8-8:30

Meeting begins at 9:00

Lunch provided by NWMSU

What is that saying about spring and a young man's fancy? Well, maybe if the young man does not work in the field of education. For many counselors and educators, spring turns our minds toward testing, end-of-year reports, graduations, and the list goes on. If this list produces anxiety for you, just think how our students feel as they experience their rapidly ever-changing world.

Our guest speaker, Linda Kozminski, MSW, will share a presentation on the topic of anxiety. Mrs. Kozminski shares the following in regard to this topic:

"Anxiety is a prevalent problem in our society. Much of what we have been facing in our country leads many people to distraction and interruption of their healthy functioning. Children are at an even greater risk for facing difficulty in coping with both learned and hereditary attributes of this disorder. This presentation is designed to assist those working with children to understand anxiety and its origins, identify symptoms, and assess the need for further intervention."

Please plan to attend and learn more about how you can assist your students who experience anxiety.

www.nwmsca.org

A VALUABLE RESOURCE FOR: DON'T FORGET

- Important Dates
- General Information
- and Questions & Answers

**OUR
WEBSITE!**

Upcoming Events

- March 3 NWMSCA Governing Board meeting
5:00 at the library
- March 5 MSCA Spring Conference
Capitol Plaza, Jefferson City, 8:30-3:00
- March 12 NWMSCA Spring meeting @ Empower Plant
- March 19 Newsletter deadline for April issue
- March 29-April 23 MAP testing window
- March 20 Spring begins!
- April 4 Happy Easter!

Breakfast Summary

The 7th annual NWMSCA Administrator's Breakfast was held on February 11 on the campus of Missouri Western State University. The event was very successful with 78 in attendance. A highlight of the breakfast was the return of Sandy White, retired counselor from Stewartsville High School.

Jen Greenstreet from Just Like You Films was the key note speaker. Bullying was the topic of Jen's presentation. So many times we focus on outside influences such as drugs, alcohol, intruders, etc. Physical and emotional abuse also takes place inside the schools by peers. Keeping students safe inside the classroom is just as important as keeping them safe outside the classroom. If you would like to know more about her program you can go to her website www.justlikeyoufilms.com.

Thank you to every one who made the event successful. A special thanks goes to "The Fiddlers Three" who entertained us with their musical talent.

Fall Conference 2010

Be sure you have your calendar marked for next year's MSCA fall conference, November 7-9, 2010 at Tan-Tar-A. Recently announced is the theme for the conference, "School Counselors Transforming Student Lives". A change has also been announced for the Saturday pre-conference. Next fall, it will be called the "Saturday Institute" rather than "pre-conference" to aid counselors in informing their administrators that this is an important component of continuing education for school counselors. This will take place on Saturday, November 6. Hope to see you there!

This newsletter sponsored by:

**NORTHWEST MISSOURI
STATE UNIVERSITY**

Maryville, Missouri



Dr. Tyran Sumy and her son Gunner.

Dr. Tyran Sumy Receives Advocate of the Year Award

By Debbie Fite, Professional Recognition

Each year NWMSCA recognizes a person or organization whose advocacy of guidance and counseling services in a school setting has an impact for counselors on a local, state, or national level. This person may be a principal, superintendent, school board member, parent, teacher, community leader or organization that has consistently made a significant contribution to the improvement of guidance and counseling.

The award winner for 2010 is Dr. Tyran Sumy, principal at Lafayette High School, St. Joseph, MO. Dr. Sumy is described as a person who serves as an example of a reflective teacher, scholar, communicator, and advocate, ever mindful of the interests of students and society. Dr. Sumy fiscally supports her counseling center by recognizing the importance of professional development, adequate staffing, and up to date technology. She is a true collaborator who seeks the input of her counselors in all facets of the school life. Dr. Sumy is an innovator who constantly searches for new approaches which will benefit students. She understands and supports the Missouri Comprehensive Guidance Program. Dr. Sumy does not hesitate to become involved with the needs of her students and staff. On many occasions she has quietly organized a fund raiser or simply finds money for a student in need. All who know this woman realize she is the matriarch of a huge family better known as Lafayette High School. It is with great pleasure that Dr. Tyran Sumy is recognized as the 2010 NWMSCA Counselor Advocate of the year.



Suzie Williams, MSCA Government Relations Chair; Representative Mike Thomson; Sarah Rost, daughter of J. Rost; Joni Rost, NWMSCA Government Relations Chair & MSCA Immediate Past-President; Lee Bunch, MSCA Executive Director.

MSCA Legislative Day

**By Joni Rost, NWMSCA Government Relations Chair and
MSCA Immediate Past-President**

The MSCA Legislative Day was February 10 at the state Capitol. Attending from NWMSCA was Joni Rost, NWMSCA Government Relations Chair and MSCA Immediate Past-President. Advocacy to promote the professional school counselors and appreciation toward the state representatives and senators for their active service were shared. Concern was expressed for the lack of funds with general revenues being down 22% in January and the negative effects that could exist for education funding.

Some of the bills of interest to school counselors are the following:

HB 1543 (Wallace) – Wide-ranging school safety bill with many amendments, basically expands the reporting of violent acts.

SB 618 (Rupp) – Requires health carriers to provide coverage for the diagnosis and treatment of autism spectrum disorders under certain conditions. HB 1311 (Scharnhorst) House Version.

SB 614 (Wilson) – Modifies the definition of “bullying” as used in school district anti-bullying policies to include cyber bullying and electronic communications.

SB 734 (Pearce) – Requires the Division of School Improvement to develop a program to provide a fine art education consultant at each RPDC.

SB 728 (Crowell) – Greater control and accountability of tax credits.

SB 631 (Cunningham) – Creates the Amy Hestir Student Protection Act – intended to protect children relating to child abuse and sexual misconduct. This bill might pose problems for schools and teachers.

MAP Testing Tips

Submitted by Laura Shelton, Newsletter Editor

Believe it or not, the MAP testing is soon going to commence! Are you ready? As counselors, many of us are deemed the "testing coordinator" when it comes to state assessment time. Here are some tips that I have learned over the years to help keep the assessment process running smoothly.

Have a notebook with tabs specifically for state assessment. The tabs I have are "Suggested Testing Times", "General Information on MAP administration", "Tips for Successful Test-Taking", "Administration Packets", and "Classroom Testing Schedules". This helps me stay organized and put my hands on whatever information I need quickly.

Schedule a testing administration meeting. I usually sit down with my principal in February and schedule the meeting about a week or so prior to when we begin assessments.

Print off the suggested testing times for administration of each MAP test. I go on-line and go to the DESE website to get this so teachers have plenty of time to schedule their testing times. The instructions for doing this are: go to dese.mo.gov and click the link curriculum/assessment. On the right, click assessment. Go to the testing information link on the left and pick grade level on the right. Move down to the section called, "Grade Level Resources" and choose manuals/test implementation resources. This will take you to all the administration manuals for every grade level. The manual will have a page with the approximate testing times for each section of the test.

Turn in testing schedules to RPDC. They usually send out an e-mail with the exact form they want you to use regarding specific times for testing. The staff at RPDC use this to schedule on-site visits to assure your staff is following assessment administration procedures correctly.

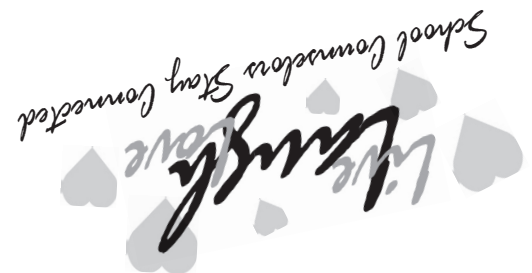
Plan your administration meeting for all staff who will administer the test. My colleague and I have found that a power point presentation works best and we copy it so they can follow along and refer back to it when needed. During the presentation, we outline what they can expect and the "do's and don'ts" of administering an assessment. They also receive a copy of our district testing policy so they are informed about what they can and cannot do to prepare and administer the assessment.

Read through the test coordinator administration booklet provided by the state. This will help you prepare and know what is expected of you before, during and after the assessments are given.

Once the tests are mailed and gone, CELEBRATE! This is a big job with a lot of responsibility put on the counselor's shoulders. You deserve a mental health day after all is said and done. Of course, that probably won't happen with all the other things that come at you so at least take some time for yourself to relax and congratulate yourself on a job well done!

Mark Your Calendars for the Spring Meeting!

Friday, March 12, 2010 - Empower U, 518 S. 6th St., St. Joseph, MO



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