

# Counselor's Corner

## Heritage Elementary

### We are Bucket Fillers!

October  
2012



3<sup>rd</sup> Grade  
Ohio Achievement  
Assessment (OAA)  
October 1

Last year at Heritage, a new character development program called Bucket Filling was introduced. Bucket filling is an easy-to-understand concept:

Everyone carries an invisible bucket that holds our good thoughts and feelings. When our buckets are full, we feel happy and when our buckets are empty, we feel sad.

Students can be bucket fillers when they do and say things that are kind, considerate, caring, and respectful. They also learn that when they are mean, uncaring, inconsiderate, or

disrespectful, they dip into buckets and remove those good feelings. By filling another person's invisible bucket, you are filling your own.

The mission of the bucket fillers in a school environment is to create safer, kinder, more respectful school cultures where children are ready to learn.

We are excited to continue this program and look forward to your support. If you would like to learn more about bucket filling, visit the Bucket Fillers website, [www.bucketfillers101.com](http://www.bucketfillers101.com).

### Testing

October is upon us and that means it is testing time again. All third graders will be taking the Ohio Achievement Assessment (OAA) on October 1<sup>st</sup>. Here at Heritage Elementary, we want your child to have a positive and successful testing experience. Below are some things you can do to help make sure your child is ready:

- Make sure that your child gets plenty of sleep the night before the test.
- Give your child a good breakfast the morning of the test.
- Encourage your child to do his/her best.
- If your child is anxious, allow him/her to talk with you about how they feel about the test.
- Make sure your child arrives to school on time the day of the test.
- Make sure your child attends school- try to schedule any appointments on another day.

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