

Counsellor's Corner



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Accountability

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Can there be negative effects to accountability?

Sometimes, being held accountable can lead to punishment or reprimands for lack of doing your part. According to Dr. Laura Markham-the author of *Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting*-turning accountability into punishment may have damaging effects on our children. Punishment can lead to the person feeling they are “bad”, it can foster dishonesty, emotions fueling to the misbehavior are neglected through punishment. It may even create an external locus of control for behaviour where the child will only behave for the authority figure rather than acknowledging the importance of responsible actions. Ultimately, assuming responsibility for actions while avoiding a repeat of those same actions is how we should view accountability. What does accountability mean to you?

To be Accountable Means:

1. Owning up when you have made a mistake.
2. Doing the right things even when you are not being watched.
3. Releasing the blame from others when it is really your fault.
4. Reflecting on ways you can achieve self-improvement.

Upcoming Events

April 5th – Career Day-Dress in your career outfit
April 15th- Easter Parade and Easter Holidays begin for Kindergarten to Grade 5-early release
April 16th-17th – Grade 6 PEP Exam
April 30th- School Resumes for Summer Term

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Autism Spectrum Disorder (ASD)

Autism is a complex neurological disorder that affects the brain. It is categorized by the difficulty an individual may experience with communication and forming relationships. In addition to that, individuals may present with restricted repetitive patterns of behaviour, interests or activities. This repetition may manifest through speech and/or the use of a particular or peculiar object.

Types of Autism Spectrum Disorder

1. Autistic Disorder
2. Asperger's Syndrome
3. Pervasive Developmental Disorder (PDD)
4. Rett's Syndrome
5. Childhood disintegrative Disorder

Some of the early signs of Autism are the absence of:

- big smiles or joyful expressions by six months
- sharing sounds, smiles or facial expressions by nine months.
- babbling by 12 months.
- words by 16 months
- Two-word phrases by 24 months
- Speech, babbling or social skills at any age.

Next issue: Characteristics, details of the types of ASD and diagnosing ASD.

“Accountability is not only what we do, but also what we fail to do”-Moliere

References:

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). Arlington, VA: Author.

Caribbean Autism Support for Education C.A.S.E.

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