



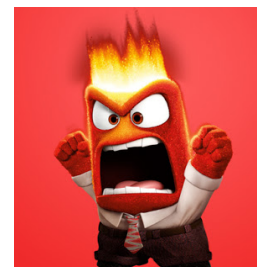
Counselor Connection

Monthly Newsletter for Parents and Families
Volume 5.



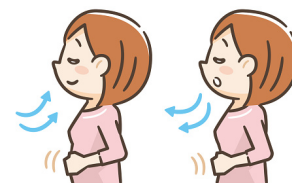
CLASSROOM FUN!

During the month of January, I was able to visit students in kindergarten and second grade! Students in second grade learned about the emotion, anger. We discussed that anger is a normal emotion that we all feel, at different times and for different reasons. It is okay to feel angry but we need to make sure we control our anger in a healthy way to continue to make good choices.



In regards to anger, students learned about warning signals that their body sends, to let them know it's time to use a coping strategy. We learned some very simple coping strategies to use! Take deep breaths, count to 10, squeeze a stress ball, exercise, listen to music, draw a picture, etc.

Everyone is different. You have to find a strategy that works for you! Students had fun learning about the 5 levels of anger by making a "What Makes Me Meltdown Snowman" booklet. I hope your child brought theirs home and shared it with you!



Kindergarten students learned about one of our character traits, Responsibility! They listened to a story about a bumblebee named Bernard. Bernard was not very responsible, which caused him to have a really tough day. His school counselor taught him how to catch the "responsibility bug!" She taught him 5 things he could do to be responsible, which are listed below. I encourage you to review these 5 things with your child:

Know What's Expected: Know what you are supposed to do and how to do it. If you don't know what is expected, then ask someone for help!

Keep Your Commitments: Actually do what you say you're going to do!

Do Your Best: Put forth your best effort. Always try your hardest!

Fix Your Mistakes: It is okay to make mistakes. We all make mistakes. No one is perfect. However, when you make a mistake, try to make it right and learn from it! Apologize if you realize you did or said something you shouldn't have.

Don't Make Excuses: Tell the truth. Take responsibility for your actions. Don't make excuses or put the blame on someone else.



Students did a great job listening to scenarios and thinking about how they would be responsible in each situation. At the dinner table, think of some scenarios and ask your child what they could say or do to show responsibility!



CHARACTER COUNTS!

During the month of February, we will be learning about Honesty.

Teaching your child the importance of honesty will help them develop positive and trusting relationships with others throughout their lives. If they understand what honesty means, they will more likely admit what really happened in a situation, do what is right, and keep their promises. They will learn that when they are honest, they will feel so much better about themselves. Learning happens best when it is done both at school and at home. Below are some ways that you can help your child continue to learn about the importance of telling the truth!



Read Together!

Liar, Liar Pants on Fire by Diane de Groat
Ruthie and the (Not So) Teeny Tiny Lie by Laura Rankin
Sam Tells Stories by Thierry Robberecht
Edwurd Fudwupper Fibbed Big by Berkeley Breathed
The Berenstain Bears and the Truth by Stan and Jan Berenstain
Ricky Sticky Fingers by Julia Cook



Talk it out!

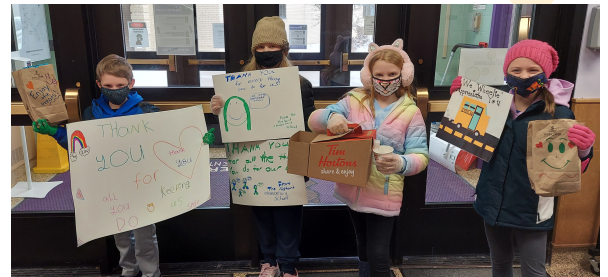
What does honesty mean and why is it important?
Has anyone ever been dishonest with you? How did it make you feel?
Talk about a time when it was hard to tell the truth. What made it difficult to be honest?
How will others view you if you are dishonest with them?

Truth or Lie?

Play this simple game to learn the difference between a truth and a lie! Everyone in the family will take a turn saying statements. For example: My favorite sport is baseball or I like dogs better than cats. After they share a statement, the other family members have to decide if what they shared is a truth or a lie!

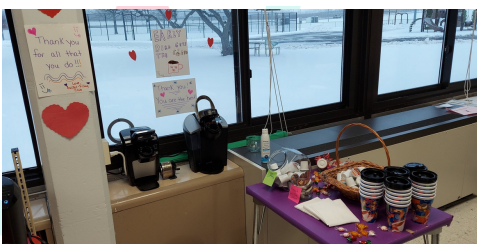
Bus Driver Appreciation!

Bucket Filling Club has been busy making thank you cards, decorating treat bags, and making posters for our bus drivers! We wanted to show our appreciation for all they do and thank them for making sure students get to school and home safely. Bucket Filling Club members passed out Tim Horton's hot chocolate, pre-packaged treat bags, and thank you cards to the bus drivers during the last week in January. Thank you to our amazing PTA for helping our club fund the delicious hot cocoa!!

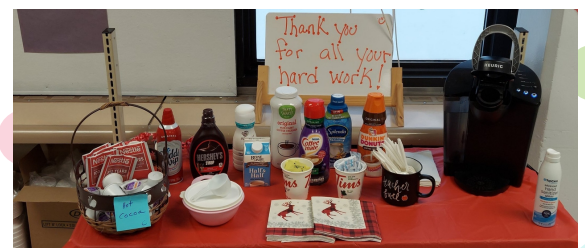


We appreciate our teachers and staff too!

Bucket Filling Club also wanted to show our teachers and staff how thankful we are for all they do each and every day for our school. Everyone has worked so hard this year! We thought it would be a great idea to surprise them with a special treat! Students made posters showing their appreciation for all their hard work, and set up a coffee and hot chocolate bar for teachers and staff to make their favorite drink! Keurigs and K-cups were set up in the staff lounge along with several different creamers, sugar, whipped cream, marshmallows and chocolate syrup! Oh, and of course spray hand sanitizer! It sure was a great way to end the school week! Another thank you goes out to the PTA for helping fund this well deserved appreciation.



Thank you!





HAPPY VALENTINE'S DAY!

This month students in our school were asked to make homemade valentines for Seniors and Veterans!

VALENTINES FOR VETERANS!

The valentines that the students make will be given to a non-profit organization called bobbyvalentines.

This organization will distribute the homemade cards along with a treat bag to veterans at our local VA Hospital.

Last year they handed out over 800 treat bags and this year their goal is to make over 1,000!

The veterans often say that their favorite part about their treat bag is the homemade valentine made by the children.

We are so happy to help this organization say thank you to our veterans for their service and to bring a smile to their faces!



VALENTINES FOR SENIORS!

Michael Norris, an assemblyman of the 144th District which includes parts of Niagara, Erie, and Orleans Counties has created a "Valentines for Seniors" Program. He has asked local school districts to participate and make valentines for seniors who have been isolated during the pandemic. The homemade valentines the students make will be distributed to local nursing homes, senior facilities as well as participants of meals on wheels.

The valentines will surely be something for them to look forward to. Something so simple will make their day a whole lot brighter. Roy-Hart Elementary is happy to help support this great cause!

