



Counselor Connection

Monthly Newsletter for Parents and Families
Volume 2.



During the month of October, I visited kindergarten and first grade classrooms. Our focus was bullying and accepting individual differences. Students learned that we are all different in many ways but our differences are what make us special. Our differences make us who we are! We should never judge someone or bully them because they look different, act different, or like different things than we do. We should be accepting of each other!

Students in kindergarten and first grade learned about a pumpkin named Spookley, who was made fun of for the way he looked. We discussed how others were treating him and how that made him feel. We also focused our time on recognizing what makes us unique and things we could do or say to help Spookley feel better! To the right, is a picture of a kindergarten student with the Spookley craft she made!



CHECK OUT OUR CHARACTER EDUCATION ROOM!

With your child, take a look at Roy-Hart Elementary's Character Education Room. This room is located on your child's special area google classroom as well as my virtual classroom that is located on the school website! Each month, our character education room will have videos of teachers reading stories on the character trait that we are focusing on that month as well as videos on the topic. This month we were busy learning about bullying as well as celebrating Red Ribbon Week. Explore the room with your child and have some fun!

Each month on your child's special area google classroom there will be optional activities that focus on the character traits we are learning about. These activities can be done at home if your child would like to complete them! The activities during the month of October, consisted of students creating a bullying acrostic poem or writing a message on a Red Ribbon explaining the importance of being drug free!



What are you thankful for?

Thanksgiving is this month, so what better time to focus on what we are thankful for. Teaching our children to be thankful and grateful is a great way to spread joy. Together with your family consider making a Thankfulness Jar. All you need is a jar with a lid, colored pieces of paper, and a pencil!



Decorate your jar together as a family. Cut the paper into strips, making sure there is enough room to write. Every day between now and Thanksgiving have each family member write down one thing they are thankful for. When they are done, place them in the jar. On Thanksgiving Day, while you are spending time with your family, take turns reading aloud all of the things your family is thankful for! Let's also remember to be thankful for the men and women in the military who defend our country as we celebrate Veterans Day.



Character Counts!

During the month of October, we learned about the importance of being bully free and accepting others. 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 acceptance!



Read Together!

Different Just Like Me by Lori Mitchell
Whoever You Are by Mem Fox
Beegu by Alexis Deacon
Elmer by David McKee



Talk it out!

What does acceptance mean and why is it so important?

Talk about someone you know that is different from you. How are your differences a good thing?

Discuss ways to show acceptance at school!

Has anyone ever made you feel accepted? Explain how.

Discuss what the world would be like if everyone was exactly the same.

Cooperation

During the month of November, we will be learning about the importance of cooperating with others and working as a team! Below are some talking points as well as a teamwork/cooperation activity you can participate in at home!



Talk About it!

Why is cooperating with others important?

Discuss a time that you worked together with another student or a team and were successful.

What would happen if you didn't cooperate or work as a team? Would you accomplish what you needed to?

What is one thing that makes it difficult to work as a team and one thing that makes it easy?



Cooperation Activity: Saving Sam!

Activity works best with a group of 4!

Materials Needed: Small plastic cup (dixie size), gummy worm, gummy lifesaver, paper clips

Set-Up: Place the lifesaver underneath the plastic cup with the gummy worm laying over the top of the cup.

Problem: Sam the Worm was having a great day in his boat, when suddenly a big wave came along and flipped his boat upside down. His lifesaver is stuck under his boat! Touching only one paper clip per person, you must get Sam into his lifesaver and back into his boat. You cannot touch Sam, the lifesaver, or the boat with your bare hands. Only the paper clips! Together can you save Sam?



Discussion Points:

How did you and your family figure out how to Save Sam?

Would this have been more difficult to do alone?

What were the benefits of cooperating and working together?



Student Council/Bucket Filling Club!

I am so happy to announce that Roy-Hart Elementary has nine students that will be participating in Student Council this year! All students were nominated by their teachers/classmates for demonstrating Bucket-Filling behavior! The students involved in this club will be committed to setting a good example and being a positive role model for other students in our school. They will be true leaders and will help brainstorm and facilitate school-wide activities that focus on and promote character education.



INCORPORATE THESE COPING SKILLS INTO YOUR DAILY LIFE!

Let's face it, times are stressful! COVID-19 has brought upon many stressors and obstacles. We are all trying to do the best we can. Juggling work, children, families, school-work, the list goes on and on! We have to always remember to take care of ourselves and use simple coping skills throughout our day. When we have coping skills in our back pocket, and use them appropriately, we're building our resiliency. The next time you are feeling down or feeling overwhelmed, try these simple coping skills below. Think about how your body is feeling before and then again after!

- Unplug! Take a break from social media. Try to check a trusted source only once a day.
- Exercise! Body movement every day in some capacity is helpful. Not only for your body but for your mind too!
- Eat nutritious meals regularly! Buy fruits and vegetables and try to have those as a healthy snack when you need one!
- Stick to a bedtime routine! Try to go to sleep and wake up at a consistent time. Try to incorporate a relaxing routine right before you go to sleep.
- Incorporate deep breathing and meditation into your day! There are many guided breathing and meditation videos online to follow!
- Keep your mind busy! When you are feeling anxious, a healthy distraction can help. Talk to a friend, find a new hobby, or identify a new skill you'd like to master.
- Actively practice gratitude! Each day think about 3 positive things that happened to you. Start writing them down in a journal. This can help train your brain to identify the small joyful moments more often!
- Enjoy Nature! Go outside and get some fresh air. This is so important for mental health. Even just a few minutes of fresh air will do!



be good to yourself

REMEMBER TO ALWAYS MAKE TIME FOR SELF-CARE!



We often forget how important self-care is. But think about it. How can we be expected to help and take care of others if we don't take care of ourselves first? Self-Care and Self-Compassion can lead to an increase in happiness, optimism, energy, physical health, positive affect, concentration, and mental health!

Below are the 4 categories of self-care as well as additional activities you can take-part in that are simple and won't take much time.

Physical: Exercise, get enough sleep, eat healthy foods, drink enough water, maintain healthy personal hygiene, visit the doctor as needed, stretch.

Emotional: Talk to someone about how you feel, write down your feelings, make a list of things you love about yourself, write a positive note to yourself and put it somewhere you can see it!

Social: Spend time around people you care about, call someone you haven't talked to in awhile, ask for help when you need it, set and protect healthy boundaries, be honest with the people around you.

Mental: Read a book, try a new recipe, organize, listen to music, watch a movie, do something you've been putting off, learn a new skill.

SELF-CARE IS A PRIORITY. ALWAYS SET TIME ASIDE FOR YOU.