

Counselor Chat



Counselor Chat Fall 2016

Hello!

Week of Respect was celebrated throughout New Jersey October 3rd-7th. This year, the elementary schools celebrated the theme “Start with Hello”. Activities included themed days, assemblies, classroom lessons, and discussions regarding our district’s harassment, intimidation, and bullying (HIB) Policy [5512](#). Our goal is to show the importance of feeling valuable, included, and connected to the school community.

You can start with hello
In 3 simple steps



What else can we do to share this message:

- Make greeting others and asking questions part of your everyday
- Practice active listening with eye contact and checking in for understanding
- Discuss a plan of what to do and who to talk to if feeling alone
- Share strategies for starting conversations
- Discuss how social media and technology can be both inclusive and exclusive

School Violence Awareness Week was celebrated October 17th-21st and students pledged to be peacemakers by wearing tie-dye and peace signs.



Students are learning and practicing important skills including active listening.

Active listening is showing someone you are listening to them by giving them eye contact, nodding, and reflecting back what was said. Practice this important skill at home with your child.

A few tips for helping children manage anxiety:

Recognize your child’s anxiety and acknowledge that change can be difficult.

Listen to your child and let them tell you the good and bad about their day.

Help them to identify their feelings and validate those feelings.

Discuss how they can problem solve through their anxiety and develop positive self-talk habits such as “I can do this” or “I will try my best”.

Parents, remember to self-reflect on your reaction. Children will model what they see.

Need homework help?

- ✓ *Kids Helping Kids* is a Program offered by the Wayne Valley National Honor Society. This is a free homework support program held every Tuesday and Wednesday at the public library from 2:45-4:30 and Wednesdays from 5:30-7:15.
- ✓ Wayne Hills National Honor Society offers tutoring. Parents can sign up through the NHS website <http://www.waynehillsnhs.org/index.html>.

Any questions or concerns, please contact your Elementary School Counselor.