



MRS. MARANO (908) 851-4432

Counseling Corner

Washington School Counseling Newsletter

Dear Parents, Guardians,
Family Members, and
Friends:

It's great to be back at school, and I'm looking forward to another great year! I hope you all had a fun, relaxing summer! I am pleased to bring you this year's first issue of Washington School's "Counseling Corner" newsletter. As your School Counselor, I am here to help ALL students be successful socially, emotionally, and behaviorally so they may access their education without any obstacles. Please feel free to reach out to me if your child needs any support or assistance in school. The counseling services that are available include:

Individual Counseling -Teacher/
Parent Referred or Self-Referred

Group Counseling - Meets once a
week during lunch.

Classroom Based Counseling -
Classroom lessons focusing on
character education.

Parent Consultation

Referrals to outside agencies and
programs.

You can contact me at any time
at (908) 851-4432 or

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Have a great



*Have a great
school year!!*

October is National Bullying Prevention Month

October is National Bullying Prevention Month, and we will be celebrating with a variety of lessons and activities to raise awareness of bullying prevention, and to teach students about respect, kindness, and

diversity. We will celebrate "Respect Week" during the week of October 3rd. Here are some online resources to assist you in continuing these conversations at home with your children:

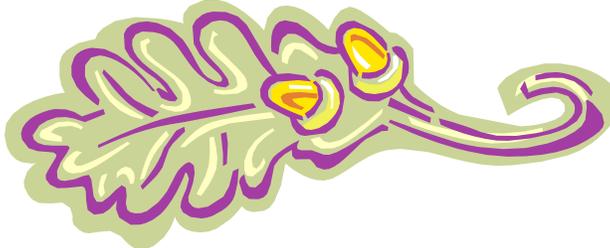
- www.nea.org
- www.pacer.org/bullying
- www.tolerance.org
- www.stopbullying.gov
- www.stompoutbullying.org
- www.antibullyingpro.com

September/October Important Dates:

- *October 3– October 7: Week of Respect Activities*
- *October 3: World Day of Bullying Prevention. Wear BLUE today.*
- *October 19: Unity Day. Wear orange today.*
- *October 24: Simon Sez Anti-Bullying Assembly*
- *October 24-October 28: Red Ribbon Week Activities*

Washington School BUCKET PAWS

This year, once again, we are going to implement “Washington School Bucket PAWS”. Bucket PAWS is an easily implemented program that teaches children the “life skills” they need to value their own words and actions. This program will encourage kindness, build good character, and help students learn how to become good citizens who care and respect one another. Teachers and staff can help students value themselves and each other when we encourage them to be helpful, compassionate, unselfish classmates. “Bucket fillers” are those who help without being asked, gives compliments, and generally spreads their love and good feelings to others.



BE A BUCKET FILLER, NOT A BUCKET DIPPER!!

BUCKET FILLING RULES

1. ALL school personnel are a part of this program.
2. The student earns one “PAW” slip when he/she is caught filling another student’s bucket.
3. If it’s an extraordinary act of kindness, staff is free to give Bonus Slips to reward extra acts of kindness.
4. Students who receive a “PAW” will fill it out and place it in their “classroom bucket”.
5. At the end of every two weeks, each teacher will empty their classroom bucket into a “grade level” bucket. Two names from each grade level will be randomly picked out of this bucket, and those students will be announced and receive a prize.

Conversations About School

Research has shown that supporting your child’s education at home is just as important as volunteering in school. Here are some conversation starters that will help you stay involved, not just the “How was school today?”

1. “Let’s see what you brought home today.”
2. “Show me what you have for homework tonight.”
3. “What made you laugh today?”
4. “How were you kind or helpful today? Was anyone kind and helpful to you?”
5. “Tell me about a book you or your teacher read today?”
6. “What was the coolest thing that happened today?”
7. “What did you learn about today that you would like to learn more about?”
8. “Tell me something that made you laugh today.”

Talking with your child about their school day is important.

Whichever questions you choose, make it a habit to talk about your day together.

Stress Relief in Children

As your child adjusts to a new grade with higher expectations, you may see changes in their behavior, emotions, and attitude. Here are a few tips to manage their stress:

1. Recognize that a negative attitude or poor behavior choices can be a result of stress.
2. Acknowledge your child’s stress. Let them know change can be hard.
3. Listen to your child. Let them tell you all about their day.
4. Help them identify their feelings. Finding the right feeling word(s) can help reduce stress.
5. Validate their feelings.
6. Be careful not to put too much pressure on grades. Every child learns differently and at their own pace.
7. Do not let your child stay home or complete their work for them. This will not help them.
8. Discuss the stresses they can control and stresses they can’t.
9. Give your child a stress ball to help work through their stress.
10. Help your child develop positive self-talk habits: “I can do this,” “I am good at this,” “I’ll try my best.”