



Washington School Counseling Newsletter



What's Happening Around Our School

This past holiday season we donated over 600lbs. of food to the *Students Change Hunger* food drive in Hillside, NJ. Students also donated new pajamas to *The Scholastic Book*

Pajama Drive. Students in grades 1 through 4 who completed the Random Acts of Kindness December Calendar received recognition during our afternoon announcements and a HW pass.

The 2nd floor bulletin board, "We Can Light The World With Kindness" displayed random acts of kindness completed by our students throughout the school.

January/February Important Dates:

- *January 16th-20th: No Name Calling Week*
- *January 26th- Blood Drive*
- *February 6th-24th: Pennies for Patients*
- *February 13th-17th: Random Acts of Kindness Week*
- *February 28: Prismatic Laser Light Assembly*

Teaching Kindness Reduces Bullying

Instead of teaching children what NOT to do, teach them what they CAN do is important to create change. Teaching and encouraging kindness is related to many of the following outcomes:

- **Happy children!** There is a natural good feeling that results when we do an act of kindness, even if its small. Happy and compassionate children do not have a need to bully.
- **Higher self esteem.** This comes from endorphins in our brains when we do something kind and it increases our sense of belonging. Children will feel like they can have a true impact on their environment.
- **More friends.** Feeling like they are accepted and liked by peers is usually very important to children of all ages. Kindness increases our connections with other people on a deeper level.
- **Improved academic success.** The feel good effects of being kind help increase children's concentration and memory, which greatly impacts learning.
- **Better mental health.** Acts of kindness increase serotonin levels, the natural brain chemical that improves mood. Have a consistently unhappy child? Encourage them to look outside themselves and be kind to someone else.

“When you carry out acts of kindness you get a wonderful feeling inside. It is as though something in your body responds and says, yes, this is how I ought to feel.”

By Harold Kushner

Getting Your Child to School

Does your child give you a hard time about coming to school?

Does your child say, “I don’t want to go to school” or take too long getting ready in the morning? It’s a common problem!! Here are some tips to help curb the bad habit before it turns into a serious concern.

- **First, make sure you understand the importance of your child being at school on time every day.** Even a few tardies really add up! If your child is late 10 minutes each day, that adds up to almost 30 hours of school a year!
- **Determine any school or home barriers that are preventing your child from coming to school.** Are they prepared? Do they connect with their teacher? Do they feel safe at school? Do they have a routine for bedtime and morning at home?
- **Communicate with your child’s teacher, school counselor, or principal to help your child feel better about coming to school.**
- **Once any barriers are removed, make it a priority to get them to school on time. Do not make or accept any excuses!**
- **Routines are key.** Bedtime should be consistent to assure enough rest. Most elementary aged children need between 8-10 hours of sleep. Adults should set the bedtime.
- **Develop a morning routine that works.** If you or your child is constantly rushing to get out the door, everyone needs to get up at least 15 minutes earlier. Rushing is not a good way to start the day!!

Internet and Video Game Safety

Our children have access to the internet through computers, phones, video games and tablets. There are many ways we can encourage safe, fun use of these tools:

- * Stay informed/aware—research and talk to other parents about sites and games your child is on.
- * Supervise your child’s internet use. Make sure they are kid appropriate sites.

- * Encourage kindness— explain how statements made electronically could be shared with anyone.
- * If your child uses social media sites or video games online, make sure the sites are private.
- * Explain to your child the importance of not sharing personal information through social media or the internet.

- * Talk with your child often and encourage them to talk to you if something makes them feel uncomfortable.
- * Supervise your child’s internet use: make sure they are using kid-appropriate sites.
- * Limit your child’s time on electronics.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find

“filler” articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web

site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.



Caption describing picture or graphic.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally,

“To catch the reader’s attention, place an interesting sentence or quote from the story here.”

you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you’re trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

Organization

BUSINESS NAME

Primary Business Address
Address Line 2
Address Line 3
Address Line 4

Phone: (908)851-4432
E-mail: kmarano@twpunionschools.org

Business Tagline or Motto

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

We're on the Web!
example.com

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to

any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the

month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.



Caption describing picture or graphic.