



MRS. MARANO (908) 851-4432

# Counseling Corner

## Washington School Counseling Newsletter



### What's Happening Around Our School

Students participated in *No Name Calling Week*. Every student helped to create the *Kindness Tree* displayed in the front hallway. Students in all grade levels donated coins for the *Pennies for Patients Cancer Drive*. Results will be posted on our website as soon as a

grand total is available. All students participated in activities for *Random Acts of Kindness Week*. Students had an opportunity to complete the *Kindness Challenge*. Students who completed the challenge received recognition during our afternoon announcements and a

Barnes & Noble gift card. Also during this week, students wrote a random act of kindness on a piece of confetti paper that was displayed on our "*Throw Kindness Around Like Confetti*" bulletin board. The *Laser Light Show*, an Anti-Bullying assembly was presented to grades 2 through 4 on February 28th.

#### March/April Important Dates:

- *March 5-10: Spirit Week*
- *March 10: Heavenly Hats*
- *March 17: Half day*
- *March 30-31: NJCAP for Kindergarten*
- *March 31: Bubbles for Autism*
- *April 3: Beginning of PARCC testing*
- *April 14-April 23: Spring Recess*

## Change your words, Change your mindset

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Tests can create stress for students, which impacts on all they do. This is the perfect opportunity to talk about mindset. Mindset is the way our minds think about things. Closed mindset is believing that you can't do something, can't get better, can't succeed while open mindset is believing that you can get better at something by trying your best and you can succeed. The words we say to ourselves when something gets hard are very important! If we say "This is hard, but I'm going to keep trying," or "I can't do this...yet," it

changes everything. I will be visiting the third and fourth grade classrooms to do an activity about mindset. We will also discuss how an open mindset can get them prepared for PARCC or any other assessment. The more open our mindset is, the less stress we will feel when presented with a challenge. We will also discuss how our mindset is in our control, and by changing our words, we can easily change our mindset. Mindset is an important topic to discuss and practice with your child. As our children grow and experience new challenges,

encouraging open mindset may be the key to getting them through! For more information about mindset, please check out [www.mindsetonline.com](http://www.mindsetonline.com).



## Test Taking Tips for Parents

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As you know PARCC testing is quickly approaching. Although these assessments are important there are ways to help your children to minimize stress and maximize performance.

\*Talk about the test at home. Encourage your child to do his or her best, but not to stress too much about it.

\*Give words of encouragement. Remind your child that he or she has been preparing for this all year. They are ready!

\*Have your child get a good's night rest. Rest is important in having people feel their best.

\*Eat a good breakfast. Students who are full

can focus easier and longer than students who feel hungry.

\*Get to school on time. Students who feel rushed to get to school, start their day with anxiety, and anxiety leads to frustration and poorer test performance.

*It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings.*

*Ann Landers*

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## HE JUST DOESN'T LISTEN!!!!!!!!!!!!!!

Are you having trouble with your child doing what he/she is told?

Discipline issues can be tough to deal with. Here are some tips.

**Be consistent** – Make sure your child knows what is allowed and what is not. Being consistent means that kids won't be able to regulate their own behaviors

because they don't know what's expected of them.

**Follow Through** - Don't threaten with punishments you can't, or don't intend to, follow through on. Your children will not take you seriously when you present

them with a consequence.

**Avoid Power Struggles** - Getting into a power struggle with your child means that they already won. Make sure to stay calm and leave out any emotion, just be very matter of fact.