



MRS. MARANO (908) 851-4432

# Counseling Corner

## Washington School Counseling Newsletter



### What's Happening Around Our School

Recently, students and staff participated in a fundraiser for the Heavenly Hats Foundation. We collected over \$700 for this worthy cause. Students also collected over \$4000 in coins for the Pennies for Patients Cancer Drive. The classrooms that donated the most money were Mrs. Hickey's and

Mrs. McDonough's. On March 28th, students and staff blew bubbles for *Bubbles for Autism*. We collected over \$250 for this cause. A very special thank you Mrs. DiGirolamo, Mrs. Cruz, Mrs. Attencio and Mrs. Monteverde, who all volunteered to read to our first grade students about Autism.

They also helped to create the bulletin board above that was displayed during the month of April. On April 24th, *The Harlem Wizards* came to present an "Anti-Bullying" assembly for grades K-4. On April 27th we held a blood drive that collected over 15 units of blood. Thank you!

#### May/June Important Dates:

- *May 19th-School Fair*
- *June 8th- Brain Challenge Assembly*
- *June 9th- Hot Dog Lunch*
- *June 12th- Million Page Party*
- *June 16th-Kindergarten Songfest*
- *June 20th-4th Grade Graduation*
- *June 21st- Last Day of School*

## 10 FREE LEARNING WEBSITES FOR KIDS

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Kids should have fun in the summer. But if summer is all play and no work, learning can slide. Encourage your child to spend a few minutes each day refreshing their skills. Here's a list of some fun, educational, and safe websites for your child to visit and explore!

**1. Switcheroo Zoo**

[www.switcheroozoo.com](http://www.switcheroozoo.com)

**2. Nat Geo for Kids**

[www.nationalgeographic.com](http://www.nationalgeographic.com)

**3. Into the Book**

[www.reading.ecb.org](http://www.reading.ecb.org)

**4. Seussville**

[www.seussville.com](http://www.seussville.com)

**5. ABC YA**

[www.abcya.com](http://www.abcya.com)

**6. Fun Brain**

[www.funbrain.com](http://www.funbrain.com)

**7. PBS Kids**

[www.pbskids.org](http://www.pbskids.org)

**8. Star Fall**

[www.starfall.com](http://www.starfall.com)

**9. Storyline Online**

[www.storylineonline.net](http://www.storylineonline.net)

**10. Highlights Kids**

[www.highlightskids.com](http://www.highlightskids.com)



## Look For Signs of Stress

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It's easy for children to get stressed at the end of the year. Your child may be over-scheduled if he/she:

1. Acts grouchy, mopey, irritable
2. Can't fall asleep at bedtime
3. Can't finish homework and grades are slipping
4. Started to overeat
5. Zones out in front of the TV
6. Complains of stomachaches, headaches, or other illnesses

**8. Is over-anxious about getting approval from authority figures**

**9. Has tantrums as you are walking out the door**

**10. Picks fights with siblings**

**11. Can't keep track of where they are supposed to be doing**

**12. Their schedule is draining you or family members.**

If your child exhibits a few of these behaviors on an ongoing basis, you may want to re-examine the after school schedule.

*Source: "12 Warning Signs That Your Child May Be OverScheduled", Scholastic Families*



**Have a great summer!  
See you in September!!!!**