



MRS. MARANO (908) 851-4432

Counseling Corner

Washington School Counseling Newsletter



What's Happening Around Our School

We had a great start to our 2017-2018 school year. Students and staff participated in the "Heart of Gold" project in which we raised over \$1000. Washington School donated \$500 to WHIP Pediatric Cancer and \$500 to the Alex Munoz

Memorial Fund. Also, all of our students and staff participated in the Week of Respect Activities. The "Minion Ways to Be Respectful" in the main hallway, and the "We Are Each Unique and Beautiful, but Together Create a Masterpiece" bulletin board is on the 2nd floor. Each class-

room decorated their very own ceiling tile. These tiles are displayed throughout the entire first floor hallway. Each tile has an inspirational message on it. Staff and students also participated in Unity Day on October 19 by wearing Orange.

November/December Important Dates:

- November 1-22: Students Change Hunger Food Collection
- November 6-22: Holiday Express Collection
- November 7: Election Day
- November 9 & 10: Teacher's Convention
- November 27: December 15: Scholastic Book Club PJ & Book Drive
- November 23-24: Thanksgiving Recess
- November 29: BLOOD DRIVE 2:30 PM - 7:00 PM in the Gym
- December 20: 4th Grade Winter Concert
- December 25, 2017 – January 1, 2018: Holiday Recess

Some Great Things You Can Do Everyday to Help Your Child Learn

- Listen to your child and pay attention to his/her problems.
- Tell family stories and talk about special memories.
- Have books, magazines and newspapers available in the house.
- Look up words with your child.
- Encourage your child to have a hobby.
- Share favorite poems and songs with your child.
- Let your child help make a grocery list.
- Let your child keep a journal or diary.
- Take your child to museums and historical sites.
- Discuss the daily news with your child.
- Go exploring with your child and learn about plants, animals, and geography.
- Cook recipes together.
- Have your child do chores.
- Take your child to the library or the local book store.
- Do arts & crafts with your child.
- Monitor TV, video game, and internet use.



Acts of Kindness for Kids

Tis' the season to get into the holiday spirit! What a nice way to spend the joy of the holidays by performing acts of kindness. Kindness is catching, and it doesn't have to be some great grand gesture. It can be as simple as holding the door open for someone or simply smiling at someone who you see is having a tough day. Here are suggestions to help your child become grateful, kind, and compassionate so they can perform acts of kindness everyday.

1. Help develop your child's

identity as a caring person. Instead of "That was a kind thing to do", say "You're such a kind person".

2. Model the behavior you would like to see. Kids learn by watching the little things we do.

3. Listen. If we want our kids to be great listeners, make sure you are a great listener.

4. Use kind words and a kind tone.

5. Emphasize the importance of being kind by discussing the importance of being kind.

6. Practice gratitude. Grateful kids are more likely to be kind and happy.

7. Discuss acts of kindness that each of you saw during the day.

8. Have your child write one planned thank you note a week.

9. Find a chance to help neighbors with projects.

10. Participate in service activities with your kids.

11. At bedtime, discuss what you and your child is thankful for and what was their favorite part of their day.