

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 our annual 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.

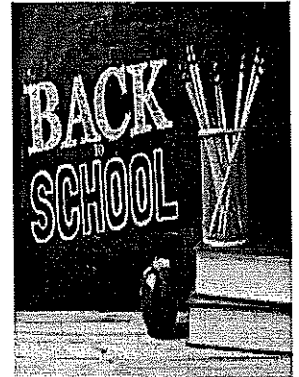
Classroom Based Counseling -
Classroom lessons focusing on character education.

Parent Consultation

Referrals to outside agencies and programs.

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

kmarano@twpunionschools.org



Have a wonderful 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 1st. We will also celebrate Unity Day on October 24. 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:

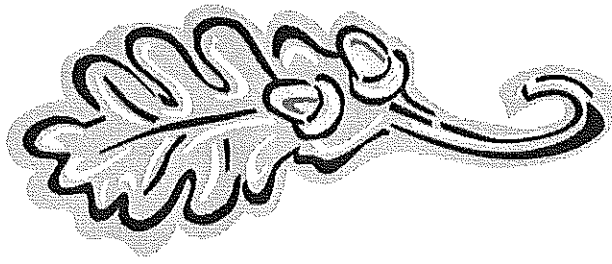
- September 20: Back To School Night
- October 1- October 5: Week of Respect Activities
- October 1: World Day of Bullying Prevention. Wear **BLUE** today.
- October 4: NED Show Anti-Bullying Assembly
- October 24: Unity Day. Wear **orange** today.
- October 23-October 31: Red Ribbon Week Activities

MRS. MARANO (908) 851-4432

Counseling Corner

Washington School BUCKET PAWS

This year, once again, we are implementing the "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.

Ways to Ease Back-to-School Anxiety

School anxiety is a common occurrence regardless of a child's age, grade level or personality. Even your fearless, outgoing, social child may suddenly start to have angry outbursts or periods of impulsive restlessness that signals anxiety. Here are some tips to help calm those anxious feelings before they become overwhelming.

1. Ask about their feelings. Anxiety is lessened when children are able to express and describe their experiences.
2. Listen to your child's concerns. Let your child share their fears and what is on their mind.
3. Keep the teacher informed. Make sure to communicate with the teacher if the anxiety continues after the first few weeks of school. Children sometimes respond more positively from other adults. If necessary, involve the School Counselor.
4. Focus on the positive. Talk about seeing their friends everyday,

meeting new people, and learning new things. Direct their attention away from the worries. Chances are the fun aspects of school are simply getting overlooked by the repetitive worries.

5. Be extra calm yourself. If you struggle with your own separation anxiety, do not discuss it in front of your child. Remind yourself your child is resilient and will adjust to change just fine with support.

Talking with your child about their school days is important.

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."

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.

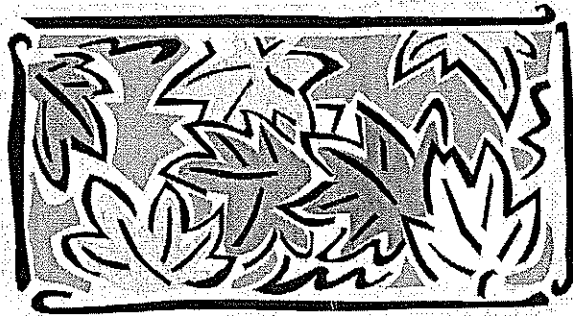
A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

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,

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

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an

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

editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

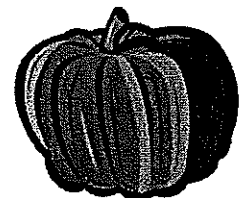
This story can fit 75-125 words.

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.



Caption describing picture or graphic.

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.



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.