

# 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](mailto: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 cele-

brate "Respect Week" during the week of October 7th. We will also celebrate Unity Day on October 23. Here are some online resources to assist you in continuing these conversations at home with your children:

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

[www.pacer.org/bullying](http://www.pacer.org/bullying)

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

[www.stopbullying.gov](http://www.stopbullying.gov)

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

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

### September/October Important Dates:

- September 18: Back To School Night
- September 23-27: Start With Hello Week
- October 7: World Day of Bullying Prevention. Wear **BLUE** today.
- October 7-October 11: Week of Respect Activities
- October 23: Unity Day. Wear **orange** today.
- October 24: Sister Soldier Assembly for 3rd & 4th grade girls
- October 23-October 31: Red Ribbon Week Activities

# Washington WAGES

This year we are implementing "Washington Wages". Washington Wages are another way of saying 'Thank you' for making a good behavior choice. Whether a small or big behavior, Washington Wages can help us reinforce the kinds of behaviors we want to see. Among the benefits of using the Washington Wages Tickets include:

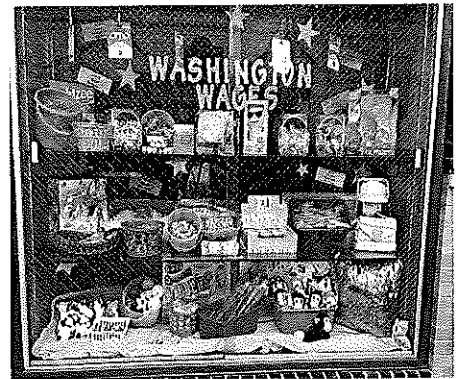
1. We encourage students to continue engaging in positive behaviors.
2. We reinforce the benefit of making good choices, so that when a student faces a "tempting" bad choice, they have the history of positive interactions with staff to firm up their resolve.
3. Washington Wages can be very helpful to encourage students

working on a behavior improvement goal to keep trying.

4. Providing praise to students helps build the positive adult-student relationship.

Washington Wages tickets are distributed to the students when staff in the building see them engage in positive behavior. This positive behavior includes students interacting with staff, students interacting with peers, and students following school rules and routines. Staff will always provide a behavior specific praise statement that tells the student exactly why they are getting the ticket ("Thank you for being prepared today"). Staff will use the tickets as a strategy to increase or reinforce a positive behavior they would like to see. Tickets from classroom teachers

and building staff are white and worth one point and each cafeteria aide ticket and substitute teacher ticket are blue and worth two points. Students are responsible for holding on to their tickets when they receive them. Days to purchase the items will be announced in advance at a designated time. Students may "purchase" smaller items or hold on to their tickets to "purchase" a larger item. The incentives are currently displayed in the showcase by the main office.



# 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 day is important.*

# Respect

Respect is one of the Six Pillars of Character that guide our choices. Each of the Six Pillars of Character traits are used to help instill a positive school climate and a culture of kindness, making schools a safe environment for students to learn. Respect is how you feel about someone and how you treat someone. It is also being tolerant of differences, using good manners, being considerate of other's feelings, and dealing with conflicts peacefully. The most effective ways to teach respect address the four most common reasons children are disrespectful, rude, and talk back. The reasons include: they didn't get what they wanted; they are angry and feel disrespected; they think it is funny; and they think it's okay

because they hear their friends, other adults and/or people in the media talk that way.

Here are 6 highly effective tips for teaching your child respect:

- \*Stay Calm-do not overreact to seemingly disrespectful behavior. Your child may not know the behavior is disrespectful.
- \*Identify the Cause-teach your child the skills and vocabulary to meet their own needs.
- \*Model Being Respectful-we can not teach respect by being disrespectful. Respect your child as an individual and allow them to make some decisions.
- \*Use Positive Discipline-use non-punitive discipline to teach and model how to be

respectful even when others are not.

\*Earn, Not Demand Respect-true respect can only be earned, not demanded.

\*Apologize for Mistakes-model that respectful adults accepts responsibility and apologizes when he or she makes mistakes.

Below are some books to share with your child about respect.

- The Way I Act- By Steve Metzger*
- My Mouth Is A Volcano- By Julia Cook*
- I Can't Believe You Said That- By Julia Cook*
- We're Different, We're the Same-By Bobbie Kates*
- Do Unto Otters- By Laurie Keller*
- The Crayon Box That Talked- By Shane DeRolf*
- Show Some Respect- By Shane Berenstein*
- Lying Up A Storm- By Julia Cook*