

Counselor Chat



Counselor Chat Fall 2015

The Week of Respect was celebrated throughout New Jersey October 5th-9th. Our students participated in activities supporting our 'We, Not Me' theme. Some activities included themed days, assemblies, and classroom lessons incorporating discussion on harassment intimidation and bullying (HIB). HIB Policy [5512](#) can be found on the District website.

What does your School Counselor do?

- They meet with students individually to address issues such as peer conflicts, anger management, stress relief, family transition, and making friends.
Referrals can be made by teacher, parents, or students can self-refer. Discussions are confidential however, family involvement is important to the success of every student.
- They meet with students in group settings. Groups of 2-5 students may meet with us during their lunch/recess to work on important school skills.
- They provide classroom lessons on various topics to develop social skills including problem solving, respect, making friends, assertiveness, anger management, and stress management.
- They support students, their families, and staff through school services such as Intervention and Referral Services (I&RS).
- They are also well versed in our community resources to meet the many different needs of our school families.

Skills students are learning and practicing:

- Speaker Power
- Listening Power
- Sharing Circle
- Active Listening

Active listening is showing someone you are listening to them by giving them eye contact, nodding, and reflecting back what was said. Practice this important skill at home with your child.



Please continue to monitor all forms of electronic communication (text messaging, email, instant messaging, and social networking sites) for appropriate usage.



What to look forward to:

- ✓ Our character education curriculum, Social Decision Making/Problem Solving (SDM/PS) lessons will continue monthly in all grades.
- ✓ Friendship groups and lunch bunches are starting in each of the schools. If you would like your child to participate, please contact your school's counselor.
- ✓ *Kids Helping Kids* is a Program offered by the Wayne Valley National Honor Society. This is a free tutoring program held every Tuesday and Wednesday at the public library from 2:45-4:30.
- ✓ Observance of School Violence Awareness Week October 19th-23rd.