

Counselor's CORNER

OCTOBER 2022

Mrs. Herne

Counseling Monthly Focus:

This month is Bully Prevention month. Ms. Mather and I will be going into the classrooms to teach bully prevention skills to all of the students. The following groups have also started: unique "you"-nicorn friendship/self esteem group (K), self esteem (1), anger mgmt (2), anxiety (3), resilience (4) and girl CODE (5).

Dates:

- 10/13 Picture day
- 10/14 No school
- 10/24 Book fair week
- 10/28 Share the Wisdom day, early dismissal
- 10/31 Halloween parade and parties

Let's CONNECT!

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hool.net

Happy, Healthy Kids TIP:

When your child is experiencing BIG, upset feelings, their brain cannot listen or learn in that moment. Rather than negotiating with or punishing them, help the child name their feelings. Then, practice a coping skill.

