

Counseling Connection

Amber Bill, School Counselor

October 2017

Red Ribbon Week

October 16th-October 20th

Monday, October 16-I Pledge to Be Drug Free
Wear red to show your commitment to a drug-free lifestyle

Tuesday, October 17-Team Up Against Drugs!
Wear your favorite team's shirt or jersey

Wednesday, October 18-Sock it to Drugs
Wear Silly socks

Thursday, October 19-Friends Don't Let Friends Do Drugs
Dress like a friend

Friday, October 20-Living Drug Free is No Sweat!
Wear sweat suits, sweatshirts, sweatpants, or your favorite workout gear

Our October Classroom Lessons

To coincide with our Red Ribbon Week celebration this month, our lessons will be focused on healthy and safe choices. These lessons will look different at each grade level. My hope is that your child can share new learning from our lessons and the impact of making healthy and safe choices. Along with this we will begin focusing on a character trait each month. This month it will be **RESPONSIBILITY**. This character trait is supported through Red Ribbon Week as well as student expectations at Emge.

Responsibility

Be dependable

Hold yourself accountable

Do the right thing

Apologize when you make a mistake

Do your best work

Complete what you set out to do

Integrity

Last Month

In classroom lessons last month, we focused on self-regulation/self-control strategies.

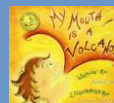
Kindergarten & 1st Grade- recognizing feelings & using physical strategies to regulate our emotions, words, and actions.

2nd Grade- recognizing feelings & using physical and emotional strategies to regulate our thoughts, words, and actions.

3rd Grade-being proactive versus reactive in our response to a problem or situation.

4th & 5th Grade-sizing a problem to determine an appropriate reaction and who can help us with different problems.

Counselor Recommended Read Aloud Books over Self-Regulation



My Mouth is a Volcano

Author: Julia Cook



Interrupting Chicken

Author: David Ezra Stein



Lilly's Purple Plastic Purse

Author: Kevin Henke

Small Counseling Groups

I am currently getting teacher referrals and recommendations for small group counseling sessions. The groups that will be offered include: self-regulation, anxiety, friendship/social skills, self-esteem, grief, family changes (divorce), and study skills. If you are interested in having your child participate in a group please feel free to notify me through email, abill@fz.k12.mo.us. If your child's teacher referred him/her to me, then there will be a permission slip coming home in the next week.

Why use self-regulation learning strategies?



- To increase academic performance
- To provide individuals with tools for lifelong learning
- To provide intrinsic rewards