



School Counseling Newsletter

Groups



I am excited to offer some new small group opportunities! Please review the options below and email me if you feel your child(ren) would be a good fit.

Small Groups:

- Separation/Divorce for *Kindergarten*
- Separation/Divorce for *3rd/4th Grade*
- Self Esteem & Navigating Peer Relationships for *3rd/4th Grade*
- Executive functioning, reflection and support with positive decision making for *2nd Grade*

School is a wonderful microcosm where students are taught not just core academic subjects but also social and emotional skills. Each day they have many opportunities to make decisions, implement strategies and build skills. Students are coached and scaffolded in their learning throughout the day, but also have many instances of independent practice. For example, we're lucky to have wonderful lunch and recess aides but there are far fewer of them than students during those times of supervision.

Physical and verbal bullying and unfortunately nothing new within the school environment. However the challenges now extend beyond those direct "in-person" encounters to an array of social media platforms. I've been working to teach students about body language, tone and the

sometimes subtle messages embed within our varied communication platforms.

Research shows "Confirming that social exclusion leads to social withdrawal, not the other way around, should help teacher, parents and students not to blame the victim but rather address the true cause of the problem - other kids' rejection. And when it comes to gossip, one study found a way to cut it off before things get bad. Donna Eder, PhD, recorded the lunchtime chat of 78 middle-school students. When a teen offered up a bit of gossip, others responded encouragingly about 80 percent of the time, confirming and even elaborating on the information. Once that happened, other kids rarely disagreed. However, if someone countered the gossip right away, the others were more likely to dissent. Refuting rumor or gossip right away may well clear the social air."

How else can we work together to foster an educational and safe learning environment that guides children in their advocacy and strength in banishing "gossip" and "unkind behavior"?

Check out the article here:

https://www.nytimes.com/2019/01/12/opinion/sunday/email-children-balance-parenting.html?rref=collection%2Ftimestopic%2FParenting&action=click&contentCollection=timestopics®ion=stream&module=stream_unit&version=latest&contentPlacement=7&pgtype=collection