

# COUNSELOR'S CORNER

## Belforest Elementary School

### February Campaign

This month we will celebrate: Kindness Week(10-14th). Kindness week is a way to celebrate the small things we do that can really make a difference. Whether it's playing with someone at breaktime, or planting a tree, there are so many things we can do to make the world a kinder place!

### Care House Assembly

Care House will be coming to our campus this month to host assemblies on personal safety and internet safety. Informed consent forms were sent home in January. These forms must be signed and returned before your child can attend the assembly.

### National School Counseling Week

We go together like peanut butter and jelly! We are simply better together. School counselors play an important role in ensuring that students have excellent educational experiences. They are part of a school support team who provide essential social-emotional support in addition to academic support. As your child gets older your school counselor will be responsible to ensure that your child is on the right path to an independent life after high school graduation! Your school counselors have attached their fall semester use of time reports to share with you from earlier this school year.

**Do you need to contact your School Counselor?**

Grades K-3 Rebecca Johnson [rjohnson@bcbe.org](mailto:rjohnson@bcbe.org)

Grades 4-6 Kim Powell [kpowell@bcbe.org](mailto:kpowell@bcbe.org)



## Puppet Show

### Grades Kindergarten - 1st

#### "Someone to Talk to" puppet show

- This is an interactive puppet show designed for Kindergarten and 1<sup>st</sup> grade students to encourage discussion about physical abuse, bullying, and uncomfortable feelings and the importance of alerting a trusted adult.

## NetSmartz Internet Safety

This internet safety program is geared for 2<sup>nd</sup>-8<sup>th</sup> grade and is interactive with the students. Here are the synopsis of each program.

### Grades 2 & 3

#### Router's Birthday Surprise

- Students are invited to participate in a fun interactive game show, discussion questions, and mini-quizzes which help them learn the four NetSmartz Rule of Online Safety.
- I will tell a trusted adult if anything makes me feel sad, scared or confused.
- I will ask my trusted adult before sharing information like my name, address, and phone number.
- I won't meet face-to-face with anyone from the internet.
- I will always use good netiquette and not be rude or mean online.

### Grades 4&5

#### Being a Good Digital Citizen:

Students learn:

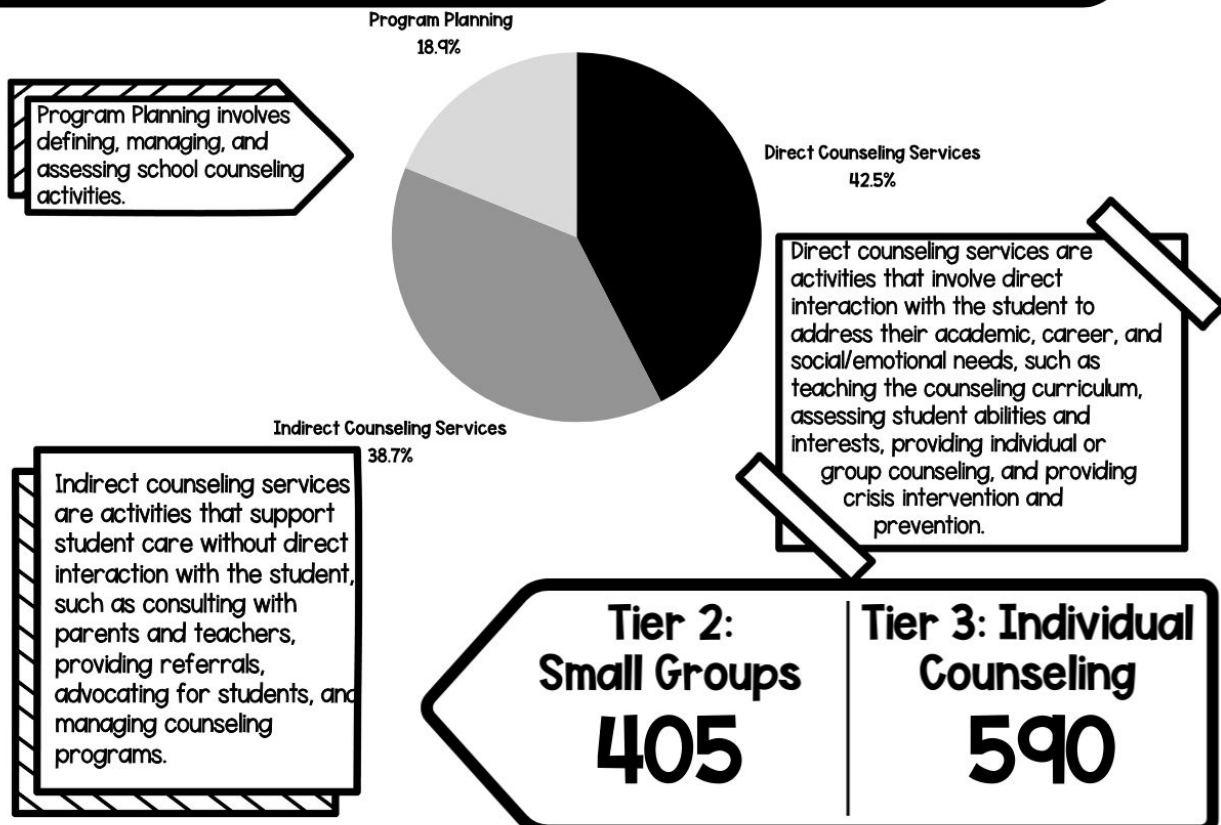
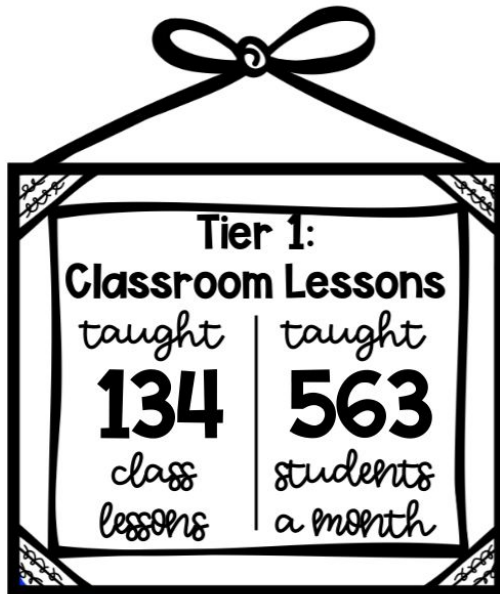
- What it means to be a good digital citizen.
- What to do when they see inappropriate content online.
- How to protect their personal information
- Why they should never agree to meet face-to-face with someone they've met online
- How to use good netiquette and what to do if someone is being mean to them online

### Grades 6

#### Netsmarts - Online Safety Tweens

The four main risks discussed in this presentation are:

- Inappropriate Content: Things you may not want children seeing or posting online
- Online Privacy: The protection of children's personal information
- Online Solicitations: Unwanted requests to engage in "unwanted or inappropriate requests".
- Cyberbullying: The use of Internet technology or mobile technology, such as cell phones, to bully someone
- Social Media Safety: ways to keep a safe and healthy relationship with social media





**Tier 1:**

**Classroom Lessons**  
taught

**96**  
class lessons

**Classroom Lessons**  
taught

**484**  
students a month

### Lesson Topics Taught:

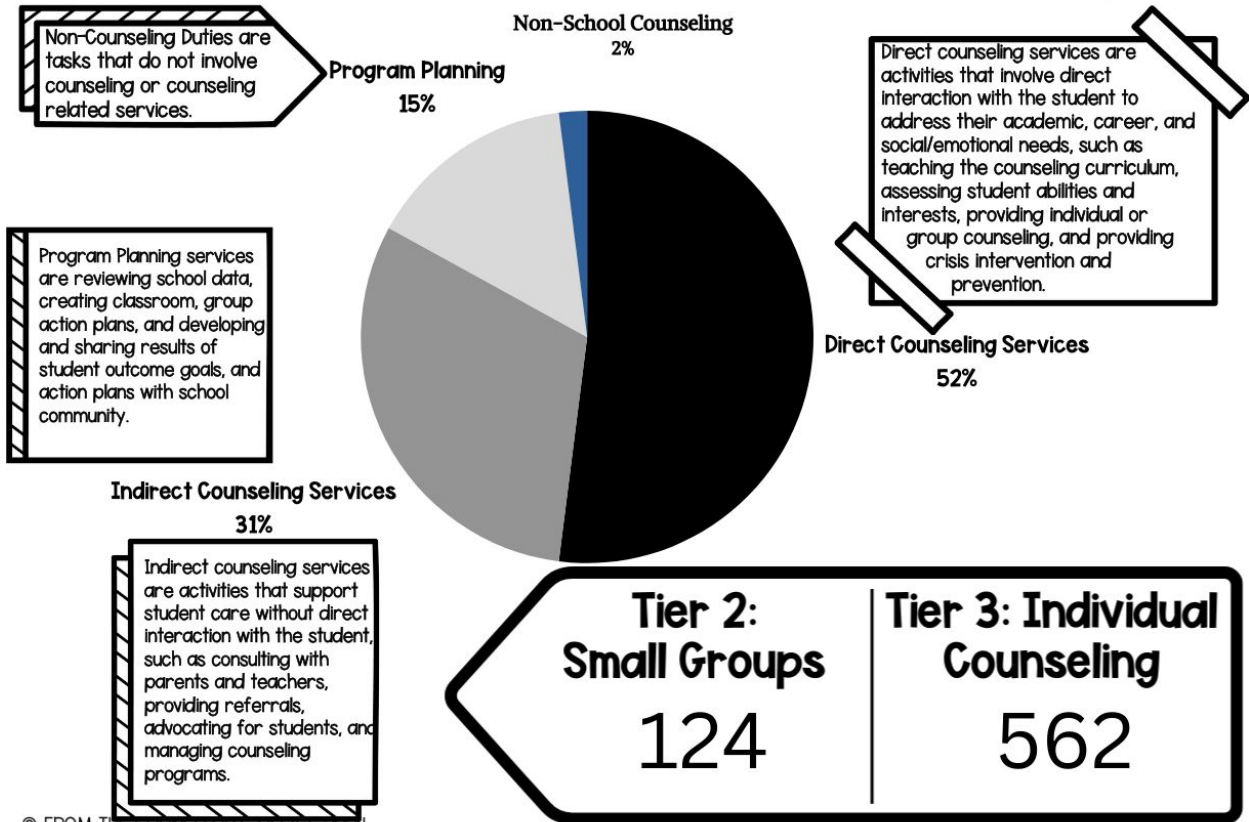
- My Go-To-People
- healthy/unhealthy coping skills
- Keeping safe
- Choices

## SCHOOL-WIDE EVENTS/PROGRAMS

*coordinated*

- Red Ribbon Week
- Peer Helper
- Career Day Prep
- Schoolwide jobs-Hospitality

- Belforest Giving Tree
- RRW, Career Day, Deposit Squad, Student Jobs Can-Do-Crew
- Leadership Team
- Holiday help for families



# HELPING CHILDREN WITH **ANGER MANAGEMENT**

## **TIPS FOR PARENTS:**

- Manage your own anger. This prevents your child from feeding off of your emotions and becoming more upset. It is also a great way to model healthy anger management strategies.
- Consider what your child is trying to communicate. Ask yourself what might be going on behind the anger.
- Come up with a coping skills plan. Work with your child to create a poster or visual aid to display in your home.
- Set up a calming space in your home.
- Praise your child for calming down.

## **WHAT TO SAY:**

- "I see you're feeling angry."
- "Let's work through this together. How can I help you?"
- "Let's try taking deep breaths together."
- "Let's try again."

## **WHAT NOT TO SAY:**

- "Calm down."
- "Stop crying."
- "Stop being a baby."
- "I don't know why you're acting like this."
- "Go away."

## **COPING STRATEGIES FOR ANGER:**

- |                                |                              |
|--------------------------------|------------------------------|
| • Practice deep breathing      | • Listen to music            |
| • Walk away from the situation | • Talk to someone about it   |
| • Think happy thoughts         | • Stretch                    |
| • Count backwards from 10      | • Go somewhere quiet         |
| • Squeeze play-doh             | • Use positive self-talk     |
| • Get a drink                  | • Rip paper into a trash can |
| • Journal or draw              | • Punch a pillow             |

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