

# Counselor Newsletter

June 1, 2020

## Message from a Counselor

dear students + families,

Hello Hess students!! I am so so proud of all the hard work and dedication you have put into your education while being out of the school building. You all inspire me every day. We have just a few short weeks left and I encourage you to keep up that hard work just a little while longer. We staff members miss you all very much and can't wait to see your bright and shining faces again. Remember that we are all here if you ever need assistance or someone to talk to. Sending virtual hugs.



stay safe,  
Danielle Pulli  
School Psychologist, Hess

## Weekly Highlight

Happy June! Wow! I can't believe we are in the final weeks of the school year. Keep working hard and let's finish this school year off STRONG! You have been so strong already. Keep it up a little bit longer.

Last week highlights:

How to handle veggies and groceries during the pandemic, self-care tips for the mind, body, and soul, family dinner conversation topics, the ABCs of ABA, healthy self-talk for kids, "Hand Press" as a coping skill, and the features of the app/website HeadSpace!

## Who are we?

Three Schools,  
One District:

Joseph Shaner Elementary School  
<http://shaner.hamiltonschools.org>

George L. Hess Educational Complex  
<http://hess.hamiltonschools.org>

William Davies Middle School  
<http://davies.hamiltonschools.org>



We are the Hamilton Township School District!

## In the Community

### HTSD MEAL DISTRIBUTION

May 20 to June 24

- May 20, May 27, June 3,  
June 10, June 17, & June 24

- Shaner: 9am to 1pm  
Davies: 11am - 3pm

Visit [hamiltonschools.org](http://hamiltonschools.org) for more information on pick up spots on site and meal information

**THANK YOU, HTSD FOOD SERVICES DEPT.!!**

Also: St. Vincent De Paul Food Pantry  
Open Thursday's 9-11am & 2-4pm

**New attendance procedure.** Please have students sign on anytime between 8a-8p. If you have no internet- Call the school. Sign-in form:  
[https://docs.google.com/forms/d/e/1FAIpQLSeKop0M09I29tCYDKR0Yj6QG9biSABCphh0AjP8\\_8xaOIBMIQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeKop0M09I29tCYDKR0Yj6QG9biSABCphh0AjP8_8xaOIBMIQ/viewform)

Hess staff have been posting read alouds for our students. Check them out here:

<https://sites.google.com/hamiltonschools.org/hessreadalouds/home>

## COVID-19

Here are some quick tips to help your children when it comes to face coverings!

### Cloth Face Coverings for Children During COVID-19

Here are a few ideas to help make them seem less scary for children:

- Look in the mirror with the face coverings on and talk about them.
- Put a cloth face covering on a favorite stuffed animal.
- Decorate them so they're more personalized and fun.
- Show your child pictures of other children wearing them.
- Draw one on their favorite book character.
- Practice wearing the face covering at home to help your child get used to it.



### Cloth Face Coverings for Children During COVID-19

Children over age 2 should wear cloth face coverings when they can't stay 6 feet away from others outside the home.

**How to wear a cloth face covering:**

1. Secure it over their nose and mouth, stretched from ear to ear.
2. Avoid touching it once it's on.
3. Wash hands before and after wearing it.
4. Wash cloth face coverings after each wearing.



# Parent Page

## Self-Care Corner

### Self-Care Tip

While social media can be completely awesome, it's also important to unplug every now and then.



BlessingManifesting

Being home more and working from home more inevitably increases our screen time. As we can see the benefits of technology – Facetime, zoom calls, Google meetings, & overall being able to continue to work, etc., it is still good to "unplug". This can be because our technology also gives instant connection to media and other consumption that may be good to take a break from.

View this article on the benefits of "Unplugging":  
<https://www.adventisthealth.org/blog/2019/march/the-benefits-of-unplugging-from-electronics/>

## Teaching Tip

Real solutions for when homeschooling is hard:

<https://theunexpectedhomeschooler.com/homeschooling-is-hard>

## Family Activity

With the weather getting nicer, try an OUTDOOR scavenger hunt.

Check out this graphic for things to search for:

<https://drive.google.com/file/d/1xnGq5GGDIwYVOSqX5XVonKTaNXvPPNpO/view?usp=sharing>

## Something Positive

7 year-old boy hosts adorable mini-prom for babysitter whose event was canceled:

<https://www.goodnewsnetwork.org/boy-hosts-socially-distanced-prom-for-babysitter/>

## Mrs. Aleszczyk's behavior tip of the week

### Things to do:

#### Help with Transitions:

- Use a timer so your child knows exactly how much time is left on their enjoyable activity
- Allow your child to ask for more time on the preferred activity
- Incorporate an activity in between the "enjoyable" task and the work/chore task- Example: turn off video game, do a fun exercise together, then work

### Things to avoid:

#### Saying "time is up!" without any notice

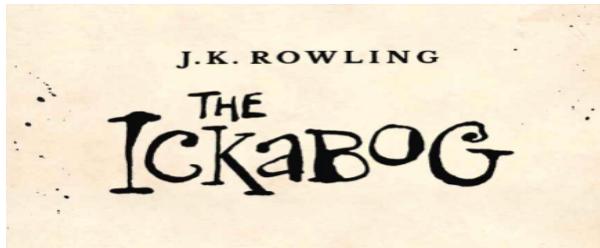
- Not permitting your child to wrap up/finish the game (if there is only 20 seconds left and they ask to finish- that is okay if they ask appropriately!)
- Transitioning from a highly enjoyable activity (i.e. video game) to an activity that isn't preferred, such as work



# For the kids

## To Try

Relive and experience new magic.



Author of the hugely famous *Harry Potter* books, J.K. Rowling, has brought a new story to life and can be read for FREE online. The new story is called *The Ickabog*. This new book started out as a story she read strictly to her children but recently she has been inspired to share it with the world. She has been posting several chapters online and is up to Chapter 11 of this tale. She is also taking submissions from children to help illustrate the story. View and read the book on: <https://theickabog.com>



You can also listen to the first *Harry Potter* book, *Harry Potter and the Sorcerer's Stone*, read to you by famous celebrities including Harry Potter himself: Daniel Radcliffe! Relive the magic by clicking on this article for more on how to listen: <https://www.jkrowling.com/stars-read-harry-potter-online-for-families-to-enjoy-at-home/>

## Motivation Station



## Brain Break

Check out this fun activity and the only thing you need is dice:

<https://drive.google.com/file/d/1JCICjDJAN2lhOUGGro2pcGBo1xk6EDnR/view?usp=sharing>

## Happy Thoughts

Try a random act of kindness! I promise you'll be surprised at how happy it makes YOU FEEL & of course someone else! Check out some ideas here:

[https://drive.google.com/file/d/1\\_5sqmjYPxn1eQOsj3yt9Um9nT5Gaa97/view?usp=sharing](https://drive.google.com/file/d/1_5sqmjYPxn1eQOsj3yt9Um9nT5Gaa97/view?usp=sharing)

## Coping Skill of the week

Make Art:

Draw or Color a Picture

Did you know that drawing and coloring a picture can help to decrease stress?

Check out the benefits to drawing and coloring!

\*Decrease levels of anxiety or stress

\*Express your inner thoughts

\*Express your feelings

\*Takes you to your happy place!

To practice drawing and coloring check out

The next square for this week's Mindful Tip of the week!



## Ms. Leonellis's Mental Health Happenings



Summer vacation is around the corner, however, Hamilton Township is here for you and will continue to support all of our staff, students, and families during this time! Stay connected!

### Resources to Access!

•Visit: [www.hamiltonschools.org](http://www.hamiltonschools.org) (mental health initiative for updated resources!)

•Parents read this article:

<https://medium.com/sesame-street-caring-for-each-other/sesame-time-for-teachers-its-ok-not-to-be-ok-dc58ac6c990>

## Informational links

## Mindfulness tip of the week

### Mindful Hands Activity

**Step 1:** Start out by tracing both hands on the paper.

**Step 2:** On the right hand write feelings that are positive and comfortable.

**Step 3:** On the left hand write things, people, or places that you are grateful for.

\*Spread the simple things as we navigate this new way of learning, living, communicating together!



### Sesame Street Explains COVID-19

<https://www.sesamestreet.org/caring>

and take glance at: New this week, Caring for yourself and your family, play, watch & learn activities to explain COVID-19. As well as other additional resources: Caring for someone, feeling worried, comfort strategies, healthy habits, and staying connected to friends and family.

## Personal Development