

Counselor Newsletter

March 30, 2020



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!

Weekly Highlight

First edition! The purpose of this newsletter is put all the wonderful information provided into a weekly format. I mean who else is feeling overwhelmed?

This newsletter will feature self-care tips, child care ideas, COVID-19 information, coping skills, and more!

Message from a Counselor

hey there everyone!

I just want to encourage you during this time. This is

NOT easy! No matter what happens safety, OVERALL health, and optimism are the most important things right

now. We will come out of this! There is so much we can't control but you can control you attitude and effort. So my main thing is just TRY YOUR BEST. We are all this together.

Ms. Sherman

Hess School Counselor



In the Community

COVID-19

HAMILTON TOWNSHIP PTA & KREATIVE KIDS PRESENT

DRIVE THRU WAVING VISIT WITH THE EASTER BUNNY!

12p-3p
Sat 4/4 & Sat 4/11

Hamilton Township PTA everychild.onevoice®

Kreative Kids of Mays Landing, Inc.

Kreative Kids Parking Lot at 1317 Route 50, Mays Landing
Donations accepted to benefit community food banks!



Meal Distribution for the period March 31, 2020 through April 29, 2020

The Hamilton Township School District's Food Services Department will make every attempt to provide meals for all students enrolled in our district during this crisis.

Pick up is a drive through process at the front entrance of the William Davies Middle School. When you arrive, leave your windows up and remain in your car until instructed to pull up. And most importantly, please remember social distancing.

Distribution dates are listed below for all students Pre-K-8 between the hours of 11:00 a.m. to 1:00 p.m. on a first come first served basis.

- Tuesday, March 31st - (4 meals per student)
- Friday, April 3rd - (4 meals per student)
- Thursday, April 9th - (4 meals per student)
- Wednesday, April 15th - (5 meals per student)
- Wednesday, April 22nd - (5 meals per student)
- Wednesday, April 29th - (5 meals per student)

(Breakfast will include cereal or cereal bar, fruit, graham crackers and milk)
(Lunches will include milk, fruit, and a peanut butter and jelly sandwich)

Important to Know:

The Peanut butter and jelly sandwich may be frozen and can be kept frozen for up to one month. Simply refrigerate the sandwich to defrost. If you plan on eating the sandwich within an hour, you may defrost on the counter at room temperature.

Fresh fruit such as apples and oranges should be refrigerated. Breakfast items such as dried cranberries and raisins do not require refrigeration.

If you have any questions please reach out to Bill Trackman, Food Services Supervisor at trackmanb@hamiltonschools.org.

SO YOU'VE GOT QUESTIONS ABOUT Coronavirus



What is Coronavirus?

Coronavirus or COVID-19 is a virus that affects the respiratory system (lungs, nose, mouth, throat, bronchi, and all other body parts involved in breathing). It is passed from person to person through droplets from sneezes, coughs, runny noses, and saliva. So if someone sneezes on their hand and touches a bathroom door handle, and then another person touches that same bathroom door handle and then touch their face, they can become infected with the virus. This is why it is so important to wash our hands and avoid touching our faces!



I'm a kid. Doesn't that mean I can't get Coronavirus?

No. Some people have been saying that kids aren't affected by Coronavirus. Scientists believe that Coronavirus may not make kids as sick as adults. But kids can still become infected with the virus.



Why are we staying home from school?

All of the adults at school want you and your family to be safe and healthy. Scientists are recommending that we stay home and avoid being in crowds or large gatherings (like a classroom full of friends!). We are staying home from school to slow the virus from spreading.

What should I do to stay safe?

1. Wash your hands often and before you eat. Wash them for at least 20 seconds and make sure you get the space in between your fingers and the backs of your hands clean!
2. Try to avoid touching your nose, mouth, eyes, and whole face with unwashed hands.
3. Practice healthy habits! Eat healthy foods, drink lots of water, get some exercise, and get plenty of sleep.
4. If you need to sneeze or cough, sneeze into a tissue or the inside of your elbow.
5. Follow directions from the trusted adults in your life. They want to take care of you!



<https://htpsmentalhealthinitiative.weebly.com/covid-19-frequently-asked-questions.html>

Self-Care Corner

Elle Woods (Legally Blonde) is right - not the part when she says "Whoever said orange is the new pink was seriously disturbed" - but when she says "Exercise gives you endorphins. Endorphins make you happy".

So in all seriousness, exercise - movement - increases your endorphins. You're all smart and probably know this but endorphins are the body's "feel good" chemical produced by the brain and spinal cord that produces feelings of happiness. Just start MOVING your body. Dance, go for a walk with your dog, do some yoga, etc. Here are scientifically proven benefits:

- improves sleep while also giving you more energy
- increases self-confidence
- good for your heart (in more ways than one)
- decreases depression and anxiety symptoms
- And probably my personal favorite: it can be a distraction. But a healthy one.

What if for 30 minutes out of your day you took the time to take care of yourself? You put music on, you put the phone down, you stopped checking your email, and you did something that is strictly FOR YOU - this is self care in general. I believe you are worth it! You deserve it! Like I said before, taking care of you allows you to better take care of others.

For the kids

Mindful Hands Activity

What is "Mindful Hands?"

Mindful Hands is an activity that anyone can do that involves spending some time with family and creating something so wonderful!

Directions:

- 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.
- Step 4:** Start decorating inside your hands of designs or anything you want!

Ingredients: markers, crayons, paper, fun, creativity, and family!

You can cut your hands out to make a family tree!



Mrs. Aleszczyk's Behavior tip of the week

Giving choices to your child is one way to increase the likelihood that your child will complete a task AND decrease the chances of problematic behavior from occurring. Choices should be provided PRIOR to starting a task/chore/activity. Provide 2 choices that will result in both of you being satisfied- the chore or activity will be completed, and the child will have felt some aspect of control in the situation.

Examples of choices:

- When to do it (Should we start your math before or after your shower?)
- Where (Do you want to vacuum the bedroom or family room? Are you doing your reading in your bed or kitchen table?)
- How (Do you want to color this with crayons or markers?)



Coping Skill of the week

belly breathing



Place your hands on your belly and acknowledge your feelings!

Breathe in the 'good' feeling and release the 'bad' feeling

Mindfulness tip of the week



Be mindful and together let's show gratitude! Think of 5 things that you are grateful for today!



Ms. Leonellis's

Mental Health Happenings



Some Links to access:

www.Hamiltonschools.org
[https://
httpsmentalhealthinitiative.weebly.co
m](https://httpsmentalhealthinitiative.weebly.com)
www.MindYeti.com
www.cosmickids.com
www.headspace.com
www.mentalhealth.org
www.CDC.gov
www.pbskids.org

Informational links



Start each day by doing some or all of the following:

Daily Intentions:
Exercise,
gratitude,
meditate, or
yoga practice
once a day!

Give this podcast a listen!



Personal Development idea of the week