

Counselor Newsletter

April 6, 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

Second edition! I hope you enjoyed last weeks newsletter! Again, the goal is put ALL the information we've been sharing into a weekly format. So each week you will get something different. Enjoy your Spring break!

Last week highlights:

Practice gratitude, provide choices to your children, and get your body moving!

Message from a Counselor

hello hamilton township!

As we enter our fourth week as being a "virtual" school I understand the anxiety,

sadness, and confusion WE are facing as a nation. I just want to send positive messages for everyone who reads this to find peace and comfort during this time.

Remember on our worst and most difficult days we face we still come out stronger!

We will get through this together. Do your part and #STAYHOME. We support, care, and love you all!

Ms. Leonelli

School Social Worker, Shaner



In the Community

HAMILTON TOWNSHIP PTA & KREATIVE KIDS PRESENT

DRIVE THRU WAVING VISIT WITH THE EASTER BUNNY!

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

Kreative Kids Parking Lot at 1317 Route 30, Mays Landing
Donations accepted to benefit community food bank!

Hamilton Township PTA everychild.onevoice®

KREATIVE KIDS Mays Landing, NJ

Weymouth Drive Egg Hunt

Our community is working together to 'hide' eggs on mailboxes and in windows for you to find while driving around with your family!

Saturday April 11th at 10am

ORGANIZED BY BEGINNERS FIRST ACADEMY

Follow our Facebook page to view updated map of participating homes/businesses

Everyone must stay in their vehicle

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 raisins and raisins do not require refrigeration.

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

COVID-19

Mindset Shift During a Pandemic

I'm stuck at home → I get to be SAFE in my home and spend time with my family

I will get sick → I will self-isolate and wash my hands, this will significantly DECREASE my chances of getting sick

I will run out of items at home during self-isolation → I have prepared for this and I will use my items wisely. I have everything I NEED for now

Everything is shutting down, I'm panicking → The most IMPORTANT places, such as medical centers, pharmacies and grocery stores, remain open

There is too much uncertainty right now → While I can't control the situation around me, I CAN control my actions. Doing breathwork, calling loved ones, getting enough sleep and proper nutrition, prayer, and doing activities I love at home will all help during this time

<https://httpsmentalhealthinitiative.weebly.com/covid-19-health-actions-to-protect-you-and-your-family.html>

Self-Care Corner

This week I encourage you to TREAT YO SELF!

If you've ever seen Parks & Recreations, then you know that two of the characters will once a year treat themselves. In these episodes it seems as if they only do that with material items, such as manicures, clothes, expensive drinks, etc.

Of course in this situation, it is really hard to go out and do this to it's full capacity – I know, I would LOVE to treat myself to a target run, but we have to be smart. So here are some ways to treat yo self quarantine style!

- Take a bubble bath & lock the door! Or do it while kids are napping
- Order something online for yourself!
- Eat ice cream, brownies, any guilty food
- Spend a day just binge watching your favorite show
- Plan a trip for when this is all over!

Try this! Wake up earlier if you have too. YOU DESERVE IT!

For the kids

INSIDE

- Build a fort
- Watch a movie
- Read a book
- Play a board game
- Make your own board game
- Bake something
- Draw
- Paint
- Write a story
- Make up a dance
- Play balloon volleyball
- Write a letter to a friend
- Learn origami
- Make friendship bracelets
- Learn some magic tricks
- Research your family tree
- Make playdough
- Play marbles
- Make some puppets and put on a show
- Do a puzzle
- Make paper mache
- Do a collage
- Make a mini town with lego/blocks
- Create your own comic strip
- Make up a play

OUTSIDE

- Build a cubby
- Play tag
- Go for a bike ride
- Fly a kite
- Play basketball
- Make an obstacle course
- Play hide n seek
- Have a water fight
- Play Frisbee
- Skip rope
- Go on a nature hunt
- Play with bubbles
- Collect bugs
- Have a picnic
- Play hopscotch
- Play Football
- Make mudpies
- Make a sandcastle
- Hide something and make a treasure map
- Jump on the trampoline
- Have an egg and spoon race
- Play elastics
- Chalk drawing on pavement
- Make a magic potion
- Go to the park

Mrs. Aleszczyk's Behavior tip of the week

Following Directions- Things to try

Give specific and clear directions that state exactly what you'd like your child to do.

- Example: "Sit on your bottom, please".

Things to avoid:

Phrases that may not sound like a direction., including "will you", "Can you", "for me"; phrases that do not give a direction

Example: "Can you sit on your bottom for me?" and "stop that!"



BONUS "For the kids activity! happy spring break!

Breathe your way through Breathing Boards

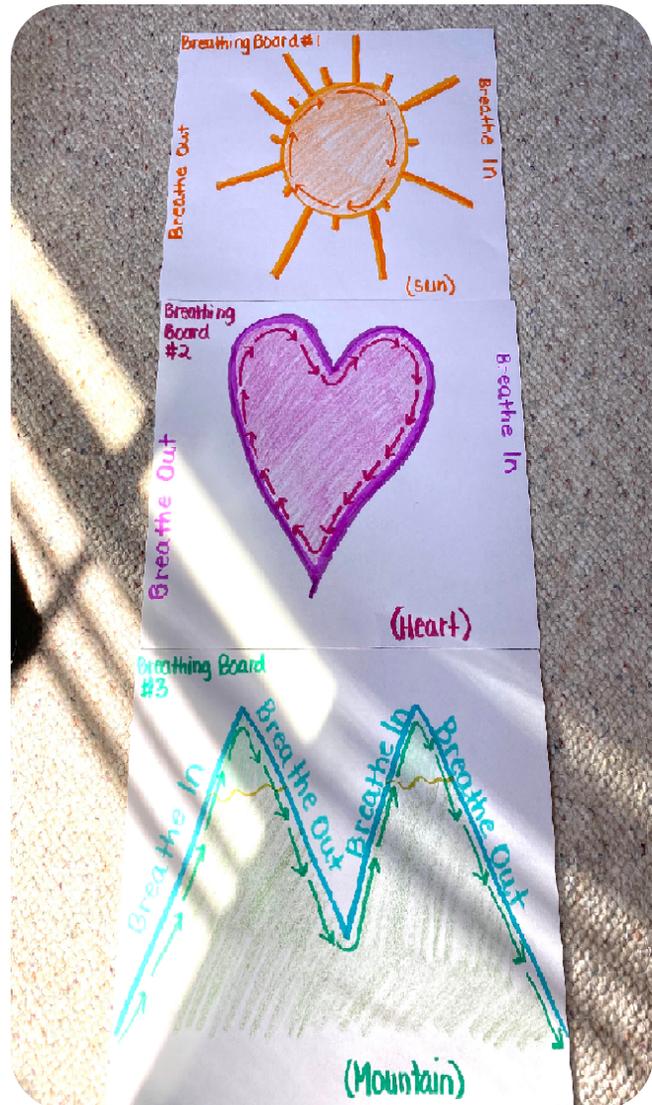
When you are feeling stressed, anxious, worried, confused, mad, sad, or angry, it is important to take a moment and **breathe**. Breathing Boards will help you settle uncomfortable feelings to feel calm again! You can make your own! You can make any shape or object you like! Here are some examples:

- Sun
- Heart
- Flower
- Rainbow
- Figure 8

Use this to help you breathe during uncomfortable feelings: Breathe in positivity Breathe out negativity! (Remember when making your own to draw arrows around!)

- **How to use:** Trace your finger around the object you created and breathe in for 5 seconds and exhale for 5 seconds, repeat as needed.

Be CREATIVE, we're all in this together.



Coping Skill of the week

POSITIVE SELF-TALK

Builds Confidence 	The Power of Positive Self-Talk <small>www.thepathway2success.com</small>	
Improves Attitude 	Promotes Self-Love 	Helps Cope with Stress 
Allows for Taking Risks 	Encourages Motivation 	Helps Work Through Challenges 

Use supportive words: "I CAN DO THIS!"

Mindfulness tip of the week

WRITING SELF-REFLECTION IN A JOURNAL

- Write down your feelings each day.
- Make a list of activities!
- Books
- Crafts
- Walking/Go outside
- Talking to others!



Ms. Leonellis's

Mental Health Happenings



www.Hamiltonschools.org
<https://htpsmentalhealthinitiative.weebly.com>
www.cosmickids.com
www.headspace.com
www.mentalhealth.org
www.CDC.gov
www.pbskids.org

Informational links

5 TO THRIVE!

My favorite lady Rachel Hollis, motivational speaker, has what she likes to call the 5 to thrive (read about below). And its about developing habits to make you feel good! They are: 1) Wake up 1hour earlier to take time for yourself 2) DRINK WATER 3) Cut out one "problem" food 4) move your body for 30 minutes a day 5) practice gratitude

**link to read more*

<https://msrachelhollis.com/2020/02/11/five-to-thrive/>

**link to a 5 to thrive habit tracker:*

<https://www.lemonthistle.com/wp-content/uploads/2020/01/last90daysupdate-lemonthistle.pdf>

Personal Development