

Counselor Newsletter

April 13, 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

Third edition! I hope you enjoyed last weeks newsletter! It's "spring break"! But, no, seriously, I hope you and your families are enjoying and much deserved break from school work. Work will be posted again on April 20th. Enjoy your break!

Last week highlights:

Remember to breathe, remember to treat yourself, shifting your perspective during the pandemic.

Message from a Counselor

hello everyone!

This is a reminder that you are powerful beyond measure and capable of pretty much anything you are willing to work for.



So proud of you!

Mrs. Laura Hackney
School Counselor, Hess

In the Community

 **Atlantic County Office of Emergency Preparedness** ...
Friday at 3:44 PM · 🌐

Atlantic County will provide COVID-19 drive-thru testing for symptomatic county residents with a doctor's Rx on Tuesday, 4/14 and Thursday, 4/16 behind the Hamilton Mall in Mays Landing, 10 AM-1 PM, by appointment. Please click link to schedule.
<https://www.atlantic-county.org/covid/>

Atlantic County Drive-Thru COVID-19 TESTING
April 14 and 16
10 AM to 1 PM
Hamilton Mall, Mays Landing
For Symptomatic, County Residents with a Doctor's Script

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

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Before putting on a mask, clean hands with alcohol-based hand rub or soap and water



 World Health Organization

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Cover mouth and nose with mask and make sure there are no gaps between your face and the mask



 World Health Organization

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water



 World Health Organization

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water



 World Health Organization

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Replace the mask with a new one as soon as it is damp and do not re-use single-use masks



 World Health Organization

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/helping-children-cope-with-changes-resulting-from-covid-19>

Self-Care Corner

They say music is medicine, and that is so true for me!

This week I encourage you to make playlists for different moods! If you have Apple Music or Spotify this is easy! But YouTube, Pandora, basically anywhere, do make it possible as well. Some of these platforms already have playlists created. Either way, just sit back and enjoy the music.

Next, dance it out, belt it out, go take a ride, do whatever you need to do to get lost in the music!

Benefits of music:

- Improves mood, exercise, & memory
- Eases pain
- Provides comfort & much more!

Playlist suggestions:

- Throwback, workout music, happy songs, sad songs, love songs, relaxing music, etc. Get creative!

For the kids

HOME LEARNING MENU week 1		
Choose ___ activities to do at home this week.		
1 Bake a dessert using an online book or recipe. Follow each step and measurements closely.	2 Play a game like Monopoly, Scategories, or Yahtzee. Read the directions out loud to the other players.	3 Write a letter to a family member or friend that does not live near you.
4 Use a map to plan your dream vacation. Where would you go? What would you see?	5 Read a book and write a review. Did you like the book? Why or why not? What was the best part? Who else should read it?	6 Turn off all the lights! Grab a book and read with a flashlight.
7 Do some research on the weather in your area for the next week. Record yourself giving a detailed weather report.	8 Make a video of yourself reading your favorite picture book. Send the video to a family member who would also love the story.	9 Download the app, Stack The States, and play the game to learn where the different states are in the United States.

Mrs. Aleszczyk's Behavior tip of the week

Having trouble getting work done around the house or having a few minutes to yourself, due to your child frequently seeking your attention? One strategy you can try is Non-Contingent Reinforcement. This means that you will provide your child with **high quality** attention on a scheduled time basis. In other words, you can set timer for yourself (maybe for every 35-30 minutes), and when the timer goes off, drop what you are doing so that you can give your attention to your child. Remember they want to spend time with YOU, so it is important that this time is spent without distractions. By providing this high quality attention on a regular basis, it will help to mitigate any behaviors that might be starting in order to gain your attention.



Coping Skill of the week

Expressing your feelings!



Whether you are experiencing Uncomfortable or Comfortable feelings, they are all ok!

Talk to someone about your feelings!

Mindfulness tip of the week

SPREAD LOVE & KINDNESS

Write a letter or draw a picture to someone you care about.

Tell them why you are grateful for them and love them. Take note of the happiness that flows in your body and your heart.



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

BREATHE FOR CHANGE

Take some time and sign up for FREE access to webinars on SELF Strategies and self-care practices on a monthly basis!



Visit:
www.breatheforchange.com

Personal Development