

Counselor Newsletter

May 10, 2020

Message from a Counselor

Dear HTSD community,

I hope you all are doing well and staying healthy! Can you believe it is already week #8 of at home school instruction? I want to continue to applaud our wonderful parents - the true superheroes! Thank you for all you do! I especially want to applaud our kiddos! you are continuing to work hard! We are very proud of you! Just a couple of reminders, remember to make sure you BREATHE! When feeling overwhelmed or stressed, take some time to yourself. Also, keep your heads up and try your best! No need to be hard on yourselves. You can do this and we truly believe in each and every one of you! We miss your smiling faces!



Be well,

Nermin Mansour,
Davies School Counselor

Weekly Highlight

Seventh Edition! Welcome back! I just want to say Happy Belated Mothers Day to all our moms, aunts, grandmas, and caregivers! Thank you for all you do for our kiddos!

Last week highlights: try making a "someday jar", parks are open now but follow the guidelines in place, try creating a schedule with your children, try meditation and music to help improve your mood!

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

COVID-19

HTSD MEAL DISTRIBUTION

May 6 to May 27

Wednesday May 6 - (5 meals per student) Shaner 9:30-11 & Davies 12-1:30

Wednesday May 13 - (5 meals per student) Shaner 9:30-11 & Davies 12-1:30

Wednesday May 20 - (5 meals per student) Shaner 9:30-11 & Davies 12-1:30

Wednesday May 27 - (5 meals per student) Shaner 9:30-11 & Davies 12-1:30

Visit hamiltonschools.org for more information on pick up spots on site and meal information

THANK YOU, HTSD FOOD SERVICES DEPT.!!

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/1FAIpQLSeKop0M09I29tCYDKR0Yj6QG9biSABCpnh0AjP8_8xaOIBMIQ/viewform

View this important letter from Lisa Dagit – Director of Curriculum & Instruction:
http://www.hamiltonschools.org/UserFiles/Servers/Server_404715/File/fv/LD%20Parent%20Letter.pdf

COVID-19 UPDATE

REMEMBER: YOU ARE NOT ALONE.

Crisis Text Line: Text "NJ" to 741741

Family Helpline: 1-800-843-5437

Domestic Violence Hotline: 1-800-572-7233

Mental Health Hotline: 866-202-4357



For tips on how to cope with a traumatic event or disaster view this link:

<https://drive.google.com/file/d/15B8nffrjfk3YCmsRR-YCWFdu8g1Ci0ac/view?usp=sharing>

Parent Page

Self-Care Corner

Take Care of You

- **Take breaks from the news.** Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.** Take deep breaths, stretch, or meditate. Try to eat healthy meals. Exercise regularly, and get plenty of sleep.
- **Make time to unwind.** Do some activities you enjoy.
- **Connect with others.** Talk with people you trust about how you are feeling.

Source: CDC

Teaching Tip

A teachers 10 study tips for Middle School Students:

<https://www.brighthubeducation.com/teaching-middle-school/3521-study-skills-for-middle-school-students/>

Family Activity

Happy House Hunt

Looking for a fun way to find PEACE, LOVE & HAPPINESS right in your home?

We invite you to play "hide-n-seek" with your own token of joy!

For instructions on how to play – view this link:

<https://kidsforpeaceglobal.org/happyhousehunt/>

Something Positive

Check out "The Office" star, John Krasinski's YouTube show "Some Good News". On his show he highlights good news from all over the world during this Pandemic.

https://www.youtube.com/channel/UCOe_y6KKvS3Pd1fb9g9pGug

Mrs. Aleszczyk's behavior tip of the week

The first step in changing behaviors is to identify the function- why does this behavior keep occurring? The functions that we focus on in Applied Behavior Analysis are sensory, tangible, escape, and attention. Once we identify these, we can work to change around our environment in a way that will produce more appropriate behaviors, while reducing problem behaviors.

Check out this graphic from *Bias Behavioral* that provides some more information:

https://drive.google.com/file/d/1lq-ddXoAUeV0UAYzPq3347xvCK_H3HrC/view?usp=sharing



For the Kids

To Try



Create a "Pledge for Peace" sign

How to make your Pledge for Peace sign:

- For this activity write on your paper: Do it for Peace and write how you can be peaceful or find peace during this time. Be sure to create and make it as colorful as you want!
- **Here are examples:** I do YOGA for peace, I SING for peace, I TALK to my family for peace, I PLAY for peace, I give HUGS for peace.
- Make sure to put #DoltForPeace

Join us take part in this movement by viewing this document:

<https://drive.google.com/file/d/1o4Ap3lgMqRNWtSk-DFKjTOMKOOmr1Jfl/view?usp=sharing>

And see it in action by viewing the signs some Shaner Sharks have made:

https://drive.google.com/file/d/1GMZ4jezksRlr_Hm2ldZ8Pjx7PeG_DuMv/view?usp=sharing

Why Work?

View this graphic to help motivate you to keep working even though you aren't in school:
https://drive.google.com/file/d/1_32_33EZdRS0jLOHwzxh-WFvEys3sl3l/view?usp=sharing

Brain Break

View some ideas for taking a breathing break!

<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

Happy Thoughts

Write positive messages on Post-It Notes and place on mirrors in your house.

You are beautiful!

You are changing the world!

Mistakes help you learn and grow!

Coping Skill of the week

Exercise

Work on setting daily intentions for yourself and exercise once a day.

Exercising can help to:

- Improve energy and mood
- Decrease Stress
- Boosts your immune system
- Helps with regular sleep

***Stay 6 feet apart when going outside!**

*Now that summer is right around the corner take a walk, practice yoga, go for a run!



Mindfulness tip of the week

ENJOY NATURE & MEDITATE

Due to the uncertainty of COVID-2019, emotions are running high with anxiety, stress, anger, confusion, and sadness. Take some time to enjoy the sunshine and feel the warmth on your skin.

Along with this week's coping skill of the week (exercising) enjoy the scenery of the clouds, sunshine, trees, flowers, animals, and the breeze.

Try and sit and **be present** in nature. Feel the grass on your feet or hands, visualize shapes in the clouds, or literally stop and smell the roses!



Ms. Leonellis's Mental Health Happenings



#Breakthestigma

Tips to cope with stress during COVID-19

- 1 PAUSE. Breathe. Notice how you feel
- 2 TAKE BREAKS from COVID-19 content
- 3 MAKE TIME to sleep and exercise
- 4 REACH OUT and stay connected
- 5 SEEK HELP if overwhelmed or unsafe

**VISIT the www.cdc.org for more INFO!

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Month>

Informational links



Be Kind to your Mind: This month is being kind and mindful of your mental health!

Check out this podcast *A Cool Head and Warm Heart in the Time of Corona*.

Click the link below:

<https://oxfordmindfulness.podbean.com/e/podcast-6-a-cool-head-and-warm-heart-in-the-time-of-corona/>

Personal Development