

# Counselor Newsletter

May 18, 2020

## Weekly Highlight

Eight Edition! Wow! I can't believe we are actually in Week NINE of virtual learning! You are all so strong and amazing. Just think about how much stronger you'll be once this is over. You should be proud.

*Last week highlights: identifying functions of behavior, 10 study tips for middle schoolers, and benefits of exercise.*

*Also check out how our Shaner Sharks are spreading peace throughout the pandemic, & check out last week's newsletter for how you can join the movement:*

[https://drive.google.com/file/d/1GMZ4jezksRlr\\_Hm2ldZ8Pjx7PeG\\_DuMv/view?usp=sharing](https://drive.google.com/file/d/1GMZ4jezksRlr_Hm2ldZ8Pjx7PeG_DuMv/view?usp=sharing)

## Message from a Counselor

*dear htsd community,*

Persevering doesn't come easily, but you've done it before. Let's finish this school year off strong and get through this the best way we know how. That's together!

*sincerely,*

Dymir Tatem

School Social Worker, Shaner

## 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/  
1FAIpQLSeKop0M09I29tCYDKROYj6QG9biSABCpnh  
0AjP8\\_8xaOIBMIQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeKop0M09I29tCYDKROYj6QG9biSABCpnh0AjP8_8xaOIBMIQ/viewform)

As an additional avenue to support our HTSD  
community, a hotline has been set up for all families to  
call if they are in need of any assistance. The number  
for the hotline is **(609) 476- 6138**. If you or someone  
you know needs assistance with meals, wellness, or any  
other related service, please call the hotline, leave a  
message, and we will reach out as quickly as possible

COVID-19

**CORONAVIRUS DISEASE 2019**  
(COVID-19)



Picking up takeout food while slowing the  
spread of COVID-19?

- Order & pay online or over the phone  
when possible.
- Accept take-out without in-person contact  
or stay at least 6 feet away from others.
- Wash your hands with soap and water or  
use hand sanitizer with at least 60% alcohol  
after bringing home your food.
- Learn more about taking essential trips at  
this time:

[https://www.cdc.gov/coronavirus/2019-  
ncov/daily-life-coping/essential-goods-  
services.html](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html)

Governor Murphy reopens  
Charter Fishing and  
Watercraft Rental Businesses

[https://covid19.nj.gov/faqs/announcements/all-  
announcements/governor-murphy-signs-  
executive-order-to-reopen-charter-fishing-and-  
watercraft-rental-businesses](https://covid19.nj.gov/faqs/announcements/all-announcements/governor-murphy-signs-executive-order-to-reopen-charter-fishing-and-watercraft-rental-businesses)

# Parent Page

## Self-Care Corner

### TYPES OF SELF-CARE



## Teaching Tip

Daily Schedules for Students during School Closure:

Pre-k – 2<sup>nd</sup>:

<https://keeplearning.khanacademy.org/daily-schedule>

3<sup>rd</sup>-5<sup>th</sup>:

[https://keeplearning.khanacademy.org/daily-schedule#3-5\\_1](https://keeplearning.khanacademy.org/daily-schedule#3-5_1)

6<sup>th</sup>-9<sup>th</sup>:

[https://keeplearning.khanacademy.org/daily-schedule#6-9\\_1](https://keeplearning.khanacademy.org/daily-schedule#6-9_1)

10<sup>th</sup>-12<sup>th</sup>:

[https://keeplearning.khanacademy.org/daily-schedule#10-12\\_1](https://keeplearning.khanacademy.org/daily-schedule#10-12_1)

## Family Activity

26 Things to Do at Home with Kids During the COVID-19 Outbreak

<https://www.familyvacationcritic.com/things-to-do-at-home-with-kids-during-coronavirus-outbreak/art/>

## Something Positive

New York City Lights Up With Thank You Messages For Health Care Workers

<https://www.goodnewsnetwork.org/new-york-city-lights-up-with-thank-you-messages-for-health-care-workers/>

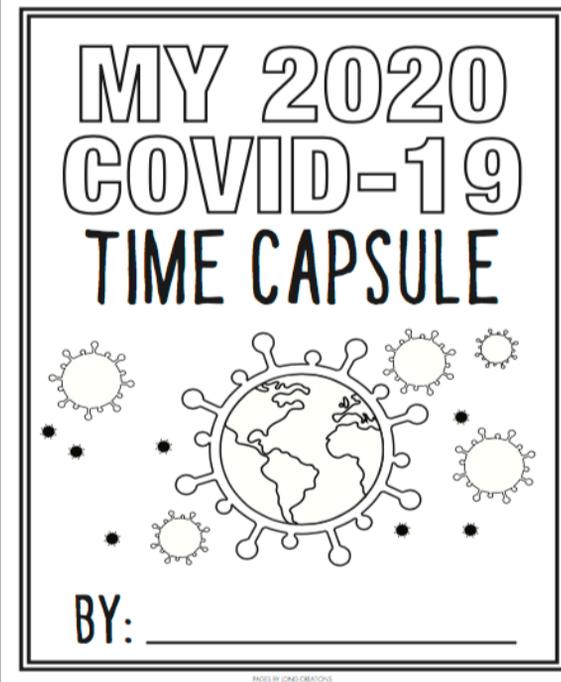
## Mrs. Aleszczyk's behavior tip of the week

Providing praise can be a great way to change your child's behavior and increase behaviors you want to see. When providing praise, be sure that your tone is genuine and sincere. Use specific, clear words, so that your child is aware of exactly why you are praising them. Try to avoid statements such as "good job" without identifying the actual behavior. For example, you may say something such as "Wow! I Love the way you started your work right away". Keep in mind that things don't always have to be perfect to provide praise- acknowledge effort, too! If your child attempts a new or difficult task, you may say something such as, "That was great how you tried to tie the trash bag! Want some help?" or "Good job sounding out that word!".



For the  
kids

## To Try



## COVID-19 Time Capsule Journal

What you can do with your COVID-19 Time Capsule:

- "About Me" page
- Track what you're doing to keep busy
- Reflection on quarantine makes you feel
- Attach newspaper clippings, artwork, photos, etc. from during this time

*For access to the Time Capsule  
view this link:*

[https://httpsmentalhealthinitiative.weebly.com/uploads/1/0/3/1/103160446/covid-19\\_timecapsule.pdf](https://httpsmentalhealthinitiative.weebly.com/uploads/1/0/3/1/103160446/covid-19_timecapsule.pdf)

## Motivation Station

Kid President's Pep Talk to Teachers and Students!

<https://www.youtube.com/watch?v=RwlhUcSGqgs>

## Brain Break

20 Brain Break Activities for Kids

<https://hes-extraordinary.com/brain-breaks-for-kids>

## Happy Thoughts

GoNoodle Mindfulness:  
Be Kind to Yourself

<https://www.youtube.com/watch?v=CEk9KvPXKEQ>

## Coping Skill of the week

### Create a Calm Down Center at Home!

Create a calm down center in your own home. But first, read Some steps of how to create something so magical! Use Calm Down Centers to help you with calming down when you have uncomfortable feelings.

- Find a spot that is quiet and not busy.
- Make it cozy!
- Add some calming tools.
- Understand more of calm down centers visit: <https://copingskillsforkids.com/blog/2016/4/27/how-to-create-a-calm-down-spot>



## Mindfulness tip of the week

### Make a Mindful Jar

- Use an empty jar: soda bottle, water bottle, glass jar, or whatever you may have in your home.
- Water: Use warm water to help the paint to combine.
- Glitter Paint: add glitter paint to the bottom of the jar, add water, cover and shake until ingredients combine.

View the video below to for step-step instructions!

[https://youtu.be/jKWB\\_D2p3Qc](https://youtu.be/jKWB_D2p3Qc)



## Ms. Leonellis's Mental Health Happenings



Take a look at these resources through:

<https://copingskillsforkids.com/coping-with-coronavirus>

\*\*Find activities, resources, and more podcasts to help in dealing with COVID-2019!

Informational links



### Books to help with Anxiety:

- The Coping Skills Workbook: Janine Halloran
- Wilma Jean the Worry Machine: Julia Cook
- David and the Worry Beast: Anne Marie Guanci
- When My Worries Get Too Big: Kari Dunn Buron

Find more at: <https://copingskillsforkids.com/calming-anxiety>

Personal Development