

Counselor Newsletter

May 26, 2020

Message from a Counselor

dear htsd community,

It is week 9 of at home learning and I want to give a shout out to the students, staff, and families for all their amazing work during this difficult time. I am amazed everyday at how resilient our students, staff, and families are. Great job everyone! As we continue to navigate through the new regulations and guidelines please remember everyone has different risk factors and comfort levels that should be taken into consideration. As businesses and areas start to open up again please make sure to do self-check ins and to know your risk factors before you start to resume normal life. It is important to take care of yourself and only do what you are comfortable with. Be safe and we cannot wait to see everyone again!

sincerely,
Samantha Wilson
School Psychologist, Hess



Weekly Highlight

Hey there! Thanks for viewing the ninth edition of our newsletter. We hope you are enjoying it as much as we are! We also hope you had relaxing, fun, and safe Memorial Day Weekend! Let's finish out these last few weeks of school strong!

Last week highlights:

26 things to do at home with kids during quarantine, providing praise can be a great way to change your child's behavior and increase behaviors you want to see, 20 brain break activities for kids, how to create a mindful jar and calm corner at your house, and Governor Murphy reopens Charter Fishing and Watercraft Rental Businesses

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 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)

Hess staff have been posting read
alouds for our students. Check them out
here:

[https://sites.google.com/hamiltonschools.org/
hessreadalouds/home](https://sites.google.com/hamiltonschools.org/hessreadalouds/home)

COVID-19

Here are some quick tips!

Wash them the same way
you would in any other
circumstance.

Before handling them,
wash your hands with
soap and water.

Then, wash fruit and
vegetables thoroughly
with clean water,
especially if you eat
them raw.



How should I wash fruit and vegetables in the time of COVID-19?



World Health
Organization

#Coronavirus

#COVID19

17 April 2020

When grocery shopping, keep at
least 1-metre distance from others
and avoid touching your eyes,
mouth and nose.

If possible, sanitize the handles of
shopping trolleys or baskets
before shopping.

Once home, wash your hands
thoroughly and also after handling
and storing your purchased
products.

There is currently no confirmed
case of COVID-19 transmitted
through food or food packaging.



How can I grocery shop safely in the time of COVID-19?



World Health
Organization

#Coronavirus

#COVID19

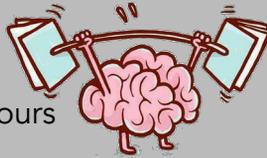
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Parent Page

Self-Care Corner

Self care for the mind...

- read a book for leisure
- Listen to a podcast
- Put your phone away for 3 hours
- Play a board game
- Declutter your house, computer, or phone
- Delete social media apps for a day
- Play a brain teaser game like Sudoku



Self-care for the body...

- drink 8 cups of water in a day
- Go to bed early
- Move your body for 30 minutes
- Practice yoga/stretching
- Cook a healthy meal
- Take a bath
- Do a face mask and paint your nails



Self-care for the soul...

- pray/meditate
- Call/FaceTime friends or family
- Practice gratitude
- Create a playlist and listen to music
- Cuddle with your child or pet
- Watch a funny video, show, or movie
- Create a bucket list
- Practice mindfulness



Teaching Tip

Having a hard time getting your children to work? Here are some [incentive ideas](https://www.weareteachers.com/ways-to-encourage-good-behavior/):

How to modify for home:
Use of coupons could be to earn picking what's for dinner or movie for movie night, game night choice, stay up 5 minutes late, extra video game time, etc. Use of fuzzies could be similar; once they fill the jar they earn a reward! Give fuzzies when they're caught working or doing chores or being kind **P.s: rewards don't have to cost money!**

Family Activity

FREE printable download of 50 conversation starters:
<https://pagingfunmums.com/wp-content/uploads/2016/02/Family-Dinner-Conversation-Starters-Printable.pdf>

Something Positive

Check out the TODAYs shows "Good news" webpage:

<https://www.today.com/news/good-news>

Mrs. Aleszczyk's behavior tip of the week

The ABCs of ABA: Antecedent- Behavior- Consequence. The antecedent is what occurs right before a behavior happens. The behavior is the action your child displays. The consequence is what happens immediately after, in other words- your response! To change a behavior, we have to change how we respond. Here is an example: Antecedent- Mom says, "clean up your game". Behavior- Child says, "no! I don't want to."

Consequence- Mom says, "Don't say no to me! Go to your room." If this happens repeatedly, we are teaching the child that to get out of a task- in this case, cleaning up a game- they simply have to say "no" or provide some other similar response. Even though going to their room might not be fun, they still managed to get out of cleaning up their game. It is important to pay attention to the ways we are responding to the behavior and any patterns that are popping up!



For the kids

To Try

Spell your name exercise game!

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

How it works:

It's easy! For every letter of your name do that exercise!

For example if your name is David:

D = run to nearest door & back

A = jump up & down 10 times

V = flap your arms like a bird 25 times

I = balance on your left foot for a count of 10

D = run to nearest door & back

Repeat if you'd like or add in your last name!

Motivation Station

3 minute video on ways to get FIRED UP

<https://m.youtube.com/watch?v=mtaPRX4Q7Tw>

Brain Break

Check out this Mindyeti:

<https://m.youtube.com/watch?v=ZD8klawf5eI&list=PLiaUKiwbiHM0DQlCXoPaMMYotldKIUCw&index=13&t=0s>

Happy Thoughts

Check out this Healthy Self-Talk graphic:

<https://drive.google.com/a/hamiltonschools.org/file/d/1iedemXXPFS9qdYbW2bif6b9iZjKYLdRN/view?usp=sharing>

Coping Skill of the week

Stretch your Body:
Hand Press

Did you know that stretching first thing in the morning can relieve any tension or stress from the night before?

Benefits to stretching your body and one of my favorites: HAND PRESS!

- *Increase blood flow/oxygen!
- *Improve posture!
- *Keep being strong and healthy!



Hand press: sitting on your bottom gently close your eyes & relax all the muscles in your face & body. Bring your hands together & firmly press your hands together for 5 seconds & then release. Notice how your mood & body feels.

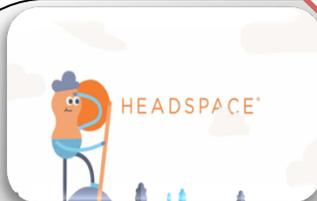


Ms. Leonellis's Mental Health Happenings

Mindfulness tip of the week

Think about your favorite things

Take moment each day to think about your favorite things: person, place, or a thing that makes you happy or perhaps a happy memory. Take notice of your mood and reflect on your experience and say "Thank you" to yourself during your daily meditation practice.



Top Resources to Access:

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

And www.headspace.com for guided meditation and articles!

Visit: www.hamiltonschools.org (mental health initiative for updated resources!

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

Informational links



Whether you need help with meditation, sleep, anxiety, stress, movement, and healthy living HEADSPACE is here to provide you with articles and podcasts of how to improve your overall well-being.

Take a listen to this podcast of how to be more empathetic during COVID:
<https://www.headspace.com/articles/how-to-be-more-empathetic>

Spread the love, connect to the people that care about you, stay healthy and be safe!

Personal Development