



Cotrone's Character Corner

A Monthly Newsletter from School Counselor, Connie Cotrone

OCTOBER 2023

Character Education

The character education lesson for October was about Self Awareness & Communication. The lesson focused on the following objectives:

What is self awareness?

How to recognize uncomfortable feelings in our bodies

What are our stressors?

Coping skills to help calm our bodies

The importance of being a communicator when we have problems

Different ways to communicate our needs

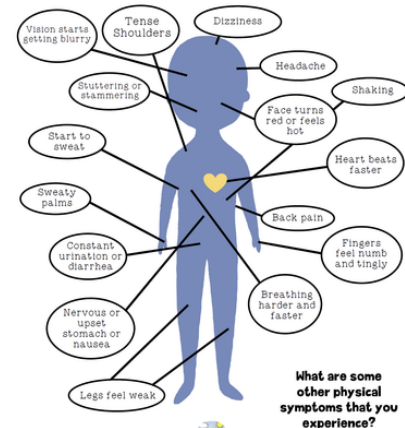
Students did self awareness checks throughout the lesson and were able to reflect on themselves and their personal traits.

Additionally students identified their "rocks" at home and school so they could identify people to turn to whenever they are having difficulty.



Self Awareness in Our Bodies

During our character education lesson this month, students discussed how their bodies feel when they have difficult emotions.



What are some other physical symptoms that you experience?

STAR Students

October was filled with many STAR Student recipients. Names were announced each week and STARS have been placed in the cafeteria celebrating their accomplishments. Please see a comprehensive list of all our October STARS.

Gjia Krasnici	Maxim Sokolowski	Isabella DiNardi
Ryan Davi	Lukas Gjokaj	Chloe Saracino
Cecilia DeBiase	Isabella Benanti	Ella Amy
Cate Cuffari	Addison Lucas	Ava Della Vecchia
Alex Avellino	Yosten Mendoza	Grace D'Orazio
Audrey Rushneck	Liliana Rivera	Jack Nicaj
Elle DiPaolo	Adriana McNulty	Macky Coulibaly
Hailey Aufiero	Jack Nugent	Neve Conlan
Adaly Rodriguez-Villar	Luca Smacchia	Arya Garlasco
Anna Fitzpatrick	Jason Ewen	Ella Camaj
Sarah Robin-Raju	Lucas Anderson	Giuliana Piccininni
Kendall Rivera	Riley Cudden	Luke Nealon
Gianna Drogan	Frank Moraco	Elizabeth Baez
Ella Quin	Benjamin Molina	Pelagia Ferst
Abigail Rogerson	Benjamin Dewald	Cassidy Norman
Valentina Gutta	Adriana Curangaj	Daniela Giannone
Logan Petrellese	Carlie Cangialosi	Hunter Roy
Gabriella Smith	Shaban Celaj	Lenny Carpenito
Justin Tomanelli	Jackson Berg	Ellie Iorio
Savannah Totino		

Ben's Bells "Kindness is contagious!"

Ben's Bells is a program we use to promote the practice of intentional kindness. Each month students and staff nominate people who have shown genuine acts of kindness. Congratulations to following recipients for the month of October.





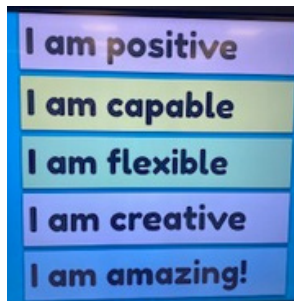
Making a connection...



How to reinforce character education at school and home

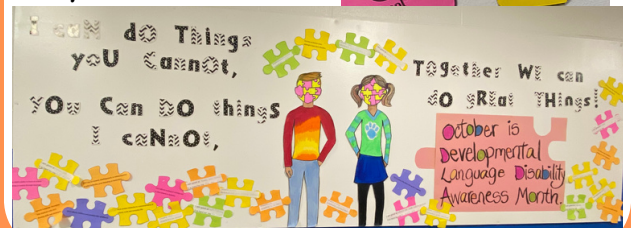
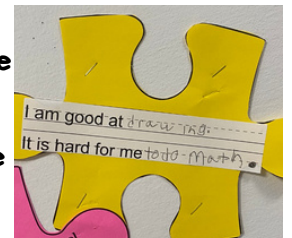
Communicating through Art

Our 4th grade classes are learning about human and animal senses in Science. In line with our monthly character theme, Mrs. Chambers' art students are being challenged with communicating what they have learned about their senses to generate ideas and create unique creatures during STEAM time. Students have learned that they can be verbal or non verbal communicators and that art is a safe place to share their ideas. Additionally, Mrs. Chambers encourages students to become self-aware through the daily self-affirmations (see below) she reviews with her learners before art making.



Speech & Language

October is Developmental Language Disability Awareness Month. Our speech therapists, Dr. Bernadette Kuntz and Ms. Danielle Roma spearheaded a beautiful visual display where students were able to identify their strengths, as well as their challenges. It was a great activity for students to become more self aware and recognize we all have differences that make us special in our own way.



Student Council

Student Council, led by teachers Christine Galbo & Maureen Valvano, is a great opportunity for children to practice being communicators. Student Council members work to improve our school community through voicing suggestions and ideas, communicating messages to the student body, collaborating on fundraisers and activities throughout the school that promote leadership, good character and contribute to a positive school climate.

Thank you!

Thanks for all you do Student Council!



Be an Effective Communicator

Character Ed lessons this month also discussed the following ways to communicate when having a problem...



Ask for help
Talk it out
Compromise / Make a deal
Apologize
Talk to an adult or friend

What can I do at home?

The following list of coping strategies was discussed in our character education lesson this month. Feel free to refer to them at home and have children practice these skills whenever they are having uncomfortable feelings.

Calm Down Strategies for Kids

Pathway 2 SUCCESS



Color or draw



Think happy thoughts



Take deep breaths



Talk to someone



Make a list of choices



Set the timer and take a break



Read



Think of a pet



Look at photos



Use positive self-talk



Take a walk or exercise



Write in a journal