

October '23 Counseling Newsletter

MRS. PAZ, SCHOOL COUNSELOR, VALLEY VIEW ELEMENTARY SCHOOL



WHAT HAPPENED AT VALLEY VIEW IN OCTOBER?

October has been a very busy month at Valley View Elementary! I have been coming to classrooms to talk about having how to prevent bullying and helping students learn ways to keep their brains healthy. Brain health and coping skills are directly linked to preventing drug use in the future. Get ready for some fun while we learn to be kind and accepting and learn to respect our bodies and minds!

Please read through this newsletter: Information re: Holiday Help, Donation Opportunities, and a Parent/Guardian Information Night Nov 7th...and much more!!!

I hope you find some of the resources helpful and know that I am here to help your child in whatever way I can to be successful in social, emotional and academic areas.

Thank you for letting me spend time with your children! ~ Mrs. Paz

OCTOBER: BULLY PREVENTION MONTH

We participated in Bully Prevention week October 2nd-6th

This month, I spoke with students re: what bullying is, and ways that they can prevent it from taking place in our building. We talked about ways to stand up to someone who is doing/saying something that is not kind, and also when to report it to an adult.

Bullying happens when a person hurts (physically or emotionally), scares or threatens another person **on purpose**. Bullying is RECURRING; meaning it happens over and over again, over a period of time. Bullying can take many forms. The most common forms are physical (hitting, pushing), verbal (teasing, rumors), social/emotional (excluding someone), and cyber (via technology). Here are some of the things we talked about this month during my classroom lessons:

When YOU feel upset with how you are being treated...

Stick with a group

Avoid the person making you upset

Be calm

Walk away

Stand up for yourself with words

Tell them to stop in a firm voice

Don't believe the person making you upset

Report to an adult

Be nice or kind to all people, including to the person making you upset

If you see SOMEONE ELSE getting upset because of how they are being treated...

Ask the person who is being treated poorly to play with you

Stick up for the person

Do not laugh or join in

Help the person

Report to an adult

Tell the person who is upsetting them to stop

Please reach out if you have any concerns re: your child. tpaz@wadsworthschools.org



RED RIBBON WEEK
POSTER CONTEST
ENTRIES



BE KIND TO YOUR
MIND~ LIVE DRUG
FREE



RED RIBBON WEEK
POSTER CONTEST
ENTRIES

OCTOBER: DRUG PREVENTION: RED RIBBON WEEK

Drug prevention week at the elementary level focuses on making healthy choices for your body. Included in that is education about eating healthy, exercise, and monitoring what you put in your own body.

Some of our Valley View students participated in a district-wide poster contest where they created a poster to educate their classmates and community on the benefits of a healthy lifestyle and the dangers of alcohol, tobacco products, and drugs. Our 1st, 2nd and 3rd place winners won Walmart Gift Cards! Great Job on all of those who worked so hard on the posters!

Throughout the year, WHS students come to teach drug prevention lessons to our 3rd & 4th grade Valley View students in the HUDDLE program. This is an amazing opportunity for our high school students to share their wisdom by presenting drug prevention curriculum to our upper elementary students!

Click [HERE](#) for my parent letter from the KG-2nd grade Drug Prevention Lessons this month.

Click [HERE](#) for more information regarding the dangers of energy drinks in children and teens.

Click [HERE](#) for information from the Surgeon General regarding vaping/e-cigarettes

Click [HERE](#) for tips on how to keep medications in your home secure

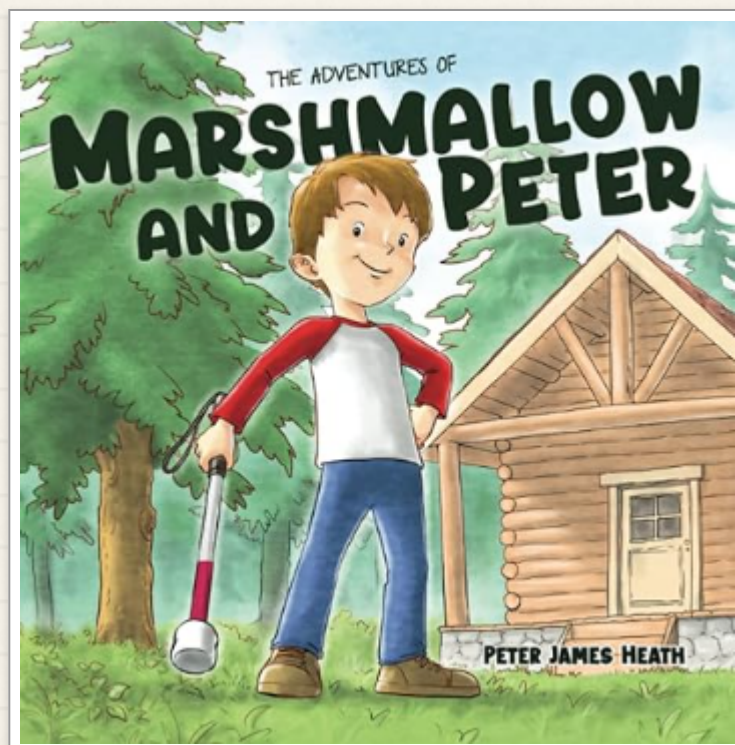
MORE ALIKE THAN DIFFERENT: VISUAL IMPAIRMENTS

October 15th was *Blind Americans Safety Day/White Cane Safety Day*.

To help educate students and raise awareness about blindness and visual impairments, I visited 3rd and 4th grade classrooms to read a book called, "The Adventures of Marshmallow and Peter" by Peter James Heath. This book is about a boy named Peter and his cane, "Marshmallow". Peter is blind, and he and Marshmallow go on all kinds of adventures.

After the story students watched a video about how the white canes are used to help improve mobility for people with blindness. Students were able to see a real red tip cane used to help people with visual impairments and watch a short video about guide dogs for people who are blind. Some students were able to try moving with the cane in the classroom, while their classmates cheered them on!

I hope your children enjoyed this special lesson. Raising awareness of different disabilities makes kids more confident around people who are different from them, and gives children a chance to grow in empathy for others.



NOVEMBER 7TH 6:30-7:30PM PARENT/GUARDIAN INFORMATION NIGHT: HEALTHY & UNHEALTHY FRIENDSHIPS

The WCS K-4 Elementary School Counselors would love for you to join to talk about ways to create healthy friendships. Please RSVP using the QR code on the flyer below. We look forward to seeing you at Franklin Elementary on November 7th!!!



UPCOMING IMPORTANT DATES IN NOVEMBER

In November, we will be learning about **respect** and **gratitude** schoolwide.

November 6th-20th: One way to show gratitude is by helping with our **Valley View Salvation Army "Canned" Food Drive**. This year, in lieu of canned goods, we are collecting money at Valley View to support this cause! Every \$1 collected is equivalent to 3 canned goods that can be purchased in bulk to help out local families with food insecurity. Look for information coming home with your child re: how you can help!

November 11, 2023: Veteran's Day, **November 10th** Veteran's Program at Valley View

November 13, 2023: World Kindness Day, click [HERE](#) for some great ideas of how to *"Make Kindness the Norm"*

November 18, 2023: National Adoption Day, Click [HERE](#) for more information

November 23, 2023: Thanksgiving Day (celebrate Gratitude with your families and friends)

November is:

Native American Heritage Month

Adoption Awareness Month

Military Family Appreciation Month

National Diabetes Month



NOVEMBER: FAMILY CHALLENGE TIME!

In the month of November, we are learning about what it means to show ***gratitude***. Gratitude means taking the time to acknowledge what we are grateful for. Just like anything, our gratitude "muscle" grows bigger the more we practice gratitude.

Did you know?

- shields you from negativity
- rewires your brain
- promotes happiness
- helps minimize stress
- improves sleep
- boosts self-esteem and performance
- improves relationships

Some ideas for family practices to help "grow" our gratitude muscle:

Daily Gratitude: Maybe add a time a dinner or before bedtime to ask your child(ren) to share something they are grateful for from that day. Then share something you are grateful for.

Write (or draw) in a gratitude journal: This can be individual and/or a shared journal for the entire family to use.

Create a Gratitude Wall: With a stack of sticky notes (I recommend the extra strong ones!), have each family member write what they are thankful for, and dedicate a wall in the house to these acts of gratitude.

Give to others or acknowledge why you are grateful: Take some time as a family to think about someone who has helped your family. Maybe it's a grandparent who is always a willing and excited babysitter or a neighbor who helps out with snow plowing or leaf raking. Maybe it's someone from the community who has done something for your family. Then write them a card, bake some cookies or just give them a call to say how grateful you are.

Thank our military and military families: Write a note to a veteran or a member of active duty thanking them for all that they do for our country. If you know a military family (past or present), find some way to show them how much their sacrifice means to your family.

These are just a few ideas to try with your family to encourage the practice of gratitude. As always, please let me know if your family has tried any of these or any other ways that your family practices gratitude! I'd love to hear from you!

PLEASE COMPLETE THIS SCHOOL COUNSELING PARENT NEEDS ASSESSMENT

Please take a moment to complete this survey to help me support the children at Valley View Elementary! [PARENT NEEDS ASSESSMENT](#)

I value your feedback!!

DONATION OPPORTUNITY

If you are interested in helping a family in need this holiday season, please feel free to read this [DONATION LETTER](#) from Wadsworth FISH, and reach out to them directly. Any and all support is appreciated!

HOLIDAY SEASON: HELP FOR GIFTS OR FOOD

If your family needs financial assistance, assistance with providing gifts, or food assistance for the upcoming holidays, please reach out to me at tpaz@wadsworthschools.org or call me at (330) 335-1430. I hope to be able to help your family in whatever way I can.

Sincerely,

COUNSELING RESOURCES

Red Oak Behavioral Health: Molly Nolte is the school-based counselor who comes into Valley View to see students for counseling sessions during the school year. If you are interested in this service for your child(ren), please feel free to call Red Oak at (330) 996-4600, or complete the [Red Oak Behavioral Health Intake Packet](#) and return it to the school to Mrs. Paz. tpaz@wadsworthschools.org

Bellefaire Counseling Services-JCB: Wallace Lockett is a Qualified Mental Health Specialist (not a therapist) who comes to Valley View to see students for small group and counseling sessions during the school year. Bellefaire Counseling Services-JCB sees students with Medicaid Insurance. If you are interested in this service for your child(ren), please complete this form (individual form per child) and return it to Mrs. Paz at Valley View. [Bellefaire Counseling Form](#)

Bellefaire After-School Program: Click [HERE](#) for more information and who to contact to register your child for the after-school program. This program is open to students on Medicaid.

Outside Counseling Services & Other helpful resources: There are also many amazing local counselors in Wadsworth and the surrounding area. If you would like more information please click [HERE](#)

FAMILY RESOURCES

Here are some resources for families who may need some additional support:

[Feeding Medina County](#)

[Area food pantries](#)

[Various local resources from United Way 211](#)

[Local resources](#) (links provided from Wadsworth Public Library)

Literacy Resources for families with children with disabilities: [Piper's Key](#)

HOLIDAY HELP: Please see these resources for help from Wadsworth FISH [Household/Food Help](#)

If you scroll down this webpage there are links/connections to community resources for a variety of resources, [CLICK HERE](#)

Specific WINTER CLOTHING and Holiday Help can be found [HERE](#). This includes a coat giveaway coming up on Nov 2nd.

HELP

Please reach out to me if I can help your child or your family with resources anytime!

tpaz@wadsworthschools.org

Valley View Elementary (330) 335-1430 x51138