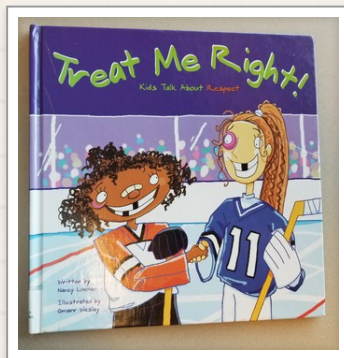
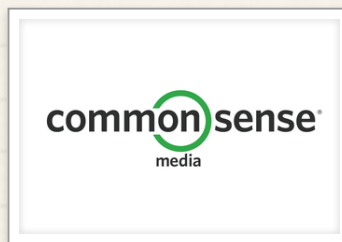


September '23 Counseling Newsletter

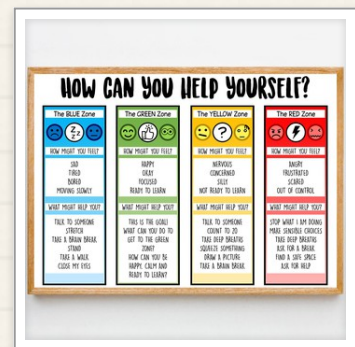
MRS. PAZ, SCHOOL COUNSELOR, VALLEY VIEW ELEMENTARY SCHOOL



RESPECT



DIGITAL CITIZENSHIP



ZONES OF
REGULATION

SEPTEMBER: RESPECT

It has been a busy month!!

In September, our character trait of the month is RESPECT. Kicking off the month, we had an assembly September 1st to talk about the Valley View Values and about what it means to be respectful to others. Each class brainstormed ways to show respect in different areas of our building. Below is a summary that we made into a poster for the whole school to see!

I hope you've found some of the resources I have sent home 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



RESPONSIBILITY: THIS WILL BE OUR FOCUS IN OCTOBER!!!



GET READY FOR SOME IMPORTANT AND FUN WEEKS COMING UP IN OCTOBER!

World Day of Bullying Prevention: October 2nd, Wear BLUE for unity against bullying

Bully Prevention week is: October 2- October 6

[CLICK HERE TO VIEW OUR SCHOOL-WIDE SCHEDULE](#)

UNITY DAY: Wednesday, October 18th

Wear ORANGE to signify unity against bullying, promoting kindness, acceptance and including others

Red Ribbon Week for Drug Prevention is: October 23- October 27

The theme this year is "Be Kind to Your Mind. Live Drug-Free."

SPIRIT WEEK SCHEDULE WILL BE SENT HOME IN YOUR CHILD'S TAKE-HOME FOLDER

TECHNOLOGY SAFETY & DIGITAL CITIZENSHIP

This month we talked about technology safety at Valley View when I came to your child's classroom for guidance lessons. As technology has become a necessity in all of our lives, it opens up a new world for children, often a dangerous one. Click [HERE](#) for the link to CommonSenseMedia.com and click the top resource tab for parents to help keep kids safe online

Here are some other resources from Common Sense Media to help with the social/emotional part of communication through technology:

[KG-2nd grade](#)

[3rd-5th Grade](#)

[Parent Tips for Healthy Online Activity](#)

FAMILY CHALLENGE TIME!

Media Balance and Well-Being

Common Sense Media challenges families to sit down and talk about how online activity impacts our lives positively and negatively. It's important to have open conversations, and set boundaries when children are young. [CLICK HERE](#) to take on this month's Family Challenge!!

As Always, #BEKINDWADSWORTH has so many ways to spread kindness in our community. Check out the WCS website featuring #BEKINDWADSWORTH [HERE](#)

EMOTIONAL REGULATION

This month I came to your child's classroom to talk about how to regulate emotions, and provide some simple strategies to help reset our brains so we can think clearly and make good choices. I remember when I was getting out of control emotionally, my dad used to say to me, "You're talking out of emotion. Settle down so we can talk rationally." Who knew at that time that I'd be helping kids to do just that! Thanks, Dad!

All emotions are normal. All emotions are real for that person. However, our brains do think clearer once we can calm our brains. Although "take deep breaths" may seem cliché, there are physiological reasons why this works. I've been sharing different breathing techniques to Valley View students so hopefully in the "high emotion" moment, they will remember what we've practiced! The Zones of Regulation is one way in which we help students identify their feelings, what zone they are in, and teach them ways to get back to the green zone, (what my dad would call, "talking rationally")!

MORE ALIKE THAN DIFFERENT: HEARING IMPAIRMENTS

This year, we are learning about various disabilities throughout the school year. In September, I visited the kindergarten, 1st grade and 2nd grade classrooms to learn about hearing impairments. We read a book called *Mighty Mila* by Katie Petruzzello. It opened up great conversations about how hearing aids help people to be able to do all kinds of things! We discussed as a class how people with hearing impairments sometimes need assistance to know when there is an emergency, or even to hear their alarm to wake up in the morning for school. A big "Thanks!" goes out to *Piper's Key* (to learn more about this organization, see the resource section below), a charitable organization that donated this book to Valley View so we could help students understand hearing impairments. A huge "Thanks" goes out to my fourth grade student volunteers who have helped me introduce hearing impairments to our KG-2nd grade classrooms!! They were amazing!

In September, a whole school read aloud video was sent to teachers of a book called *Here to*

trained to become a hearing dog to assist Jane, a young girl with hearing loss. Sita was trained to bump Jane when she heard certain noises to warn Jane. Even though Jane had a disability, she just needed some help.



OTHER IMPORTANT DATES TO REMEMBER

October 2-8, 2022: Mental Illness Awareness Week

October 10, 2022: Columbus Day/Indigenous Peoples' Day

October is also:

Bullying Prevention Month

Down's Syndrome Awareness Month

ADHD Awareness Month

Dyslexia Awareness Month

Meet the Blind Month

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 this holiday season and throughout the year:

[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](#)

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