

August 2023 Counseling Newsletter

MRS. PAZ, SCHOOL COUNSELOR, VALLEY VIEW ELEMENTARY SCHOOL

AUGUST: INTRODUCING OUR VALLEY VIEW VALUES!

On September 1st, we are spending time learning to incorporate our Valley View Values into every aspect of our day at Valley View. Students are learning what each of these means in the cafeteria, on the playground, in the classroom, in the hallways, on the stairs, at arrival and dismissal and on the bus. Our staff has been working hard to create a safe, fun and kind environment for learning.

Valley View Values

Be Safe

Be Kind

Be Responsible

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

PBIS (POSITIVE BEHAVIOR INTERVENTIONS AND SUPPORTS)

PBIS is a framework we use at school to create a safe, predictable, positive environment for student learning.

Here is a presentation to help improve positive behaviors at home [CLICK HERE](#)

FAMILY CHALLENGE TIME!

Here is an idea for a challenge you can do at home to reinforce Safety, Kindness and Responsibility at home.

BE SAFE Challenge:

Spend time as a family creating a [Safety Plan](#) and practicing as a family. When a plan is created and practiced each year, it becomes second nature for children if/when an emergency situation should occur.

BE KIND Challenge:

Spend time as a family thinking of, and doing acts of kindness for those you love or people in your community. Hopefully we can all get excited about #BeKindWadsworth
<https://www.wadsworth.k12.oh.us/content/836>

BE RESPONSIBLE Challenge:

As a family, choose one way that you'd like to practice being responsible. Maybe it's picking up trash, self-limiting screen time or helping with chores around the house. The best way to teach responsibility is to model it for kids. When they feel invested and appreciated for being responsible, they'll begin to make it a habit!

WELCOME NEW STUDENTS TO VALLEY VIEW (NOT INCLUDING KINDERGARTENERS)!!

We are so excited to have all of our new and transfer students at Valley View!! We'll be having our New Student Popsicle Party, August 31th, so please make sure to return your permission slip!

Click [HERE](#) if you need to print another one!



IMPORTANT UPCOMING DATES

September 10-16, 2023: *National Suicide Prevention Week*

*In September, 2nd-4th Graders will be learning about the Start With Hello program to encourage empathy for others and make connections at school for all students

September 17, 2023: *Constitution Day/Citizenship Day*

*In September, students be learning about Citizenship and they will have lessons about Digital Citizenship at Valley View

September 15-October 15, 2023: *Hispanic Heritage Month*

Encourage students to learn about Hispanic Heritage and get a better understanding of another culture if it is not their own, or to learn more about their culture if they are of Hispanic

heritage.

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

Cornerstone Psychological and Counseling Services: Counselors from Cornerstone provide school-based counseling services to students at Valley View during the school year. If you are interested, please complete this form and return it to Mrs. Paz at Valley View. [Cornerstone Referral Form](#) Here is a [Bio](#) for Jena Iacco, Licensed Professional Clinical Counselor at Cornerstone Counseling.

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 throughout the year:

[Feeding Medina County](#)

***IMPORTANT: Valley View Elementary receives "Weekender Bags" from Feeding Medina each week. In the past, families had to qualify for Free and Reduced Lunches. This year this is NO LONGER true. If you need to fill out a form, please [PRINT THIS](#) and send it into Valley View anytime throughout the year.

[Area food pantries](#)

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

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

Grief resources: Many times students/families suffer losses throughout the school year. Please reach out as I have many grief resources for students, and I can check in as well.

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