

From the Counseling Office

Dear Families,

Welcome to the 2023-2024 school year! We are excited to announce we'll be going into classrooms twice a month to teach lessons on various topics such as feeling identification, coping strategies, skills for learning, empathy, friendship skills, and more! Dani Mahany will be working with Pre-k and 1st grade and Sarah Gebhard will be working with Kindergarten and 2nd grade!

This month in Pre-K, we learned about the different adults in our school. We discussed all the ways they help us. We also learned about our skills for learning, and rules in the classroom. We read "How Do Dinosaurs Go To School" and completed a worksheet with our green choices.

Engage your child by asking:

- ★ Who are some new adults you learned about? What do they do?
- ★ What are some of the rules in school? (Listening, keeping hands and feet to self, do my best, use my words)

This month in Kindergarten, we first learned the four skills for learning. We discussed the rules at school and how it's important to follow the rules, so we stay safe and have our body ready for learning. Our second lesson in September was Expected vs. Unexpected behavior at school. We looked at picture cards and decided if they were things we'd expect to see at school or not.

Engage your child by asking:

- ★ What are the four listening rules? (Ear listening, eyes watching, voice quiet, and body still.)
- ★ What is an expected behavior at school? (following directions, sitting criss-cross, eating during lunch)
- ★ What is an unexpected behavior at school? (standing on a chair, ripping paper, throwing things)

This month in 1st grade, we learned about the skills for learning and practiced eyes watching, ears listening, voice quiet, and body calm while reading the book "Personal Space Camp". We then learned about expected and unexpected behaviors in the classroom. We discussed what expected and unexpected behaviors are, how they make others feel, sorted expected and unexpected behaviors with a partner, and then wrote down our own examples.

Engage your child by asking:

- ★ What are the four listening rules? (Ear listening, eyes watching, voice quiet, and body still.)
- ★ What is an expected behavior in the classroom? (Using kind words, walking, following directions, calm body, waiting for my turn)
- ★ What is an unexpected behavior? (Yelling, running in the classroom, breaking toys, invading personal space, interrupting)

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This month in 2nd grade, we reviewed the skills for learning and learned about whole body listening. The second lesson focused on expected vs. unexpected behaviors around school. We played “game show style” where students paired with their classmates to act out, sketch, and imagine different scenarios and tell how they would be expected to act.

Engage your child by asking:

- ★ What are the four listening rules? (Ear listening, eyes watching, voice quiet, and body still.)
- ★ What is an expected behavior at school? (not touching the walls as your walking in the hallway, stay seated on the bus, throw away your trash in the cafeteria)
- ★ What is an unexpected behavior at school? (running in the hallway, standing on the seat in the bus, yelling in the classroom.)