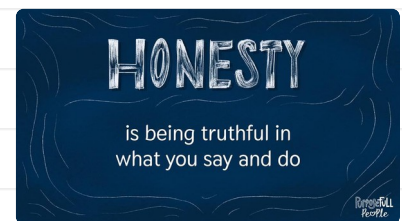


January '24 Counseling Newsletter

Mrs. Paz, School Counselor, Valley View Elementary School

FEBRARY is Honesty Month!

Teaching Honesty to children is one of the most important character traits to teach. Children are often very fearful of telling the truth because it may get them in trouble, especially if they have made a poor choice. Teaching honesty goes hand-in-hand with teaching forgiveness. When a child knows he/she is forgiven after they make a mistake, they are often much more likely to tell the truth about a situation.



This month we are focusing on Honesty. Thank you for your support encouraging Honest behavior at home and school.

JANUARY was PERSEVERANCE month!

In January, students learned about all the ways they can persevere when things are difficult, and when they have to do something they really don't want to. Perseverance is a character trait that will serve your child throughout life, and help build resilience when things are tough.

These are books that I was able to read with the various grade levels to emphasize the importance of perseverance:

KG: "After The Fall: How Humpty Dumpty Got Back Up Again" by Dan Santat

1st: "My Strong Mind: A Story About Developing Mental Strength" by Niels Van Hove

2nd: "The Most Magnificent Thing" by Ashley Spires

3rd: "Bubble Gum Brain: Ready, Get Mindset...Grow!" by Julia Cook

4th: "Your Fantastic Elastic Brain: Stretch it, Shape it" by JoAnn Deak

PERSEVERANCE

is pushing yourself
to work through challenges
and obstacles

PurposeFULL
People

December: Empathy

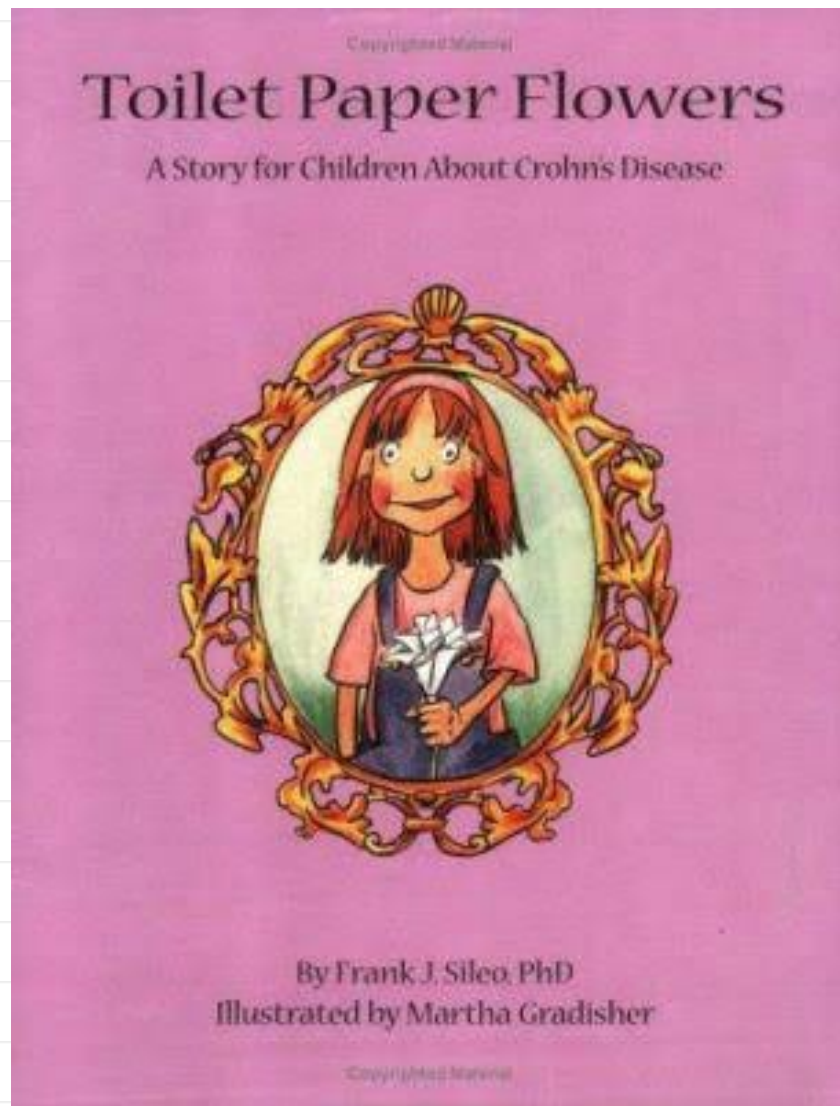
In December, students learned about Empathy and how to better understand how others feel. I am hoping you and your family had a wonderful break, and the kids were able to carry what they learned into their home-life with your family! 🧡

EMPATHY

is understanding and connecting
to other people's feelings

PurposeFULL
People

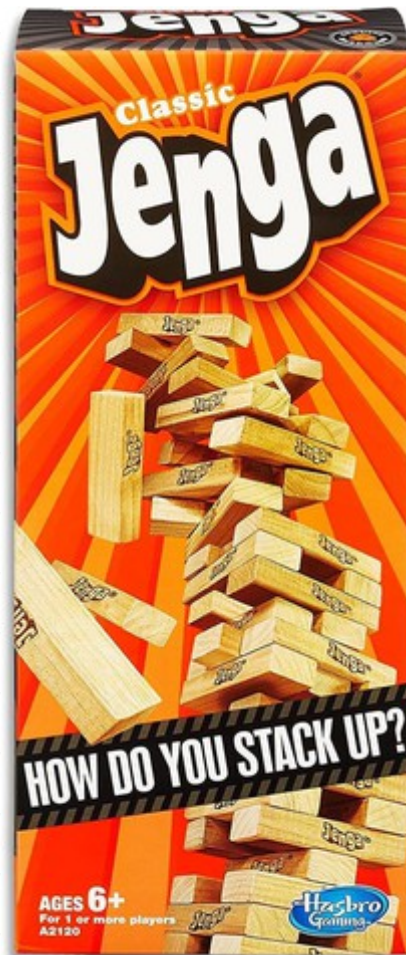
Thank you for letting me spend time with your children! ~ Mrs. Paz



More Alike Than Different: December

In December, I visited 3rd and 4th grade classrooms to teach a little bit about Crohn's Disease. I read the book, "Toilet Paper Flowers: A Story for Children About Crohn's Disease" by Frank Sileo, PhD. This book was a great way to help reinforce for 3rd/4th graders the importance of showing empathy. We discussed the challenges someone with Crohn's Disease may face, and how they can be supportive of others. In the book, the character met a new friend, and they made flowers from squares of toilet paper to symbolize hope for a cure. I hope your child enjoyed the book.

If you would like to learn more about Crohn's Disease, click [HERE](#) for a link to the Crohn's and Colitis Foundation.



FAMILY CHALLENGE TIME! Perseverance & Kindness

PERSEVERANCE: Try one of the above games to practice perseverance. Here's another idea...see how long each person in the family can go without technology!! That's a true test of perseverance!



Here is our Random Acts of Kindness Week Schedule for Feb 12-16th [CLICK HERE](#)

KINDNESS: Try as a family, to do something kind for a neighbor, community member, friend or family throughout the month of February! Write them down and read back as a family at the end of the month! Spreading kindness is so important.

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

Sleep Habits: Tips from the CDC

[CLICK HERE](#) for more information re: how to help your child create a healthy sleep routine.

More information can be found at: www.cdc.gov/sleep

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](#).

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



Tallie Paz

Tallie is using Smore to create beautiful newsletters

School Counselor