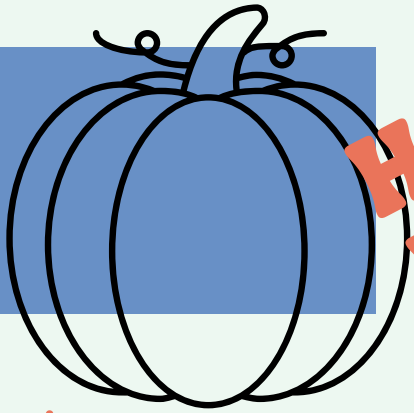


COUNSELOR'S CORNER

Volume 2, November 23

"There is something so special in the early leaves drifting from the trees - as if we are all to be allowed to peel, to refresh, to start again."

~ Ruth Ahmed



HAPPY FALL!!



Feelings about Change

Let's face it, change is difficult! This is something us adults have known for a long time and it is one thing that is not different from when we were growing up. Children still feel similar feelings we did during times of change. This time of year, the weather is evidently bringing the new season, daylight ends earlier in the day, fall sports are coming to a close, and academic intensity is ramping up at school. Another change that can happen this time of year is in our students' peer groups. Especially in our upper elementary, this is the time of year where we start to see shifts in who some kids hang out with at recess and lunch. Please normalize this for your kids and keep offering the wonderful support you always do.



Mrs. Ball's office is in the LMC this year, right near our 4th and 5th graders. Feel free to reach out if you or your child needs anything.



Anxious Kids

Long before the COVID 19 pandemic, anxiety in children and youth was on the rise. Between the years of 2016 and 2019, anxiety in children and youth increased 24% one year, then 27% the next year. Of course the pandemic did not help, but it is not the root cause of the problem we see today. Thought-leaders and researchers in this area are doing wonderful work to help us best support our kids as parents/guardians, and as school employees.

At a recent conference for school counselors, I heard Dr. Scott Cypers with CU School of Medicine speak about his work with treating anxiety. He maintains that we must NOT accommodate childhood anxiety and allow students to avoid certain activities. Instead, we provide tools and opportunities for them to practice.

This article, written by a psychology professor and a children’s non-profit founder sends a similar interesting message to those of us raising children in today’s modern era.



NEED SUPPORT?

Local Resources for Financial Support:
<https://www.mhpcolorado.org/covid-19-local-resources/>

Mental Health Resources:
<https://docs.google.com/document/d/1bu8llGi7CgGMJSpZa6WI5cUWAcHhDV8CS6WyWt1zn7k/edit?usp=sharing>

Children's Grief: Judi's House, <https://judishouse.org/>

Crisis Support Line: 844.493.TALK (8255)

Bully Prevention Education



October is Bully Prevention Month and also Digital Citizenship month. We teach about Bully Prevention starting this month and going through most of the rest of this semester. In 3rd, 4th and 5th, Mrs. Weil and I are co-teaching this curriculum and student will create tech projects related to preventing bullying. Students learn that bullying and cyberbullying happen when someone shows mean or unkind behavior repeatedly. The person(s) targeted has not been able to make it stop and it is unfair and one-sided. Students learn to Recognize, Report and Refuse bully behavior and we are careful with our language to say “bully behavior” rather than “the bully.” We know that behavior can change and anyone is capable of showing bully behavior. This language helps us all be more responsible for our own behavior. Look for “Home Links” that went home in Friday folders for grades 3-5 on 10/19, and will go home to K-2nd on November 3rd. You can follow along with curricular resources on secondstep.org, and details are in the parent/guardian letter that is attached to the home links.



Contact Mrs. Ball:

alexis.ball@bvsd.org

(303)453-4622

