

September Newsletter

From your School Counselor, Mrs. Strohl

School Counseling Library Books

Primary Grades Book Recommendation:

Eddie the Bully
by Henry Cole

Intermediate Grades Book Recommendation:

Rules, Tools, and Maybe
a Bully
by Rachel Vail

Contact Information

Mrs. Michelle Strohl
strohlm@parklandsd.net
610-351-5840



Family Chat

There are many different self-regulation techniques. Pick a few that work best for your family.

- Cool down by rubbing an ice cube on your forehead or neck. Or drink a cold glass of water.
- Smell lavender or another soothing scent
- Tense your muscles then release, repeat
- Experiment with deep breathing by taking dragon or lion breaths
- Practice mindfulness by doing a guided meditation



SEL Skill

Self- Regulation

Does your child know how to recognize their strong emotions and self-regulate to calm down?

Self-Regulation is the ability to understand and manage your behavior and reactions. Self-regulation helps children learn, behave well, get along with others and become independent.

P.A.C.K. Word of the Month: PROUD
Being proud in the classroom means doing your best work and making good choices at all times.

