

The Scoop from Miss Scaffidi

February

NATIONAL SCHOOL COUNSELING WEEK! Feb 4th-8th

“School Counselors: Providing Lessons for Life”

Monday: *Happy National School Counseling Week*

Wednesday: *Lessons Shared*

Friday: *Building Better Humans*

{Random Acts of Kindness Day: Feb 17th}

Tuesday: *Lessons Learned*

Thursday: *Life #Goals*

You may not be able to control someone’s negative behavior but you can control how long you participate in it. ~Unknown

Monthly Class Lessons

K-2: Conflict Resolution

The Recess Queen by Alexis O’Neill

The students will hear about Mean Jean who is a bully on the playground until a new student befriends her and changes the dynamic (without adult intervention).

We will then discuss and practice “I statements” as a class.

I feel (state how you’re feeling)
When (say what the feeling is about)
Please (say what will fix the problem)

Example: I feel sad when I’m not included. Please let me join the game next time.

I feel mad when you take my things. Please ask next time.

Small Groups

Worry Warriors

My first grade students are going to be eating lunch with me once a week to read some books and do some fun activities about how to cope with worrying. We will discuss what worrying feels like in our bodies. Wilma Jean the Worry Machine (by Julia Cook) and Worry Says What (by Allison Edwards) are two of the books we are going to read. We will also be making a Worry Warrior lap book to take home that has fun breathing strategies to try.

The Role of the School Counselor

Today’s school counselors are vital members of the education team. They help all students in the areas of academic achievement, career readiness, & social/emotional development; ensuring today’s students become the productive, well-adjusted adults of tomorrow.

~ASCA

So much in life depends on our attitude. The way we choose to see things and respond to others makes all the difference. ~President Thomas S. Monson