

The Scoop from Miss Scaffidi

March

Attention Parents: You may already be aware but here is an important reminder!! There is an unsafe internet challenge going viral for a second time, called the MOMO Challenge, which encourages young children to participate in harmful and dangerous situations. PLEASE view the attached online safety guide regarding the MOMO challenge.

When your children uses the internet to search for anything school related, please encourage them to use the search engine called Kiddle, specific to children so they do not view anything they shouldn't.

<https://www.kiddle.co/>

Monthly Class Lessons

K-2: The Girl Who Never Made Mistakes by Mark Pett & Gary Rubinstein

Beatrice was so afraid to make a mistake she rarely did anything fun or anything new. We will be reading about Beatrice's journey to realizing no one is perfect and it's okay to laugh at yourself. (Growth Mindset)

3-6: The Energy Bus for Kids

We will be reading The Energy Bus by Jon Gordon. A boy named George is having a bad day until he meets Joy. Joy teaches George how to stay positive and overcome challenges he faces throughout his day.

7, 8: Dignity for All Students Act (DASA)

The Dignity for All Students Act was signed into law on Sep 13, 2010 and took effect on July 1, 2012. "New York State's Dignity for All Students Act (The Dignity Act) seeks to provide the State's public elementary and secondary school students with a safe and supportive environment free from discrimination, intimidation, taunting, harassment, and bullying on school property, a school bus and/or at a school function." While we are not a public school, we are mandated to abide by DASA and our goal is to always ensure our students are feeling safe in school.

<http://www.p12.nysed.gov/dignityact/>

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.

Small Groups

Worry Warriors

<https://adaa.org/understanding-anxiety>

<https://adaa.org/living-with-anxiety/children/anxiety-and-depression>

<https://www.schoolcounselor.org/magazine/category/for-parents>

"Bulletin Board" located on top floor (OT/SLP door):

Depression & Anxiety: Myth or Fact?

Depression can affect people of any age, nationality, or sex.	FACT
Depression is totally a psychological disease (involves only the brain)	MYTH
People who can't get over depression are weak and aren't trying hard enough	MYTH
Talking about depression makes it worse	MYTH
Women are 2x as likely to be affected by anxiety as men	FACT
Anxiety is a constant worry that makes it hard to do everyday tasks	FACT
Anxiety disorders are the most common mental illness in the US	FACT
Depression is a choice	MYTH
Anxiety is just normal worry about hard things	MYTH