

## The Scoop from Miss Scaffidi

### April

\*Testing Strategies for Students: Teachers were given the “Dynamic Dozen” Test Strategies to help students feel less stressed about taking tests in general, and specifically the State tests that will occur the first week in April.

\*American Foundation for Suicide Prevention website, WNY chapter: [afsp.org/chapter/afsp-western-new-york/](http://afsp.org/chapter/afsp-western-new-york/)  
AFSP has many resources for ongoing support to address suicide prevention and postvention.

Miss Scaffidi attended the Safe Schools Seminar at UB on March 21<sup>st</sup>. The seminar provided a lot of great information regarding how to keep schools safe, look for different warning signs and signals, and how to encourage a positive school climate.

*NYSSCA: New York State School Counselor Association*  
*ASCA: American School Counselor Association*

*NYSSCA.org*  
*Schoolcounselor.org*

**Miss Scaffidi is a member of both NYSSCA and ASCA and continues to stay updated and current with state guidelines and mandates.**

♥ Our days are happier when we give people a piece of our heart, rather than a piece of our mind ♥

### Monthly Class Lessons

#### **K-2: A Flicker of Hope by Julia Cook**

Students will hear a story about a candle whose light is pretty dim until they realize the world is better with their light in it. Students will identify their hope builders, how they can build hope in others, and be able to list their unique set of gifts.

#### **3-6: A Flicker of Hope**

Students will hear a story about a candle whose light is pretty dim until they realize the world is better with their light in it. Students will identify sources of hope, personal social support, and ways to support others. Students will be exposed to effective coping skills when faced with a problem and create positive and supportive relationships with other students.

#### **7, 8: Depression vs Anxiety, Myths vs Facts Lesson**

Miss Scaffidi has an interactive lesson that involves making the students aware of statistics related to depression and anxiety. This lesson involves the belief in development of whole self, including a healthy balance of mental, social/emotional, and physical well-being, as well as self-management skills, and demonstrates the ability to overcome barriers to learning.

#### **Websites for parents to browse:**

<http://ed.buffalo.edu/alberti.html>

<https://copingskillsforkids.com/>

<https://www.juliacookonline.com/>