



The Scoop from Miss Scaffidi

December

The holidays can be a stressful time for families and individuals. Mindfulness is a helpful way to combat that stress! Don't forget to pause and enjoy the moments!

**Smell the hot cocoa (Breathe in through your nose),
Cool the hot cocoa (Breathe out through your mouth).**

“Every accomplishment starts with the decision to try” ~ John F. Kennedy

Monthly Class Lessons

Kindergarten-2nd grade: *A Bad Case of Tattle Tongue* by Julia Cook
We will be reading about the difference between Tattling and Telling. Tattling= trying to get someone In trouble, Telling= trying to get someone OUT of trouble.

3rd and 4th Grade: *Making Friends is an Art!* By Julia Cook. This book will help us to discuss what to do when we're feeling left out and how to make friends.

5th-7th Grade: *Bubble Gum Brain* by Julia Cook will help us explore the differences between a Fixed Mindset (I can't do any better, why even try?!) and a Growth Mindset (I can always improve). When we use our bubble gum brain instead of our brick brain, we can accomplish so much!

Small Groups

Self-Control Surfers. (Counselor Keri Resource from Teachers Pay Teachers)

My self-control surfers in the elementary grades are working with me once a week to focus on:

- ✓ Considering options before acting
- ✓ Following Directions
- ✓ Taking Turns
- ✓ Controlling our bodies with auditory and visual cues
- ✓ Filtering thoughts/statements
- ✓ Delayed gratification

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

School Counselors are like ducks. Cool, calm, and collected on the surface...

...and paddling like CRAZY underneath!



****Julia Cook is one of my favorite authors and resources for my school counseling program. I invite you to read her article about the importance of HOPE.****

<http://community.today.com/parentingteam/post/the-thing-our-kids-need-most-from-a-school-counselor-and-mom>