

The Scoop from Miss Scaffidi

January

The week of Jan 21st-25th is No Name-Calling Week

Themes of the month:

Conflict Resolution

Communication

Personal Space

Social Media: Digital Citizenship



“Our days are better when we give people a piece of our heart rather than a piece of our mind.” -Unknown

Monthly Class Lessons

Kindergarten-2nd grade: Personal Space Camp by Julia Cook

The students will hear about how Louis’ principal invites him to Personal Space Camp where Louis realizes he is not in fact going to outer space, but rather learning how to recognize when he’s invading someone else’s space. Louis also learns how to communicate appropriately his discomfort when someone invades his own space.

3rd & 4th Grade: Crumpled Paper Lesson- Words Matter

We will be discussing how important it is to consider our words carefully before we say them. Although we can apologize, the damage from our words is long-lasting.
T.H.I.N.K: Is it TRUE? Is it HELPFUL? Is it INSPIRING? Is it NECESSARY? Is it KIND?

5th & 6th Grade: “I” Messages - Helpful Communication vs Unhelpful Communication

“I feel ___ (emotion) ___, when you ___ (state what the person did) ___, because ___ (explain why you feel that way) ___. I need ___ (what you need from them to move forward) ___.”

7th Grade & 8th: Hashtag Activity- Digital Footprint. Do something your future self will thank you for!

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



“Either we spend time meeting children’s emotional needs by filling their cup with love or we spend time dealing with the behaviors caused from their unmet needs. Either way we spend the time.” –Pam Leo