



DECEMBER



Ms. Johnson's Counselor Corner

Focus of the Month: Responsibility

This month, our STARR Positive Behavior focus is **RESPONSIBILITY**.

Responsible students help make the school safe and orderly for learning. They are the leaders and role models.

Here are ways you can show responsibility:

- Follow rules and routines, even when nobody is watching
- Return library books and other borrowed materials
- Clean up messes and trash left behind
- Report unsafe situations to an adult
- Admit mistakes and learn from them



Students demonstrating responsibility at school may receive a STARR sticker recognition!

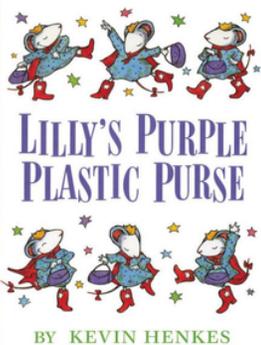
Wellness Tip: Practice Deep Breathing



Deep breathing is a simple and powerful way to help you feel calm and relaxed. To do it, sit quietly, close your eyes, and take a slow, deep breath in through your nose, filling your belly with air.

Then, slowly breathe out through your mouth, letting go of any stress. Deep breathing helps calm your body and mind, making it easier to handle big feelings like worry, anger, or frustration.

SEL Book of the Month: Lilly's Purple Plastic Purse



Lilly loves school and her teacher Mr. Slinger. But when she brings her shiny sunglasses and purple plastic purse to school to show off, it becomes a distraction and is taken away by Mr. Slinger.

Lilly learns that if she wants to bring something special to school, she must be responsible with it and still follow the rules.

Watch/Listen on YouTube: <https://www.youtube.com/watch?v=urB6gh-E59Q>



Counselor Advice: Conflict vs. Bullying

Believe it or not, there is a difference between conflict and bullying.

A conflict is happens when there is a noticeable event that causes a fight or disagreement. **Bullying**, on the other hand, involves intentional and repeated behaviors.



Signs it's a Conflict:

- It happened once or happens sometimes
- It was accidental or unplanned
- There was equal emotional reaction by those involved
- All of the people involved want to solve the problem

Signs it's Bullying:

- It happens repeatedly over time
- Someone wanted to intentionally harm or hurt the feelings of someone else
- The behavior continues even after they realize someone is getting hurt
- There is an imbalance of power (group vs. one person, older kid vs. younger, etc.)

Conflicts can be worked out on your own or with an adult's help, and the same conflict usually doesn't happen again after it has been resolved.

Bullying happens when someone purposely wants another person to feel bad over a long time or series of events, not just something mean that was said in a moment of anger.

Ask yourself:

- Will this problem keep happening if I don't get help?
- Is this causing me to avoid something I enjoy or making me afraid to come to school?
- What would happen if I didn't tell someone?



For Parents:

Monthly Tip: Praise Effort, Not Only Achievements

Practice praising hard work, persistence, and strategies, rather than simply focusing on the outcome. This approach helps students develop a growth mindset, where they understand that abilities improve with practice and effort. It encourages resilience, fosters a love of learning, and reduces the fear of failure.

Examples:

- Instead of saying, "Great job on your test!" you can say, "I'm really proud of how hard you worked to study for this test!"
- Instead of praising just the final drawing, try, "I love how you kept going with your drawing, even when it was tricky. Your effort really shows!"
- When a child struggles with a task, you can encourage them by saying, "I can see you're really trying your best, and that effort is so important!"

Contact Information:

If you believe that your child would benefit from meeting with me, or if you would just like to share any concerns you have about your child, please feel free to email me at rebeccajohnson@neshaminy.org. I will respond to you with an email or a phone call as soon as possible.