



OCTOBER



Ms. Johnson's Counselor Corner

October brings the beauty of fall and an opportunity for growth. As students settle into their school year routines, it's a perfect time to focus on embracing change and building resilience. By creating a safe environment that values and respects our differences, we can strengthen our community.

Focus of the Month: Safety

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

Safe students follow school rules, and they remind others to do the same.

Here are ways you can show safety:

- Use recess equipment properly
- Only use "walking feet" in the hallway
- Let someone know before you leave the classroom or cafeteria
- Remain seated on the bus while it's moving
- Let an adult know if something doesn't seem right



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

Wellness Tip: Stay Active Outdoors



As the weather starts to get cooler, take advantage of outdoor activities to stay active. Try going for a walk around the neighborhood, playing a game of tag, or jumping in leaf piles with friends.

Staying active helps keep your body healthy and boosts your mood. You'll feel ready to tackle the day with energy and a positive attitude.



Counselor Advice: Embracing Differences

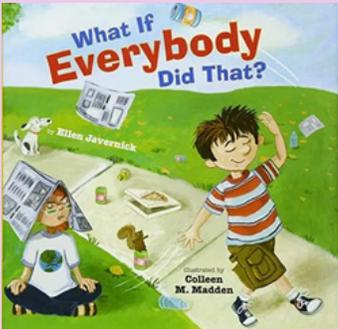
As you build friendships, remember that everyone is unique! Embracing differences can lead to deeper connections and understanding. Take time to learn about your classmates' cultures, hobbies, and perspectives.

Questions to spark conversations:

- What's a tradition your family celebrates?
- What is the best meal you like to eat with your family?
- If you could travel anywhere, where would you go and what would you do?



This October, consider inviting someone new to join your group during lunch or a game. You might discover new interests and create lasting friendships. Celebrating what makes each person special helps everyone feel included!



SEL Book of the Month: What If Everybody Did That?

If you drop just one soda can out the window, it's no big deal...right? But what if everybody did that? What if everybody broke the rules... Then the world would be a mess. But what if everybody obeyed the rules so that the world would become a better place?

Using humorous illustrations, these questions are answered and show the consequences of thoughtless behavior.
(Ages 5 - 8)

Watch/Listen on YouTube: <https://www.youtube.com/watch?v=cNHc2XCultQ>

For Parents:

Monthly Tip: Create a "Calm Corner"

Consider setting up a "Calm Corner" at home to help your child manage their emotions. Choose a quiet spot filled with soft pillows, a favorite blanket or stuffed toy, and calming items like stress balls or art supplies.

Encourage your child to use this space when they feel overwhelmed, angry, or just need a break. This practice not only teaches self-regulation but also empowers them to recognize and manage their emotions more effectively than a "time-out" spot.

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.