



SEPTEMBER

Ms. Johnson's Counselor Corner



September marks the return to school routines, a time for students to reconnect with friends, set new goals, and build positive habits. As we begin a new school year, let's work together to make it fun and successful for everyone.

Focus of the Month: Kindness

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

Kind students have a friendly personality, are considerate of others, and are continuously doing good deeds.

Here are ways you can show kindness:

- Give someone a compliment
- Say "please" and "thank you"
- Include a classmate at lunch or recess
- Hold the door open for someone



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

Wellness Tip: Self-Care

Start the school year off strong by focusing on forming self-care habits. Get plenty of sleep (9 to 12 hours a night), eat balanced meals, drink lots of water, and take breaks to recharge.

Remember, taking care of your body and mind is important to help you stay focused and energized for learning! It's much harder to learn if you are feeling lousy.



Counselor Advice: Making Friends

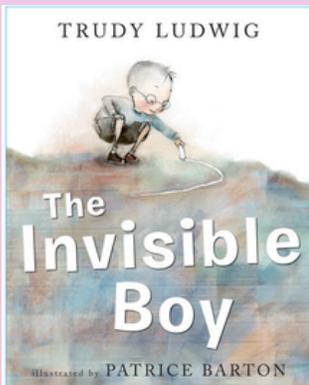
Making friends starts with being kind! Smile, say hello, and ask others about their interests.

Questions you can ask:

- Do you have any pets? What kind?
- What is your favorite sport?
- What do you like to play at recess?

At recess, look for kids sitting on the Buddy Bench or playing alone, and ask if they want to play with you.

Being a good listener also helps build strong friendships. Give others a chance to talk or share during a conversation. You should be talking for about half of the time, and the other person should be talking for about half of the time.



SEL Book of the Month: The Invisible Boy

Shy, quiet Brian feels invisible in the hustle and bustle of his classroom. Then a new student arrives, and Brian sees an opportunity to make a friend.

The Invisible Boy provides a gentle reminder of how it feels to be left out and how small acts of kindness — something as simple as saying hi — can make a big difference in someone's life.

(Ages 6 - 9)

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

For Parents:

Monthly Tip: Morning Check-Ins

Each morning before school, spend a few minutes checking in with your child about their feelings for the day ahead. Ask if they have any worries or if they're excited about something happening. Offer encouragement or reassurance as needed. Don't linger on the worries, but validate their feelings and point out what might go well.

This simple morning ritual helps your child feel supported and sets a positive tone for their day. It also strengthens emotional resilience as they adjust to the new school year.

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.