

School Counseling Newsletter

Hainesport School Counseling Department

January 2022

Resources to Explore:

My Mouth is a Volcano! by:
Julia Cook

Lilly's Purple Plastic Purse
by: Kevin Henkes

Clark The Shark by: Bruce
Hale

We Don't Eat Our Classmates by:
Ryan T. Higgins

Be The Pond Mindfulness Video

Cookie Monster Practices Self-Control

What's Up in K-5th Grade?

Kindergarten through 5th grade students learned about *self control* with their school counselors during the month of January.

Students learned what self control is and how to use self-control. Students learned that using self-control is helpful when making positive choices and decisions that will lead to beneficial outcomes.

K-5th grade students are halfway through with Unit 2 of Second Step! Students are continuing to learn about managing their emotions. The themes of Unit 2 are: *Perspective Taking, Staying Calm, and Thoughts & Emotions.*



Important Dates in January:

January 17th

MLK JR. Day
School's Closed



January 27th

Marking Period 2 Ends!

Check OnCourse for your grades

Marking Period 3 begins 1/28/22

January 31st

National Hot Chocolate Day



What's Up in Middle School?

Middle School students are half way through the second Unit with Second Step! Students continue to learn how to recognize bullying and harassment, stand up safely to bullying, and respond appropriately to harassment.

This unit's content helps students develop empathy, understand the impact of bullying and harassment on individuals and their communities, and examine social and environmental factors that contribute to negative behaviors as well as identify solutions for preventing those behaviors. The goals of this unit include students being able to:

- ★ Recognize various types of harassment and understand how they are different from bullying
- ★ Understand the impact of harassment on individuals and the school community
- ★ Understand students' rights to be protected from harassment
- ★ Understand students' responsibilities to create a harassment-free school environment

January's Quote to Remember:

“Discipline is doing what you know needs to be done, even when you don't want to do it.”

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