

School Counseling Newsletter

Hainesport School Counseling Department

February 2021

Other Resources to Explore:

Watch & Read Along with:

[Say Something](#) by Ryan H. Reynolds

[One](#) by Kathryn Otosi

More Books:

[Rude Cakes: \(Kid Books about Cake, Food and Taco Books, Book about Love\)](#) by Rowboat Watkins

[Stand Tall!: A book about integrity \(Being the Best Me® Series\)](#) by Cheri J. Meiners M.Ed.

[If Everyone Did](#) by Jo Ann Stover

[Random Acts of Kindness Day](#)
[Coloring Sheet](#)

What's Up in K-5th Grade?

The SEL theme for our K-5th grade students in February is *integrity*. During the school counselor's Random Acts of Kindness lessons on integrity, students understood that integrity is doing the right thing even when no one is looking.

The students were able to understand that integrity applies to when you see someone else breaking a rule too! If someone is bullying another person, then you know that they aren't doing what they are supposed to. We are supposed to treat others how we want to be treated. If you stand by and say nothing, then you are not doing the right thing. If you stand up for the person being bullied, you are showing integrity! This led us to the main part of the lesson which was understanding the difference between tattling and telling.

During the follow up lessons with their teachers, students were able to learn about a time they struggled with dishonesty. Students were ultimately able to understand that having integrity is following the rules and doing what is right.

Random Acts of Kindness Day

February 17th, 2021

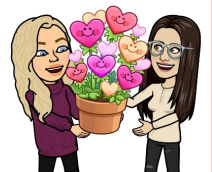


RAK & Second Step

Random Acts of Kindness lessons & Second Step lessons will occur throughout the month of February!

National School Counselors Week

February 1st - 5th



WHAT'S UP IN MIDDLE SCHOOL?



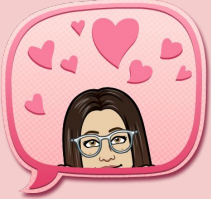
During the month of February, our Middle School students moved right into Unit 3 of Second Step™! In this unit students were able to discuss thoughts, emotions, & decision making.

The goals of this unit include recognizing when students are feeling stressed or anxious, recognizing stressors that can provide positive challenges that lead to growth, and applying stress-managements strategies to cope.

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"THE TIME IS ALWAYS RIGHT TO DO WHAT IS RIGHT." – MARTIN LUTHER KING, JR

