

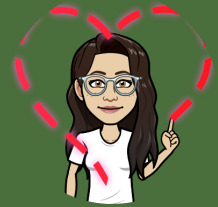
School Counseling Newsletter



Gratitude is our November Attitude!

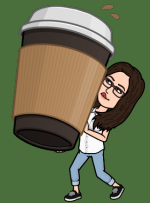
We are so grateful for our students returning to in-person instruction via our hybrid model!

With another big change in our student's day to day life, please continue to utilize the School Counseling Department Google Classrooms and Offices. Student's can find both the codes for our Google Classroom and the links to our School Counseling Virtual Offices. There are many resources and tools that can be accessed through the Classwork Tab on our Classroom and by clicking the links in our Virtual Offices.



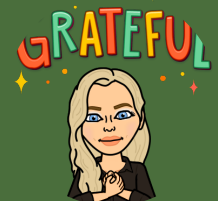
ms. Barnett
...is Grateful for
dogs and friends!

ms. Wenz



...is Grateful for her
children, Eric & Ava,
and coffee!

ms. Zerbo



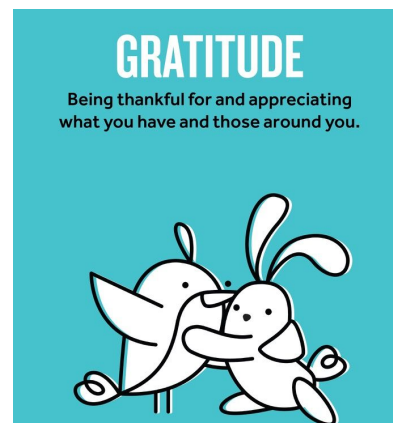
...is Grateful for her
family and home!

Social Emotional Learning

During the month of November, the school counselors will be facilitating Unit 3 of the Random Acts of Kindness social emotional learning curriculum. The theme is *gratitude*. Gratitude is the quality of being thankful; readiness to show appreciation for and to return kindness.

Upon completion of the classroom sessions, students should understand how to show gratitude at school, at home, and virtually anywhere! Students participated in identifying creative ways to demonstrate gratitude without using physical touch. Students came up with many examples of how to show gratitude. Students explained that they can share what they are thankful for at their Thanksgiving Day dinner table, they can call their family members who they cannot physically see and tell them that they are thankful and grateful for them, and they can donate clothes and toys to shelters or people in need!

Our middle school students completed Unit 1 of Second Step curriculum and will be starting Unit 2 at the end of November. The School Counselors will be facilitating Unit 2 of Second Step with the 6th, 7th, & 8th grade students. As Unit 2 progresses, students will become more familiar with these terms and be encouraged to be up-standers!



Ways to continue to spread Gratitude:

- Participate in Operation Gratitude (collect candy for our Troops)
- Go around the Thanksgiving table and share what you are grateful for!
- Volunteer by raking your neighbor's or relative's leaves!
- Collect canned goods for a local food pantry!

Days to Remember:

November 13th: End of Marking Period 1 & World Kindness Day!

November 16th: Marking Period 2 begins!

November 23rd: Report Cards sent home

November 27: Random Acts of Kindness Friday

HOW TO REACH YOUR SCHOOL COUNSELORS:

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