

School Counseling Newsletter

Hainesport School Counseling Department

March 2021



What's Up in K-5th Grade?

The social emotional theme for our Kindergarten - 5th grade students in March is *responsibility!* The School Counselors led classroom lessons during the first 2 weeks of March. During this lesson, students were provided the opportunity discuss the importance of self-discipline during distance learning. As a class, students talked about how to manage their time wisely, how they can use self-discipline & self-control in school, and how to be responsible students.

During a separate lesson with their teachers, students were able to complete a project on responsibility. Students were able to identify their responsibilities before and after distance learning started. Students were able to analyze what was different before distance learning started, what has stayed the same, etc. Students were able to ponder what is a tough new responsibility they have due to distance/hybrid learning.

Other Resources to Explore:

[The Lorax by Dr. Seuss](#)

[David Gets in Trouble by David Shannon](#)

[The Mitten by Jan Brett](#)

[But It's Not My Fault! \(Responsible Me!\) by Julia Cook](#)

[That Rule Doesn't Apply to Me! \(Responsible Me!\) by Julia Cook](#)

[I'LL DO IT, TAKING RESPONSIBILITY \(Youtube\)](#)

Fun Dates/Topics in March!

March 17th

St. Patrick's Day!



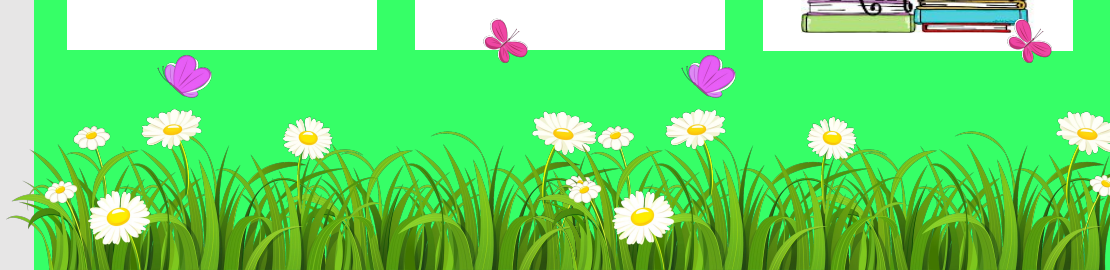
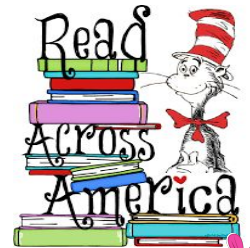
RAK & Second Step

Second Step: Unit 3

Random Acts of Kindness: Unit 7

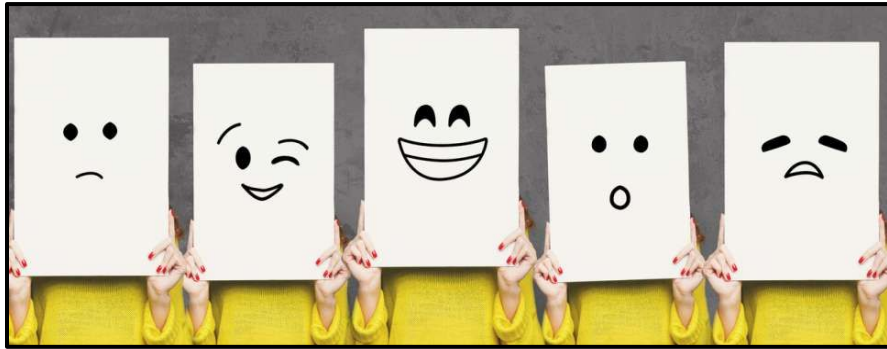
Read Across America

Beginning March 1st, 2021!



WHAT'S UP IN MIDDLE SCHOOL?

During the month of March, students completed Unit 3 of the Second Step curriculum! This means 1 more Unit to go! During Unit 3, students were able to have lessons with their teachers and School Counselors regarding thoughts, emotions, and decisions. Lesson topics varied from how to handle stress and anxiety, reframing negative self-talk, making positive decisions, managing emotions, etc. Students will complete the next Unit of Second Step in their health classes with their health teachers & their School Counselors!



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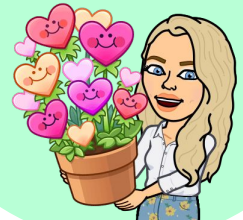
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"IT'S NOT WHETHER YOU GET KNOCKED DOWN, IT'S WHETHER YOU GET BACK UP!"

- VINCE LOMBARDI

