

School Counseling Newsletter

Hainesport School Counseling Department

May 2021

Other Resources to Explore:

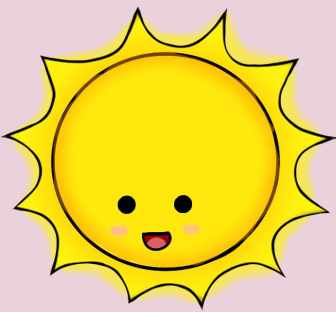
[Best Books to Teach Kindness and Empathy](#)

[Kindness is My Superpower Read Aloud](#)

[Kindness Boomerang - "One Day"](#)

[Download a free Kindness Ideas Poster & select some things to do as a family!](#)

[Make kindness rocks & scatter them throughout your community for people to find.](#)



What's Up in K-5th Grade?

The social-emotional theme for our Kindergarten - 5th grade students this month is *kindness*. The kindness lesson in May was our final SEL lesson this year. All K-5 students should have received a total at **18** Social Emotional Learning lessons this school year! We encourage you to ask your child which lesson was their favorite and why!

During the initial school counselor led lesson this month, students were reminded what kindness means, looks like, and sounds like in school, at home, and in our community. Students were provided the opportunity to understand the various characteristics and qualities that they look for in a kind friend.

During the follow up lesson with their teaches, students were able to create a collage of random acts of kindness. After students completed their digital collage, they were challenged to complete one of the random acts of kindness on their collage.

Fun Dates/Topics in May:

Mother's Day

Mother's Day -
Sunday May 9th

RAK & Second Step

Second Step:
Unit 4

Random Acts of
Kindness: Unit 9
(Kindness Part II)

Final RAK Lesson!

Be Kind to Animals Week

[Be Kind to
Animals Week®](#)
[\(May 3-9\)](#)

What's Up in Middle School?

During the month of May our 6th, 7th, and 8th grade students continued with the final Unit of Second Step! Throughout this unit, students have been learning how to manage relationships and social conflicts. Unit 4 Second Step lessons were facilitated by the Physical Education teachers as well as the School Counselors.

Throughout these lessons, students were able to: recognize their own values, think about another person's perspective, learn how to form healthy relationships, practice resolving conflicts by finding the best solutions, etc.

In this Unit, our 8th grade students even were able to delve into High School preparedness and challenges that may come up along the way. We encourage you to ask your child about their feelings and thoughts on this Unit! We are hopeful they will be able to tell you all about managing healthy friendships and how to positively handle social conflict.

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No act of kindness, no matter how small, is ever wasted. - AESOP

