



# December

## Counselor Newsletter



For the month of December, our theme is **recalling and reviewing information learned**. It is hard to believe the holiday season is upon us and the second quarter is coming to a close! These last few weeks of school, students will be asked to recall themes we have covered thus far in the school year. We have worked on identifying our emotions and practicing self-regulation. We have learned what it means to be a bully and how to report negative behaviors. Lastly, we have examined our friendships and learned how to embrace those that are different from us.

One of the most important concepts of being a student is retaining information. From month to month and year to year we are asked to call upon information learned. It is not enough to learn the information but to practice it regularly, so it stays fresh. The more we use something, the more apart of our routine it becomes.

These are the formative years of our children education. It is important that what is learned now, gets carried with them as they progress academically.

### Activity of the Month

#### *Surveying our Students*

**All Grade Levels:** Students will be learning how surveys work, how to provide input, and the purpose of gaining feedback. Students in each grade level will be given a survey to complete providing their own feedback for the counseling lessons provided quarters 1 & 2. Students will be asked to recall information learned and share one take away from each classroom lesson.

Using a smile scale, students will be asked to rate the impact of each lesson that was taught to them. There will be a comment section for students to share how they used this information in their daily lives. As the school counselor, this will provide insight into if these lessons were effective. It will also determine whether to teach this lesson again in the future.

Lastly, students will be asked to provide suggestions for lessons they would like taught moving forward. This will provide students the opportunity to have their voices heard. The goal is to make all classroom content student driven and focused on their interests.



### What Can Be Done at Home?

Learning doesn't stop at the classroom. It is important that each night, students dedicate time to skills learned at school. Parents can help my engaging with their students about their day

- ▲ Utilize dinner time to talk about learned skills.
- ▲ Limit students screen time.
- ▲ Develop routines where students can practice what they learned- it takes 21 days to form a habit!
- ▲ Discuss the highs and the lows of their day.
- ▲ Assist in helping your student develop study skills.

### Contact Me!

If you have questions about any of the information you read or concerns regarding your student, please contact me at [dabrosca@seseton.org](mailto:dabrosca@seseton.org) or calling 239-455-2262