



May



Counseling Newsletter

Our theme for the month of May and the end of the school year is, *reflecting on our personal growth*. This year we have discussed how we do not always have control over what happens to us, but we can control our reactions. Our attitude and our response are what give us power over the situation. The students have built up their own toolkit during this school year that they can use when faced with difficult situations. Whether it is coping with our own emotions, confronting a bully, or making a nutritious meal choice; we know how to stop, take a deep breath and reflect, and handle ourselves calmly.

This year, our Seton students have grown, both physically and mentally, and are ready to advance to their next chapter. However, even though we are moving on, we are taking all that we have learned with us. Through our counseling lessons we have become a stronger, more mindful, and empathetic school community.

It has been a true privilege and blessing to work with your student this academic year. I wish you all a safe, relaxing, and fun summer vacation and cannot wait to be reunited in August!

Activity of the Month

Counseling Content Kahoots

All Grade Levels: Students will be asked to put their counseling knowledge to the test. During the second week of May at all lunches, Ms. D’Abrosca will be conducting interactive trivia using Kahoots. Each student will be given the opportunity to approach the table and participate.

The Kahoot questions will cover content from the past 8 months of counseling lessons. There will be different questions based on the student’s grade level. After answering a series of questions correctly, students will be rewarded with a healthy treat. Below is a list of all the counseling themes students have learned about this school year!

September- Emotions and self-regulation

October- Bullying and substance abuse

November- Friendship and Cybersaftey

December- Recalling Information

January- Nutrition

February- Healthy Relationships






March- Mindfulness

April- Problem Solving



What Can Be Done at Home?

Parents are guides to a student’s growth and development. Outside of school it is imperative to help mold their character, morals conscious, and beliefs. It is important to remember:

-  Be patient. Growth doesn’t happen over night
-  Be present. Invest time and energy to your child’s learning
-  Build trust. Be a confidant.
-  Reinforce the good they do and correct the bad.
-  Guide them through their various life transitions.

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 or calling 239-455-2262