



# November



## Counselor Newsletter

Our theme for the month of November is **bullying prevention** and **self-regulation**. To prevent bullying from happening on our own school grounds, we must first identify what bullying is. How do students know when someone is joking around with them and when something has gone to far. Bullying can leave devastating and often long-term effects such as a loss of self-esteem, increased anxiety, and depression for those involved. We need to shift thinking away from bullying as “rite of passage” and toward the knowledge that bullying can be prevented and stopped through education. We will also be teaching students to be advocates for themselves and their peers when they witness bullying.

Self-regulation is the ability to manage emotions and behavior in accordance with the demands of the situation. It is a set of skills that enables children, as they mature, to direct their own behavior towards a goal, despite the unpredictability of the world.

Students make choices every single day. When they self-regulate and stay in control of their behavior, they make choices they are proud of and build a strong community!

### Activity of the Month

#### *Making the Right Choice and Mastering Self-Regulation*

**PreK3, PreK4, and Kindergarten**-We will use the story of the first Thanksgiving to learn about friendship. If the pilgrims had never befriended the Native Americans and embraced new traditions from them, where would we be today? How can we learn from these two different groups of people about accepting and learning from others.

**Grades 1-5**- Students will be placed in small groups and play a board game. The game gives students a variety of questions about making the right choice, using kind words, and standing up for others. When students make the right and kind choice they advance forward. However, when students hurt a friend or do something unkind, they move backwards. This activity will show how doing the right thing propels you forward instead of holding you back.

**Middle School**- Students will be placed into small groups and assigned a self-regulation mechanism (journaling, marking schedules, exercise). Students will discuss and plan for how this mechanism can help them be successful in the rest of the quarter and when preparing for exams.

### What Can Be Done at Home?

There are a multitude of coping mechanisms we can teach students when they need to self-regulate. Practice the following with your student:

- Journal
- Go outside for a walk or fresh air
- Practice breathing techniques
- Talk out the scenario
- Develop and practice sticking to routines

### 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