



# October

## Counseling Newsletter



For the month of October, our goal is **identifying emotions** and participating in **Red Ribbon Week**. At various stages of development, children have different ways of showing or acting on their feelings. It's important to remember that feelings of excitement and happiness as well as, anger or frustration, are all normal emotions. We all feel these emotions at various times. While we cannot avoid these feelings coming up, we can monitor how we address them and strategize for when they are going to arise in the future.

From a young age, it is important to educate students on the dangers of drugs and alcohol. On television and social media, we often see images of drugs and alcohol being glamorized. It is necessary to educate our students on the real dangers of drug use and how they have long term effects on both our physical and mental health.

Children are our future and true agents of change. The sooner we give them the tools to handle their emotions as well as make the right choices, better they will be able to impact our community.

### Activity of the Month

#### *Identifying Emotions and Red Ribbon Week*

**Elementary Grades PreK3-Grades 5:** We will be using superheroes to help identify and understand different emotions we feel on a daily basis. Through an interactive video, students will learn and understand that we all are faced with various emotions. Students will learn tools to help them cope when these emotions come up. Most importantly we will identify our kryptonite, the power of prayer, and how this guides us to be the best versions of ourselves.

**Middle School:** October 24<sup>th</sup> – 28<sup>th</sup> is national Red Ribbon Week. This initiative works to promote both awareness and advocacy about living a healthy lifestyle, drug free. Students will be given a presentation on the dangers of drug and alcohol use and how they can have long term effects on our abilities as students, athletes, and performers. Students will then test their knowledge with a Kahoot quiz. During lunch periods, we will have students sign the pledge about living drug free, they will be given red ribbons that they can wear on their uniform for the week.



### What can be done at home?

Difficult topics don't have to equal difficult conversations. There are various techniques to utilize when teaching your student about handling their emotions and making the right choices:

- Journal
- Practice breathing techniques
- Monitor the tv programs and social media sites your student observes.
- Spend time at night discussing their daily interactions

### 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