



# School Counselor Newsletter

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## WHAT'S BEEN HAPPENING...

Bridges is starting soon! Permission slips went home with students who are interested this week. A parent or guardian signature is required for attendance at the first meeting.

**Attention 3rd Grade Parents!** The ABC is starting next week. Permission slips for this group went home today. The Anti-Bullying Club (ABC) is a group that will meet every other Thursday for the 2016-2017 school year during lunch/recess time. This will give students the opportunity to talk about the importance of kindness and friendship while doing fun activities.

**Attention 4th Grade Parents!** I am in the process of putting together a student support group for divorce. If you think this is something your child would benefit from, please contact me!

## CLASSROOM Connection

This month in the classroom I worked on reintroducing my role as a School Counselor to the students. I went into each classroom and we worked on different activities. For a complete list of what lessons were done, please visit the Counselor's Corner section of the CK website, or scan this code for a digital copy.



## 5 Sure Fire Ways to Stop the After School Attitude:

This is a great article on different tips and tricks to use when your child is coming home frustrated. The full article can be found at: <http://dirtandboogers.com/5-sure-fire-ways-to-stop-the-after-school-attitude/>.

I have gotten a lot of questions from parents about this matter! Students try very hard at school to "keep it together". At home, your child feels safe to let it all out and this is where the attitude can come in! Try these tips out and see what happens

### 5 Sure-Fire Ways to Stop The After School Attitude

#### Greet Without The Questions

"Would you like to tell me about your day now or at dinner?"

#### Feed THEM A Heathy Snack

Get rid of HANGRY with fruit, yogurt, and veggies.

#### Allow for Downtime

Does your child need to run, jump, and opt? Or do they need some quiet alone time?

#### Be Consistent with Rules

Keep things as normal as possible.

#### Connect and Reflect

Spend 10-15 minutes with your child without distractions.

—Dirt & Boogers.com

Scan here to be directed to the article



## Good Reads...



## October 2016 Dates to Remember...

Monday	Tuesday	Wednesday	Thursday	Friday
3 Bridges 2:30-3:30	4	5	6 ABC 11:35-12:15	7
10 Bridges 2:30-3:30	11	12	13	14
17 Bridges 2:30-3:30	18	19	20 ABC 11:35-12:15	21
24 Bridges 2:30-3:30	25	26	27	28
31 Happy Halloween!				



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