

# FMS Counseling Office Newsletter

## MONTHLY THEMES



### January

#### What does Community mean?

The definition of community is a group of people who have something in common.

During classroom guidance lessons we talked about how to be better members of the Franklin Community as well as better members of our classroom/school community. We also discussed the importance of advocating for change.



### February

#### Random Acts of Kindness

Random Acts of Kindness Day is February 17, 2022 and will be celebrated during the week of Feb. 13-19. During that week, ask your student how they have been kind to others. It's helpful

for students to learn how to be kind to one another. Kids often say mean words to each other and we are trying to show them that a simple act of kindness often goes much farther than saying or doing something mean.

Here are some ideas for you to spread acts of kindness at home:

- Have a funny emoji chat with a friend who is feeling down
- Have your kids make a funny video to send to a family member you haven't seen in awhile

## RESOURCES

Click [here](#) for a link to the City of Franklin's webpage to learn about what is happening in the community.

Click [here](#) for a link to the Random Acts of Kindness webpage for more ideas.

## PREVENTION IS KEY

### COMMUNITY RESOURCES

Mr. Bryant, our SAP Counselor, has been teaching during health period for 7th and 8th grade. The curriculum "Too good for drugs" is being utilized to teach these students about making healthy choices, peer pressure, the effects of nicotine and THC, effects of alcohol usage, goal setting, and managing emotions.

#### Information for quitting vaping or smoking:

Text "start my quit" to 855-891-9989

Text "ditchjuul" to 887-09

## Parents/Guardians

Click [here](#) for a summary of the Coffee With The Counselors event.

Help your teen/preteen make healthy choices by:

- Listening to them - a lot of students report that they just want to feel validated.
- Being actively involved in their everyday lives by getting to know their friends and their friends' parents.
- Setting and enforcing limits and expectations.

**Greater Tilton Area Family Resource Center:** <https://www.gtafrc.com/>  
**Riverbend Community Mental Health:** (603) 934-3400 <https://www.riverbendcmhc.org/>  
**Health First Family Care Center:** (603) 934-1464 <https://healthfirstfamily.org/> **Franklin Area Resource List:** <https://www.sau18.org/page/resources>  
**Crisis Text Line:** To reach a counselor 24/7 text: "HOME" to 741741

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