

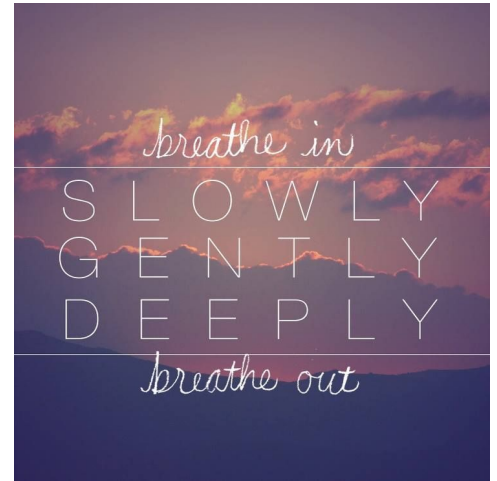
# School Counselor Newsletter

Heather Baney M.Ed.

APRIL 2020

Hello Parents and Students,

First of all, I hope you all are feeling happy and healthy. I think that I can speak for everyone when I say "WE MISS YOU". We cannot wait until we are back in school! During this challenging time, students and parents may experience feelings of anxiety or stress. Even though we are not physically in school, staff members are still here to help and support students. If you have immediate concerns about the health and safety of a loved one, please contact the suicide hotline at 1-800-273-8255 or call 911.

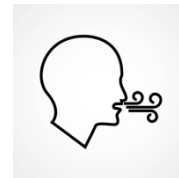


*inhale peace, exhale stress.  
inhale calm, exhale worry*

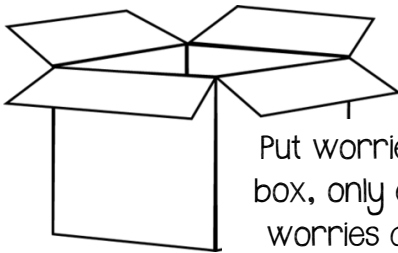
During times of stress, we often feel anxious about the unknowns. Below are some strategies to help you and your students navigate these waters.



Go for a walk

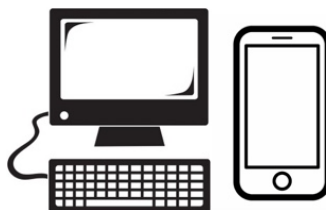


Inhale positive thoughts, Exhale negative thoughts



Put worries in a box, only discuss worries during worry time

Participate in virtual social interaction



YOU CAN'T CALM THE STORM... SO STOP TRYING. WHAT YOU CAN DO IS CALM YOURSELF.  
THE STORM WILL PASS. - TIMBER HAWKEYE

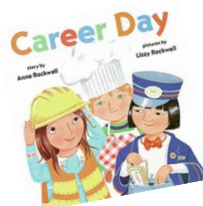
## GUIDANCE CONCEPTS FOR April and May:

### Career exploration -

What jobs are available in my community and how do I choose?

#### April Guidance:

- Kindergarten: "Clothesline Clues for Jobs People Do" by Deborah Hembrook and Kathryn Helling
- First Grade: "Career Day" by Anne Rockwell
- Second Grade: Career Interest Inventory: Picture Version
- Third Grade: What is a hobby or interest and how does it relate to my future job?  
Journal on Choices360
- Fourth Grade: Traditional vs. Nontraditional Jobs  
Journal on Choices360
- Fifth Grade: Work Values Sorter on Choices360
- Sixth Grade: Interest Profiler on Choices360



#### May Guidance:

- Kindergarten: "The Me I Want To Be"  
Draw picture of you dressed for a specific job
- First Grade: "The Me I Want To Be"  
Draw picture of you working in a specific job (include tools needed)
- Second Grade: Career Cluster - What does that mean? Examples
- Third Grade: What are character traits of entrepreneurs?  
Journal on Choices360
- Fourth Grade: What are jobs that no one has heard of?  
Journal on Choices360
- Fifth Grade: What are character traits of entrepreneurs, specifically historical figures? Journal on Choices360
- Sixth Grade: Transferrable Skills on Choices360

#### Free Parent Resources:

- o NY Times Article "How To Talk To Kids About Coronavirus" -  
<https://www.nytimes.com/2020/03/17/parenting/coronavirus-kids-talk.html>
- o Sanford Harmony: Lesson Plans for developing Social Emotional Skills K-6 -  
<https://online.sanfordharmony.org/>
- o NetSmartz tips for digital safety and cyberbullying resources -  
<https://www.missingkids.org/NetSmartz>

YOU CAN'T CALM THE STORM... SO STOP TRYING. WHAT YOU CAN DO IS CALM YOURSELF.  
THE STORM WILL PASS. - TIMBER HAWKEYE