

APRIL 2023

# Counseling CORNER

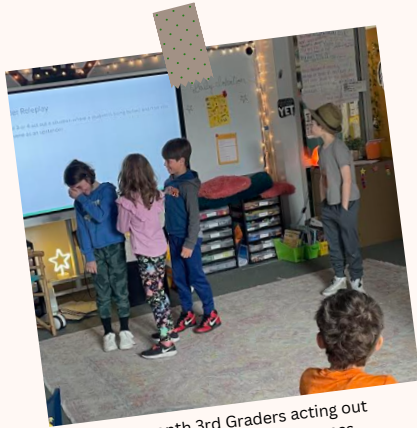


## SEL Update:

### Resources of the Month:

Help your child learn some techniques to help calm their bodies and minds!

- Click [HERE](#) for some breathing exercises for kids
- Click [HERE](#) for some calm down strategies for all ages!



Stormonth 3rd Graders acting out some bully prevention scenes



Stormonth 3rd Graders acting out some bully prevention scenes

Stormonth

This month, SEL at Stormonth has been focused on understanding and preventing bullying. Students learned the definition of bullying and how bullying is different from terms like accidents, conflicts, and mean moments. We discussed the importance of helping others if we see bullying happening and getting help from an adult to stop it. In our upcoming lessons, students will learn how to stand up to bullying by being upstanders, or people who speak out to stop bullying, and not bystanders, people who might see bullying and not say anything. We are excited to continue these lessons with students and help them commit to making our school and community bully-free!

*-Amanda Burgess & Gregory Neulpauey*

### Mental Health & Wellness

#### at Fox Point-Bayside:

Please [CLICK HERE](#) to see our district's Mental Health Services & Partnerships:

- [Clinical Psychology Associates](#)
- [Student and Family assistance Program \(SFAP\)](#)

Bayside

This past month our 6th graders learned about perseverance and grit. One main idea the class took away was reflecting on which things they had control over including their level of effort in tasks. This past month the 7th grade learned about happiness and why it is important to make it a priority in our lives. Students reflected on what in their life brings them joy and some of the benefits living a happy life entails. Our discussion also included common myths and obstacles about our happiness. We have also been taking time to relax and socialize with our classmates at the end of our lessons by playing board games. This provides our students the opportunity to engage in problem solving, team building and strengthen communication skills in an organic way.

*-Charity James & Gregory Neulpauey*

### Who we are following:



Download the "how we feel" app



@Calm



Bayside students relaxing and socializing with board games