



November & December 2023

# Counseling Corner

## Stormonth SEL Update

November has been a month of many changes and transitions at Stormonth. Mrs. Burns has begun her maternity leave after welcoming her daughter to the world! Our students miss her and cannot wait for her return! Over the course of November students have continued to discuss the idea that emotions matter. Our discussions have centered around the importance of recognizing and labeling our emotions. Students have learned about why being able to name what they are feeling is a helpful skill in communicating to those around them what they are experiencing. Students have also begun to learn about different ways to regulate and influence their emotions through trying out different calming strategies or sharing ideas about coping skills

*-Amanda Burns & Gregg Neuburg*

## Bayside SEL Update

During the months of November and December, Bayside students and staff have been exploring different ways to demonstrate gratitude and engage in service learning projects. Research shows the benefits of these practices decrease stress and boost confidence, to name a few. Our school has participated in various opportunities. During the month of November our school worked with Nicolet Spanish Club to contribute to a food drive for Feeding America. The Nicolet student members of this club were truly inspired by the participation from Bayside Middle School. During the month of December we have engaged in a giving opportunity for Keefe Avenue Elementary School in Milwaukee. Our Student Council and PBIS Team are planning bundtinis, hot chocolate and cards of gratitude for our Miron Construction Workers. Our students are amazed at how hard this crew is working to get our new building built.

*-Charity James & Gregg Neuburg*

Counselors from both buildings started the month of November off by attending the Wisconsin School Counselor Association Conference. This was an amazing opportunity for Mr. Neuburg and Mrs. James to connect with School Counselors across the state of Wisconsin for professional learning. They look forward to utilizing strategies, tools and resources they learned about with the district students and families.

### Who we are following:



[Learning for Justice](#)



[Eluna Network](#)

### Resource of the Month:

[Child Mind Institute Resources](#)

Fox Point - bayside

### **Mental Health & Wellness Services & Partnerships:**

[CLICK HERE](#) to learn more about:

- Clinical Psychology Associates
- Student and Family Assistance Program (SFAP)

WISHING YOU ALL JOY AND GOOD CHEER THROUGHOUT THIS HOLIDAY SEASON!

*-CHARITY JAMES. AMANDA BURNS & GREGG NEUBURG*