

THE COUNSELOR'S COMMENTS

This month we are presenting classroom lessons (live) with students this month. Ms. McGregor and I will both be presenting a classroom lesson to each of our 17 classrooms that we work with. Ms. McGregor works with Kindergarten, 1st, and the Gifted self-contained classrooms. Mr. Mancuso works with 2nd, 3rd, and 4th grade. Ms. McGregor will be teaching character to students through Bibliotherapy (books) to students. Mr. Mancuso is working on Differences & Diversity (4th grade), Bullying/conflict/drama (2nd & 3rd grade). Our goal is to teach but also create an awareness for students on how to handle difficult situations.

Ms. McGregor will be working on self control with our First Graders and “big problem vs little problem”. With the Kindergarten students, I will be working on getting to know your students, and also starting with Jellybean Jamboree in January.

Everyone's role, including parents, has expanded during this time. We are taking on every role to ensure that student's/kids are getting everything they need to the best of our ability. Don't forget yourself. I will tell you that my exercise program gives me the positive energy that I need to deal with all that is going on at home and at school. I am an avid fitness enthusiast and I always get my workout time and try to eat predominantly healthy meals. I have my cheat meals/days to eat what I want to also so I stay sane and have something to look forward to. If you are not working 12 hour days, which I realize a lot of our families are, please remember to do some of these things that are good for the body and mind. That really is the best advice I can give someone.

I know the holidays can be just as much work and more for families. I truly hope everyone is able to relax and enjoy the time a little bit. I know it can be difficult if you are quarantined from your family, but hopefully you will find a way to spend time with your loved ones.