



Happy Fall! What a beautiful time of year! Hopefully everyone is back in the swing of things. Here is what is happening in the Counselor's Office.

Red Ribbon Week

The last week of October is Red Ribbon Week. Red Ribbon Week is a time to celebrate healthy choices and being Drug/Alcohol Free. This is the perfect time to talk to your children about being drug and alcohol free!



Attendance Matters

Is your morning routine a struggle? Here are some helpful tips you can use to help your child come to school on time every day.

- * Set a regular bedtime and morning routine.
- * Lay out clothes and pack backpacks the night before.
- * Make time for a healthy breakfast.
- * Don't let your child stay home unless he/she is truly sick.
- * If your child seems anxious about going to school, talk to their teacher or the school counselor for advice on how to make him/her feel comfortable.
- * Develop some backup plans for getting to school if something comes up. Call on a family member, a neighbor or another parent.
- * Avoid medical appointments and extended trips when school is in session.
- * Keep it positive. Focus on the good in every day!

This Month's Classroom Lessons

PATHS: Promoting Alternative Thinking Strategies

Kindergarten: Introduction to feelings:

Happy, Sad

First Grade: Teamwork, Listening, Sharing

Second Grade: Manners, Steps for Calming Down, Self Control

Third Grade: Self Control, Control Signals Poster, Problem Solving Steps

Fourth Grade: Feelings Review, Recognizing and Controlling Anger

Fifth Grade: Calm or Relaxed, Tense, Ways to Cope with Stress



Small Group Counseling

Changing Families
Grief Support
Coping Skills
Anger Management
Friendship
Organization and Study Skills
(Call the Counselor to refer your child.)

Do You Have an Anxious Child?

Try these tips:

- * **Name the feeling.** Allow your child to give a silly name to the uncomfortable feelings they are having.
- * **Shhh!** Stop talking and listen to your child. The Stress they are feeling is real to them.
- * **Give your child a friend,** a stuffed animal, bracelet or some other special object. Encourage them to use it when they feel stressed.
- * **Give your child a photo book** of pictures of people and things that calm them. Encourage them to look at these pictures when they are upset.
- * **Calm Down Kit.** Make a box of special objects that help to calm your child.
- * **Take a deep breath.** Have your child practice deep breathing when they are not upset.
- * **Exercise.** Exercising releases endorphins which help to reduce anxiety. Encourage active play.



Terri Kauric, MEd, NCC
School Counselor
Elroy Elementary
Days A, C and E
kaurict@bb-sd.com
412-881-4484