

The School Counseling Connection

HCPSS Elementary School Counseling Monthly Newsletter

We're Here to Help!

Welcome Back Students and Families!

CHILDREN'S BOOK READING/VIDEO:

- K-2: [The Dot by Peter H. Reynolds](#) Retrieved 9/13/2020 from youtube.com/watch?v=t5mGeR4AQdM
- 3-5: [The Most Magnificent Thing by Ashley Spires](#) Retrieved 9/13/2020 from <https://www.youtube.com/watch?v=UM8oN4yzJqw>



Image retrieved 9/8/2020 from <https://www.teachervision.com/5-teaching-mantras-to-get-you-through-the-end-of-the-school-year>

Although we are apart, know that we are in this together every step of the way. Our virtual learning adventure may be welcomed by some and hard for others. There may be ups and downs. There may be experiences that bring you joy and experiences that bring frustration. Our feelings are shared. Our experiences are mutual. Glennon Doyle shared a message that holds true for all of us as we start our virtual learning journey, “we can do hard things.” This is absolutely true. We can and we will. We will get through this together.

VIRTUAL LEARNING TIPS:



Image retrieved 4/17/2020 from <https://www.pinterest.com/ahesse/a-counselors-dream-on-teachers-pay-teachers/>

Have you figured out how YOU best learn virtually? Where do you sit when learning? Do you wear your pajamas? We all learn differently! It's important to put a routine in place that best supports you as a learner. Note that you will start academics prior to 9:00am.

Consider the ten Elearning tips to help you learn your best virtually.

ELEARNING TIP 6: Remember to check your canvas inbox daily!

STUDENT WELL-BEING

Coping Skill Spotlight: Physical Health

THE MENTAL HEALTH BENEFITS OF EXERCISE
FOR CHILDREN AND TEENAGERS

- Increases self esteem
- Improves social wellbeing
- Improves attention
- Improves decision making
- Improves personal growth
- Reduces risk of depression
- Reduces anxiety
- Can help children feel as though they are in charge of situation
- Improves sleep
- Increases autonomy
- Can provide children with a more positive view of themselves
- Increases confidence
- Reduces stress

@BELIEVEPHQ

Challenge yourself daily to incorporate some physical activity in your schedule. Ride your bike/scooter, take a walk, jump rope, play wall ball, basketball, kick a soccer ball around. Go Noodle, [Little Sports on YouTube](#), a virtual dance party with family or friends are other options if it's raining outside.

Coping Skill Spotlight: Mindful Breathing



Image retrieved 9/8/2020 from <https://www.teachervision.com/5-teaching-mantras-to-get-you-through-the-end-of-the-school-year>

Breathe Calm Video

A deep breath exercise when you may need a break or time to calm down.

Breathe In - Hold - Breathe out.

Get your daily calm with this meditation breathe bubble with a relaxing jungle background. Relax and do your best to focus. Come into this practice with non-judgement, kindness and grace. Taking time to self-care is not easy and takes practice.

COUNSELOR CONNECTION:



Image retrieved 9/11/2020 from <https://www.chomp.org/coronavirus>

Mrs. Sansone, your SCHOOL COUNSELOR IS HERE FOR YOU!

Email [Mrs. Sansone](#) if you have any questions or concerns.

And check out **Mrs. Sansone's canvas page** (located on each student's canvas dashboard) for resources, and funny videos from the "new student" Jennifer (aka Mrs. Sansone) about strategies for virtual learning.

#BetterTogether



