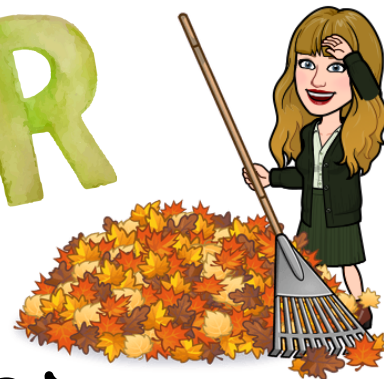




NOVEMBER

Ms. Johnson's Counselor Corner



Focus of the Month: Respect

This month, our STARR Positive Behavior focus is **RESPECT**.

Respectful students demonstrate a positive feeling towards classmates and staff, and they convey a sense of admiration for their school.

Here are ways you can show respect:

- Listen when others are talking to you
- Use polite words such as “please,” “thank you,” and “excuse me”
- Include your classmates in activities and games so nobody feels left out
- Treat school property (such as classroom supplies and recess equipment) with care and keep them in good condition



Students demonstrating respect at school may receive a STARR sticker recognition!

Wellness Tip: Practice Gratitude



Practicing gratitude means recognizing and appreciating the positive aspects of life, no matter how small. Doing this can help us feel **happier** and have **a more optimistic mindset**.

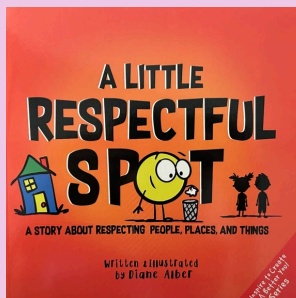
One idea to practice gratitude is to keep a journal of small things you feel grateful for each day. You can also share with family and friends what you feel thankful for, and ask what they are grateful for, too.

SEL Book of the Month: *A Little Respectful Spot*

Join a cute little yellow SPOT as he shows all the different ways to be respectful to people, places, and things.

From being polite to respecting personal space and property, you will learn what it means to be respectful and why it's so important.

Watch/Listen on YouTube: <https://www.youtube.com/watch?v=ELWLxyRc64c>



Counselor Advice: Tattling vs. Reporting



Knowing the difference between tattling and reporting is important.

Tattling is when you tell an adult about someone else's small misbehavior to get them in trouble. **Reporting**, on the other hand, involves sharing serious issues that could prevent someone from getting hurt.

Examples of Tattling:

- Telling your teacher that someone is making silly faces to distract others
- Saying that a classmate forgot to do their homework
- Telling on the person sitting next to you for using the teacher's pencil without asking first

Examples of Reporting:

- Informing a teacher that a classmate has been crying from being bullied at lunch
- Telling an adult that you saw someone on the bus bring something dangerous to school
- Letting a teacher know that you saw someone stealing from another student's backpack



"Tattling" problems can usually be resolved on your own without a teacher's help.
"Reporting" problems rely on an adult to help to keep everyone safe.

Ask yourself:

Is this important for the teacher to know right away?
Is this just annoying, or could someone get hurt from this?
What would happen if I didn't tell someone?



For Parents:

Monthly Tip: Use "I" Statements

Model and encourage the use of "I" statements to help your children express feelings more constructively.

"I feel _____ when _____."

Examples:

- Instead of saying, "That makes me angry!" they can say, "I feel angry when you interrupt me."
- Instead of saying, "He always takes my things!" they can say, "I feel sad when my friend takes my toys without asking."
- Instead of saying, "Stop making fun of me!" they can say, "I feel hurt when you make those jokes about me."

This approach encourages ownership of their emotions and reduces defensiveness in conversations.

Contact Information:

If you believe that your child would benefit from meeting with me, or if you would just like to share any concerns you have about your child, please feel free to email me at rebeccajohnson@neshaminy.org. I will respond to you with an email or a phone call as soon as possible.