

Counselor's Corner

Mr. Tyler

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October-November

Peace and Healthy Boundaries!

In October, we are focusing on Peace, how we find it in ourselves, how we create it with others, and how we help others find it themselves. In particular, we're learning about how to have a PeaceTalk to resolve conflict. This follows our focus on identification of emotions in self and others as well as what coping skills (calm-downs) are and how to use them.

In November, we will move from creating peace with others (or conflict resolution) to *preventing* conflict. Which is done through healthy boundaries for ourselves, and with others. We will be learning about consent, saying "No", and what uncomfortable looks and feels like. We then take these skills to the digital world, learning about setting healthy digital citizenship, from setting limits to our time online, how to know if a site is safe, how social media can impact our brains, and what to do if someone says/writes something really mean about us online.

Referrals

I continue to work with students individually, in needs-based small groups, and through whole class lessons. I am *always* eager to hear from families regarding their concerns about their CEMCS student(s). In order to let me know about your concerns, please fill out a Parent Counselor Referral, which is at the following link: <https://forms.gle/Uzix8xvH5b9dQDUy9>. I address concerns in the order that I receive them, so please be patient if it takes some time before I address you or your student's concern(s).

Resources

Need help with food assistance? Try the [Foodfinder.us](https://www.foodfinder.us) app on your phone or go to helpendhunger.org. Both of these resources will help you find sources of food assistance.

Need other resources? The best place to start is: herohelpme.com. This is from St. Joseph's Candler here in Savannah.

If you need assistance, please do not hesitate to contact me.

GameChangers, STEM Club, and Chess Club

GameChangers has started. GameChangers is on Tuesday and Friday mornings, 7:10-8:00 this year, when school is open to students.

GameChangers is a K-5th grade only club. We are full, so if your child is interested, email me so I can add them to our waitlist!

STEM Club is will start in November! Wednesdays from 3:45-4:45. We are excited to continue to have STEM Club after working with over 4 groups of students since we began last year, for almost 80 total students!

Chess Club will start in November. This club is for students interested in learning chess or who already know how to play chess. We learn specific strategies and tactics to up their chess game. We learn topics ranging from openers, defenses, point values, and special moves.

Book Club. Mr. Tyler is not involved with Book Club, which is for 4th-5th grade students in the afternoon. For more information, please contact Ms. Ammah at ammah.broadbelt@cemco.org.

Girls on the Run is now over. Mr. Tyler is not involved with Girls on the Run, which is for 3rd-5th grade girls. Please contact Ms. Leslie at leslie.sheppard@cemco.org for more information.

Art Club is now over. Mr. Tyler is not involved with Art Club. If you have any questions, please contact Ms, Bethany at bethany.norwood@cemco.org.