

VOLUME IV / ISSUE II



COUNSELOR'S CONNECTION

January/Winter 2022

Ms. Ramunni, School Counselor
Liberty Bell Elementary School



Greetings From MS. Ramunni

Greetings Liberty Bell families! AS the end of the Second marking period comes to a close, as well as the first half of the 2021-2022 School year, I have a Sense of hope. I understand that there are and will continue to be many pandemic and non-pandemic related challenges, but I can't help but feel like we at Liberty Bell are staying the course. Actually, we're doing more than staying the course. We're rising way above the fray and even above the high expectations we have for ourselves. And Somehow, through it all, we've managed quite extraordinarily to continue to make our students' well-being, both academically and emotionally, our number one priority. It's what makes Liberty Bell an amazing School. WE make Liberty Bell an amazing School.. Yay us!

School Counseling Services, "Classroom Counseling" and Programming

Classroom Counseling

Lessons so far have gone smoothly and been well-received. Being in the classroom has enriched my connections with our students and teachers which brings much more value to my role as School Counselor. The topics we've covered so far are: Meet the Counselor, Bullying Awareness, Self-Regulation, Size of the Problem, and The Great Kindness Challenge (specific to the month of January). For lesson slideshows go [here](#).

Kindergarten students receive lessons from the preK-K PATHS curriculum. We have discussed feelings, friendship, and self-control to date.

SAP (Student Assistance Program)

Oftentimes we're perplexed by our students' mental health and/or behavioral struggles that occur either in school or at home...or in both settings. Sometimes the issues are best addressed by services available in the community. The Student Assistance Program allows us to work closely as a team with parents and The Center For Humanistic Change (CHC). The Center offers behavior screenings, programming and serves as a great resource for schools, parents, and families. Click [here](#) to view Liberty Bell's SAP brochure and [here](#) to learn more about The Center for Humanistic Change. Contact me for more information.

PATHS

Promoting Alternative Thinking Strategies

The PATHS program continues here at Liberty Bell Elementary School. Third grade lessons wrapped up prior to the winter break and second grade lessons began just after our return. For more information about PATHS curriculum, go [here](#).

Good Reads!

The Best Winter-Themed Books For Kids

<https://imaginationSoup.net/best-winter-themed-picture-books-kids/>

Important Dates

End of 2nd Marking Period	January 20, 2022	
Teacher In-Service	January 14, 2022	Students Do Not Report
Martin Luther King, Jr. Day	January 17, 2022	No School
Teacher In-Service	February 18, 2022	Students Do Not Report
President's Day	February 21, 2022	No School
End of Marking Period 3	March 29, 2022	

This is something I borrowed from The Center for Humanistic Change's recent newsletter and thought I'd share it with you.

5 Ways to Support Your Child When They're Feeling Anxious

Having anxiety can be really tough for our little ones, and it's tough for parents as well. Here are a few simple ways you can provide your child with some support during those harder moments:

1. Validate their feelings, even if you don't quite understand where it's coming from. Let them know they have a safe space to talk about what they're experiencing.
2. Distract. For example, if you'll have to wait some time for a doctor's appointment that they're nervous about, bring along an activity to keep their mind occupied, or create a game you can play together.
3. Make a "cope ahead" plan. Not only does it open up a space for your child to talk about the situations that scare them, but it gives them (and you) the opportunity to think ahead about what might help them get through it.
4. Practice relaxation skills together. Use relaxation techniques with your child while they are calm, then they will be even more effective when they are practiced during those high stress times.
5. Finally, connect. Tell your child about a time when you were scared and how you got through it successfully. Not only will this validate what they are experiencing, but it will also build a connection between you and your child.



How To Reach Me

Services are available to all Liberty Bell students and families. I am here to help! Please contact me for any additional support:

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SeeSaw: Counselor's Corner