

Weatherstone CASS Corner

News and Information from the Counseling and Student Services Team

May 2021 Vol 15

Summer is Coming!



[25 Best Things to Do in Raleigh, NC \(for 2021\)](#)



[Summer Camps in the Triangle for 2021](#)

CASS Stands for Counseling and Student Services!

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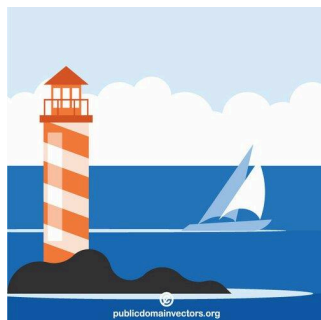
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(919) 594-3538

Gennetta Nelson - School Nurse

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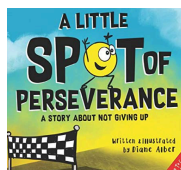
Get to Know Your Fantastic Elastic Brain!

In Your Fantastic Elastic Brain, author JoAnn Deak, Ph.D. introduces children to the wonders of their own brains. Through lively text and colorfully illustrated diagrams, children come to understand the integral role they play in stretching and shaping this powerful organ.

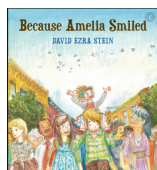


<https://youtu.be/ljirBli1kME>

Book Nook



[A Little Spot of Perseverance](#) By Diane Alber



[Because Amelia Smiled](#) by David Ezra Stein

Link to previous CASS Newsletters
[Previous CASS Newsletters](#)

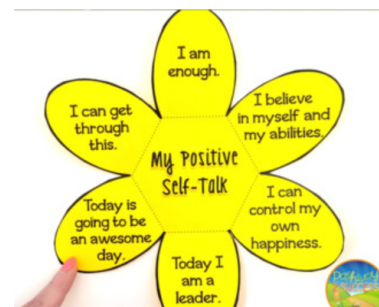
"Acting out" Kids? A Few Reminders to Help You Respond to Them!

SOME THINGS WE CAN REMIND OURSELVES OF BEFORE RESPONDING TO A CHILD WHO IS "ACTING OUT"

- I will take **deep breaths** to calm and center myself.
- I am the adult and **captain** of this ship.
- They are doing the best that they can, given the skills and resources that they have in this very moment.
- Their **prefrontal cortex** is not fully developed yet. (Won't be until they are in their mid-twenties!) Their brain is only 9 (or 4 or 16 or 13 or 7) years old.
- Their **Protective Brain** (amygdala) is directing them right now.
- I choose to respond with **kindness & compassion**, like the **WARRIOR** that I am.

WholeHearted School Counseling

[Some Things We Can Remind Ourselves](#)



[What is Positive Self-Talk and How Can it Help?](#)

[Mr. Clowers' Resource Site](#)

Our School Social Worker's website for information on community resources including:

- ★ [Medical Resources](#)
- ★ [WCPSS Food Distribution](#)
- ★ [Wake County Human Services](#) and [NC DHHS](#)
- ★ [NC COVID-19 Response](#) and Resources
- ★ [Tech support](#) for families
- ★ Childcare and remote learning assistance in Wake County [HERE](#)

Weatherstone CASS Corner

News and Information from the Counseling and Student Services Team

May 2021 Vol. 14

Coping Skills for the End of the Year for Parents and Students

Pick a different coping skill to try each day! At the end of the week highlight the ones that work best for you.

Coping Skills

Coping Skills are helpful when you feel stress, worry, nervous, or anxious. Each day pick a coping skill to use for that day. At the end of the week highlight the ones that work the best for you!		
Talk with someone you trust about your thoughts and feelings. (Who is someone you can talk to about your feelings?)	Think of your favorite smell. Close your eyes and imagine smelling this smell. Try to focus only on the smell.	Listen to music. Pick some songs you enjoy that help you feel calm. After listening to the songs pay attention to how you are feeling (are you more relaxed, are you calmer?)
Take deep breaths. Take at least 3 deep breaths. Imagine you are breathing in a flower and blowing out a candle.	Do some stretches. Stretching can calm the mind and help you feel relaxed.	Get some exercise. Take a walk, jog, ride a bike, or jump on a trampoline.
Write you feel nervous or stressed. Think something and think about the object you are thinking (shape, size, color, how much do you think it weighs)	Use positive self-talk. "I can do this"	Imagine something relaxing (beach, mountains, woods, lake, creek...) Think about the sights, sounds, and smells in the place.
Pick a color and count how many things you see that are that color.	Think about things you are thankful for. Think of at least 3 things.	Journal, write down your thoughts and feelings.
Read a book, pick a book you enjoy and spend time reading.	Do a word search or crossword puzzle.	Play with a pet.

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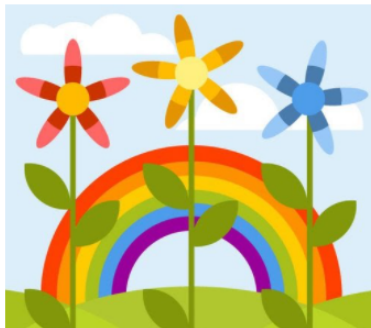
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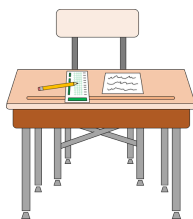


Special Event for Virtual Academy Students Returning to the Building for EOG's

Are you a VA student and returning to the building for the first time?
Are you wondering what it will be like to be inside Weatherstone to take the EOG's?

Join a meet with your School Counselors to help ease any worries!

[EOG Meets for VA Students!](#)

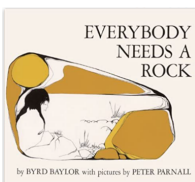


Book Nook



[I Am Perfectly Designed](#) by

Karamo Brown



[Everybody Needs a Rock](#)

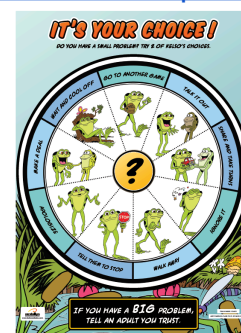
by Byrd Baylor

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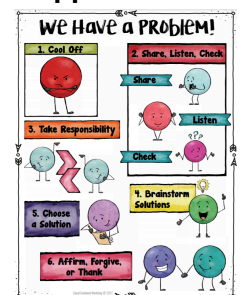
Problem Solving For Kids!

Here is a problem solving model to help students work out disagreements with peers/siblings

<https://kelsoschoice.com/free-resources/for-parents/>



Problem Solving Steps for the Upper Grades!



[Problem Solver Steps and Bookmarks](#)

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News and Information from the Counseling and Student Services Team

April 2021 Vol. 13

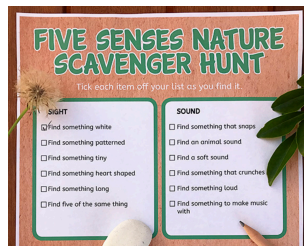
What Do I Do When Everything I Do Doesn't Work?

Parenting can be tough, especially after this year of parenting in a pandemic. If you feel like you are struggling with your child's behavior here are six things you may want to look at from a slightly different angle [What Do I Do When Everything I Do Doesn't...](#)



Exploring Nature With the Five Senses!

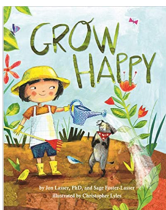
Looking for a fun way to encourage your kids to spend more time outdoors? Send them on a [Nature Scavenger Hunt!](#)



Book Nook



[Be Kind](#) by Pat Zietlow Miller
[Be Kind | A Children's Story about things that matter](#)



[Grow Happy](#)
by Jon Lasser
[GROW HAPPY](#)

Welcome Our New School Nurse!

Our new school nurse is Gennetta Nelson! We are so excited to have her join our team here at Weatherstone.

She can be reached at

Phone: 919-410-1829

Email: gnelson@wcpss.net



5 Strategies to Help Kids Resolve Conflict

Conflict resolution skills play an important role in healthy friendship development.



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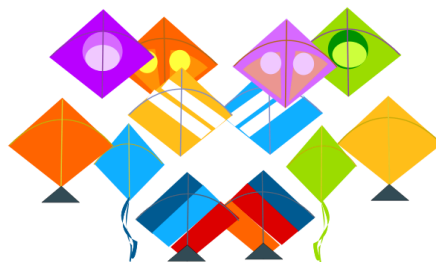
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Weatherstone CASS Corner

News and Information from the Counseling and Student Services Team

March 2021 Vol. 12



Welcome Our New School Nurse!

Our new school nurse is Ceci Callahan! We are so excited to have her join our team here at Weatherstone. She currently serves our school, Cary Elementary and Hortons Creek Elementary. She can be reached at

Phone: 919-524-6639

Email: ccallahan@wcpss.net



Discussing Tough Topics with Kids

Books can explore deep or difficult issues without hitting them head-on. Below are several suggestions for books that can help young kids think about tough subjects

[7 Books To Help Address and Discuss Tough Topics With Kids](#)



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Ceci Callahan - School Nurse

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Email: ccallahan@wcpss.net



Family Fun

Dorothea Dix Park

<https://dorotheadixpark.org/>

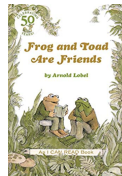
The daffodils started blooming the first week of March 2021!

The daffodils are planted in Flowers Field off Umstead Drive behind the Flower Cottage and near the historic cemetery. Enjoy a hike and a picnic!

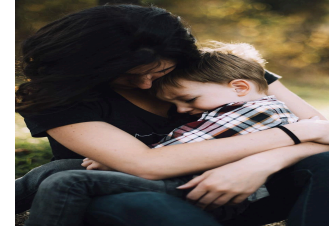


Book Nook

['Spring' from Frog and Toad are Friends | Read Aloud](#)



[Meet Tough Moments with Empathy](#)



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Weatherstone CASS Corner

News and Information from the Counseling and Student Services Team

7 Tips for Raising Caring Kids



The seeds of empathy, caring, and compassion are present from early in life, but children need adults to help them at every stage to nurture these seeds into full development. Below are guideposts for raising caring, respectful, and ethical children along with tips for putting them into action.

[7+Tips+for+Raising+Caring+Kids+Handout.pdf](#)

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March is National Nutrition Month!!!

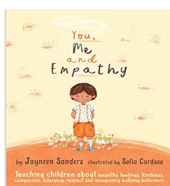
Did you know that students who eat breakfast tend to perform better on standardized tests and that eating breakfast is correlated with higher scores in spelling, reading, and math?

Follow WCPSS Child and Nutrition Services on [Twitter](#) for more great facts, updates, and news!

Book Nook!



[Be Kind](#) by Pat Miller



[You, Me, and Empathy](#) by Jayneen Sanders

One of the most important social skills a child can learn is empathy. Being able to understand how another person is feeling and recognizing their needs helps people to connect to one another across race, culture and the diversity that is ever-present and so important to our world.

Reading SOS



COVID-19 has disrupted regular reading instruction for our K-3 kids. While families want to step in and help, it can be challenging. This video series can help families support their child's literacy skills at home!

Free and Reduced Breakfast and Lunch

All students receive free breakfast and lunch during the 2020-2021 school year. You can find out more about school meals [here](#)

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Weatherstone CASS Corner

News and Information from the Counseling and Student Services Team

January 2021 Vol. 9

Cool, Calm, & Connected: 4 Mindfulness Activities for Your Family Routine

Spending mindful time as a family creates a sense of contentment and connection. Find 4 activities you can do with your family below:

[Cool, Calm, & Connected: 4 Mindfulness Activities for Your Family Routine](#)



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Safe Indoor and Outdoor Activities for Families

Looking for new ideas for family time, click here:

[SAFE INDOOR AND OUTDOOR ACTIVITIES FOR FAMILIES IN THE TIME OF CORONAVIRUS](#)



Book Nook!

[Zen Hen](#) by

Keri

Powers-Pye



[Even Superheroes Have Bad Days](#) by
Shelly Becker

Beyond "I'm Sorry": Teaching Children to Apologize and to Forgive

Here are a few tips for getting beyond the begrudging "I'm sorry." This approach can cultivate empathy, help children learn to manage emotions, and improve behavior.

[Beyond "I'm Sorry"](#)



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- ***NEW Childcare and remote learning assistance in Wake County [HERE](#)***

Weatherstone CASS Corner

News and Information from the Counseling and Student Services Team

January 2021 Vol. 8

Learning at Home Tips for Families

[Learning at Home Tips for Families](#)

(In English and Spanish)



Have Seesaw Questions?

The following step-by-step guide is for students in K-2 who use their WCPSS Student ID Number for **BOTH** their “Your WakeID” and their “Your WakeID Password.” Be sure all previous logins are **logged out** and then **close** all browser windows before proceeding.

This is for Seesaw only, K-2:
[Link](#)

Google Classroom: A Short Guide on Everything You Need to Know

Do you want to know how to help your child keep track of and turn in assignments? Wonder what the difference is between “stream” and “classwork”? Use this handy guide to answer any questions you may have!

[Google Classroom Guide](#)

For Missing work in Google Classroom: [link](#)

Pro Tip: Check Google Classroom every Friday for missing work

Tips for Creating a Remote Learning Space in Your Home

1. **Choose a location based on your child's learning experience-** if they prefer silence, consider a spare bedroom. If they enjoy background noise, the kitchen or near your office
2. **Eliminate distractions-** turn off phones, ipads and TV when children are learning. Remove toys
3. **Make it comfortable-but not too comfortable-** choose a comfy chair and a flat surface for their laptop and supplies. Beds are not recommended.
4. **Have all of their supplies easily accessible in their learning space**
5. **Allow them to personalize their space by adding decorations or anything that will keep them inspired**

Participation tips during remote learning

Even though it is not required, having your camera on can show your teacher that you are engaged and following along!

Ask and answer questions!

Whether it is by using the chat box, raising your hand, or unmute when called on by your teacher

Pro Tip: Your participation helps your teacher gauge if they need to go over a concept again or if you are ready to move on to the next part of the lesson. You are an important ingredient in making teaching work!

Link to previous CASS Newsletters

[Previous CASS Newsletters](#)

Are you having trouble remembering the exact time of Live Meets with your teacher?

[How to add reminders in Google Calendar](#)



What if I miss a class? What if my internet goes out? What if...???

We know that things may come up that cause you to not log in for a class. The important part is to communicate with your teacher to let them know why you are absent and how you can make up anything you missed. Email is usually the best way to contact your teacher, but some teachers also have apps such as Talking Points where you can send them a message to let them know what is going on.

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NEW Childcare and remote learning assistance in Wake County [HERE](#)

Weatherstone CASS Corner

News and Information from the Counseling and Student Services Team

December 2020 Vol. 7

Tips from Attendance Works

Some great information on building the habit of good attendance!

- ★ [How attendance in Elementary school is correlated to long term outcomes](#)
- ★ [How to stay engaged in school, even during remote learning](#)



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919-524-235



NEW Information on 2020 Holiday Assistance for Families

Due to the pandemic and current health restrictions, we will have to reconsider activities we have used in the past to support families. We are happy to share information about the **Hope Community Church Toy Store Drive-Thru**. Families are invited to sign up for one toy per child, for all kids under 18, including infants. You may only register at one campus for one time slot. More information here:

[Christmas Toy Store | GetHope.net](#)

Winter Coat Giveaway through The Salvation Army

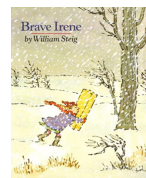
Call 919-834-6733 to schedule an appointment. Distribution dates for December are 12/5, 12/19 and Wednesday mornings



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BOOK NOOK SEL Read Alouds



[Brave Irene](#) by William Steig

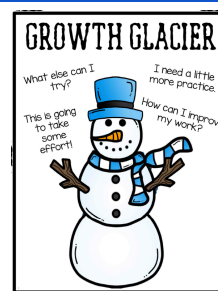


[The Most Magnificent Thing](#) By Ashely Spire

Fixed Frosty or Growth Glacier?

Learn more here about fixed vs growth mindset! Then build a mindset snowman with your child!

[Mindset Snowman!](#)



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Weatherstone CASS Corner

News and Information from the Counseling and Student Services Team

November 2020 Vol. 6

40 Simple Ways to be Grateful

Gratitude is such a powerful emotion, one that can make your life better in so many ways. Here are 40 simple ways to make gratitude a part of everyday life.

[40 Simple Ways to be Grateful](#)



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Due to the pandemic and current health restrictions, we will have to reconsider activities we have used in the past to support families. We are happy to share information about the Pride 4 Parents Program. Pride 4 Parents is an annual toy and gift sale designed to benefit hard working families at Christmas. Find out more here: [Pride for Parents Wake – Pride for Parents Christmas Store](#)



WCPSS Middle School Information

5th Grade Parents-please use this page as a place to gather information related to upcoming Middle School Tours, Open Houses and Registration

BOOK NOOK SEL Read Alouds



[Those Shoes](#) by
Maribeth Boelts



[Thankful](#) By Eileen
Spinelli

Social Emotional Learning at Home

From National Association of School Psychologists

Check out this article about using praise and rewards wisely at home.



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Weatherstone CASS Corner

News and Information from the Counseling and Student Services Team

November 2020 Vol. 5

Visit the Imagine Neighborhood!

[The Imagine Neighborhood](#) is a podcast designed to help children and grown-ups grow their social-emotional skills. It uses stories, music, and activities to help kids and grown-ups talk about big feelings and solve problems together.



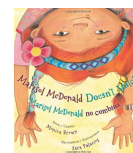
What About Masks???

WCPSS has a [page](#) with lots of information about masks including:

- Face covering requirements
- How to adjust a mask that doesn't have a snug fit
- Social stories about mask-wearing
- FAQ for parents and families



BOOK NOOK SEL Read Alouds



[Marisol McDonald Doesn't Match](#)
By Monica Brown



[Last Stop on Market St](#)
By Matt de la Peña
(read by the illustrator Christian Robinson!)

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WCPSS Middle School Information

5th Grade Parents-please use this page as a place to gather information related to upcoming Middle School Tours, Open Houses and Registration

**Link to previous CASS
Newsletters**

[Previous CASS Newsletters](#)

8 Tips to Help Your Child Focus and Stay Engage During Distance Learning

From John Hopkins School of Education

Some Key Takeaways:

- Encourage Movement
- Reduce Distractions
- Use A Checklist For Focus
- Provide Immediate Positive Feedback



Mr. Clowers' Resource Site

Our School Social Worker's website for information on community resources including:

- ★ [Medical Resources](#)
- ★ [WCPSS Food](#) Distribution
- ★ [Wake County Human Services](#) and [NC DHHS](#)
- ★ [NC COVID-19](#) Response
- ★ and Resources
- ★ [Tech support](#) for families

*****NEW** Childcare and remote learning assistance in Wake County [HERE](#)***

Weatherstone CASS Corner

News and Information from the Counseling and Student Services Team

October 2020 Vol. 4

Managing Your Own Anxiety During School Reopening

With so many difficult decisions to make, check out some strategies to help you stay calm

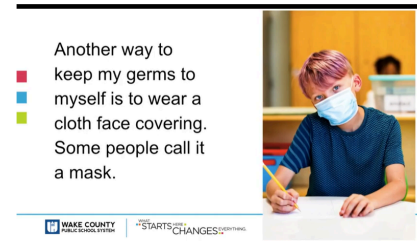
[Managing Your Own Anxiety](#)



WCPSS Social Stories for Young Learners

WCPSS Student Support Services has produced a series of short videos that can be viewed and well understood by students in the early grades. The stories outline the importance of wearing face coverings, social distancing, hand washing, health screening and drinking water safely. We encourage parents of students in grades PreK through 3 to share these with their students.

[Face Coverings](#)
[Social Distancing](#)
[Hand Washing](#)
[Health Screenings](#)
[Water](#)
[Health and Safety Guidelines](#)



WCPSS Middle School Information

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BOOK NOOK SEL Read Alouds



[Ruby's Worry by Tom Percival](#)



[Thelma the Unicorn by Aaron Blabey](#)

Preparing Students for a Safe Return to School

As schools begin to re-open for in person learning, parents are facing a whole new back to school to-do list. Which includes teaching your child to be responsible for their safety. This is one of the most important things parents can do to prepare students for returning to the classroom. [Check out this planning guide and checklist created by the CDC for returning to the classroom.](#)

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- ★ [NC COVID-19](#) Response and Resources
- ★ [Tech support](#) for families

CASS Stands for Counseling and Student Services!

The Weatherstone Counseling and Student Services team is here for you and your children!

Katherine O'Connor - School Counselor grades 3-5

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Weatherstone CASS Corner

News and Information from the Counseling and Student Services Team

October 2020 Vol. 3

Sesame Street: Name That Emotion With Murray!

Take some time to watch a fun video with your child about recognizing feelings! Our students have been working hard on identifying feelings in their guidance lessons.

[Name That Emotion!](#)



WCPSS Return to Campus Guide for Families

We ask you to take some time to familiarize yourself with the important information contained in this guide. As you do so, please know that our care and concern for your child's safety and learning guide all we do.

This will never change.

[Return to Campus](#)



[WCPSS Middle School Information](#)

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BOOK NOOK SEL Read Alouds



[In My Heart: A Book of Feelings](#)
by Jo Witek



[The Color Monster: A Story About Emotions](#)
by Anna Llenas

How to talk to Your Child About the News (For Parents)

Help your child understand the news and feel more at ease by checking out this great resource.

[Talking to Your Child About the News](#)



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Weatherstone CASS Corner

News and Information from the Counseling and Student Services Team

September 2020 Vol. 2

ABCs of Back to School: A Town Hall for Families

Sesame Street and CNN teamed up for a new Town Hall tackling all things back-to-school, from staying healthy in classrooms to making the most of remote learning

[ABCs of Back to School Town Hall](#)



Praise and Rewards during Remote Learning!

The following article offers guidance on engaging and motivating students during remote learning.

[Engagement and Motivation](#)



Link to previous CASS
Newsletters

[Previous CASS Newsletters](#)

Virtual Calming Area and Breathing Strategies!

Take some time to explore this amazing resource. Open the link below in Google Slides and click "Present". You can then have your child explore different fun and creative ways to calm themselves.

[Virtual Calming Area](#)



[Mr. Clowers' Resource Site](#)

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Weatherstone Counselor's Corner Website

Weatherstone's Counseling Corner



<https://weatherstonecounselor.weebly.com/>

Come explore our website and check out our Social Emotional Learning Resources

Our School Social Worker's website for information on community resources including:

- ★ Assistance with insurance, prescriptions, insulin, epinephrine [Medical Resources](#)
- ★ [WCPSS Food](#) Distribution
- ★ [Wake County Human Services](#) and [NC DHHS](#)
- ★ [NC COVID-19](#) Response and Resources
- ★ [Tech support](#) for families

Weatherstone CASS Corner

News and Information from the Counseling and Student Services Team

September 2020 Vol. 1

Behavioral Health: Mental Health Services in Reopening-Family Guidance

The following video offers guidance on WCPSS and Alliance Behavioral Health services during reopening.

[Behavioral Health: Mental Health Services in Reopening-Family Guidance](#)



[Mr. Clowers' Resource Site](#)

Our School Social Worker's website for information on community resources including:

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Link to previous CASS Newsletters

[Previous CASS Newsletters](#)

Weatherstone School Counseling Open House Information

If you were unable to attend the School Counseling Team's Open House google meet, you can review the information here...

[Open House Presentation](#)



Weatherstone School Counseling Information

A Presentation by
Katherine O'Connor and Kelly Wiener
Weatherstone's School Counselors

Zones of Regulation at HOME!

The **ZONES** of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE

Zones Feelings Handout

The Zones of Regulation is a school wide program we introduced last year to help students gain skills in the area of self regulation.

Learn more here...

[Zones Distance Learning Resources](#)

Create a Zones Check-In at home!

[Zones Check In at Home](#)

