

Counselor's Corner
April 2011



Dear Parents and Students,

April is a busy month with Spring Break and Camp Bernie coming up! There will be no formal guidance lessons in grades K-2. I will be in grades 3 through 5 at the end of this month to talk to students about test taking and relaxation strategies for the upcoming NJ ASK testing in May. I would like to wish everyone a wonderful and relaxing Spring Break. Have a great month!

Sincerely,

Mrs. Anne Duque
School Guidance Counselor
aduke@bernardsboe.com
908-470-1600, ext. 114

Lunch Groups

Lunch groups will start the week of April 4th and conclude the week of May 2nd. For more information please check out the guidance website under "Small Group Programs".

Please note there will be no lunch groups during the month of May due to testing.

Standardized Testing

Just a reminder that NJ ASK (New Jersey Assessment of Skills and Knowledge) Testing is coming up the week of May 9th for all 3rd, 4th, and 5th graders.

Some Good Books about Relaxation...

Boy and a Bear: The Children's Relaxation Book by Lori Lite and Meg Hartigan

Cool Cats, Calm Kids: Relaxation and Stress Management for Young People

by Mary L. Williams

**101 Relaxation Games for Children: Finding a Little Peace and Quiet in Between*

by Almuth Bartl

* This selection can be found at your local Somerset County Library.

