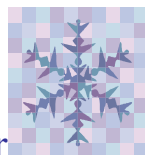


Counselor's Corner January 2011



Dear Parents and Students,

I would like to wish everyone a very Happy New Year! During the month of January I will be in all classrooms conducting class lessons. In Kindergarten we will be discussing the emotions from *My Personal Rainbow of Feelings: angry to calm*. First grade will have a lesson on bullying in which the students will learn the definition of a bully and a bystander. The students will learn strategies to use if/when they are bullied as well as what to do if they are a bystander and witness bullying taking place. Grades 2-4 will receive a lesson on Conflict Resolution. The focus of this lesson is to help students become aware of the effect of his/her actions has on others, to consider peaceful options for the resolving of conflict, and to learn that any individual has the power to expand or reduce a conflict. Fifth grade will learn about gossiping and rumors and what to do if they hear it and how to prevent it from spreading.

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

Lunch Groups

Lunch groups will begin the week of January 10th and run until the week of February 7th. This month I will be running "Lunch Bunch" where students will focus on social skills and how to create and foster friendships.

Guidance Modules

There is a link to all classroom modules conducted in January in the Friday Folder. For **all** the handouts on Guidance Modules, please check the guidance website under "Class Module Home Page". All of the handouts are there for you to print out and review.

Friendship is a horizon-which expands whenever we approach it. E.R. Hazlip



