

# September Newsletter

From Mrs. Mosley, Your School Counselor

## School Counselor Services

Did you know the school counselor collaborates with families, students, and staff to figure out how to best support students. They may send out a needs assessment to staff or send home a behavior survey for you to complete before starting counseling services!

## Parenting Podcast

Listen to this podcast episode to see when you should practice coping skills with your child.



## Social-Emotional Skill

### *Coping Skills*

Does your child have coping skills to use when they feel angry, sad, or out of control?

Identifying and practicing coping skills is essential to managing big emotions.

Coping skills vary by setting. What works at school may not work at home. Share with your child your favorite coping skills to use when stressed.

Examples of coping skills include deep breathing counting to 10, journaling, listening to music, going on a run, etc.



## Activities for Home

Do a coping skills scavenger hunt! Write down coping skills and hide them around the house. When your child finds them, practice the skill together.

Play coping skills charades! Act out different coping skills and try to guess them. Then discuss which ones would work best for your child.

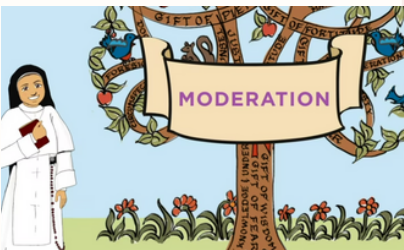
Make a coping skills toolbox. Find comforting items and put them in a shoebox as a calming kit your child can use when overwhelmed at home.



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## Contact Me

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## Topics for K-2

- Welcome and Team building activities
- Bucket filling (choosing kind over unkind words/ actions),

## Topics for 3-5

- Welcome and Team building activities
- SMART Goals (setting yourself up for success)

## Topics for 6-8

- Welcome and Team building activities
- Growth Mindset (having a positive attitude to succeed)



## Announcements

Students will attend SEL (Social Emotional Learning) with Mrs. Mosley as a part of their Specialist rotation, as well as participate in Virtue Lessons with their homeroom teacher to supplement their social-emotional skills. This month's virtue will be Moderation, and we will be learning from St. Carlos Acutis.

