News from the School Counselor

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THE CLASSROOM CHARTER

I will be visiting all classrooms on a monthly basis, focusing on a different topic each month. Lessons during the month of September focused on the **Classroom Charter**. Each class worked together on creating a Class Charter as an expression of values and norms unique to the class intended to help all students feel safe, welcome, and heard. Students were able to verbalize how they would like to feel at school and the actions and behaviors that could foster those feelings. These charters "live" in the classroom and are referred to daily by students and teachers.

UPCOMING

Next month, classes will be learning about the **Mood Meter**. The Mood Meter is a tool used to recognize and understand our emotions. The Mood Meter is partitioned into four quadrants: red, blue, green, and yellow. Each quadrant, or color, represents a different set of feelings. As a class, we will discuss specific strategies that students can utilize to help move from one color to another and to replace negative emotions with more productive feelings.

REMINDERS

- If you would like me to check in with your child for any reason, please reach me by email.
- My office is a safe space. Students are taught "What you say in here stays in here unless someone is hurting you, you want to hurt yourself or others, or you give permission to share with a trusted adult".

COFFEE WITH THE COUNSELOR

October 27th, 2022
9:00-9:45 am

First monthly "Coffee with the Counselor". Each month we will focus on one topic. For this month, we will focus on the "Mood Meter" and how it can be utilized at home. This meeting will held via zoom and a link will be emailed out prior to the meeting. The meeting will be recorded if you are unable to attend.

Families can create charters, too! By creating a family charter at home, you are helping your child(ren) understand that all feelings are acceptable, that everyone deserves to be heard, and that each member of your family is to be held accountable for creating the kind of supportive family you all envision

How to Create a Family Charter

Step 1: Brainstorm Feelings

Every member thinks about how they want to feel in your family.
Discuss & record the feelings words that are important to you.

Step 2: Actions That Support These Feelings

Discuss actions that will help support each feeling word identified in Step 1.
Example: Calm = We will use gentle voices when communicating.

Step 3: Handling Uncomfortable Feelings & Conflicts

Consider conflicts that may arise in your family.
Come up with one action to go with each feeling or conflict.
Example: If someone is in a bad mood, let them know that you are available to talk and/or give them a moment to themselves.

Saint Paul School utilizes the RULER program, which was developed by the Yale Center for Emotional Intelligence. RULER is an evidence-based approach for integrating social and emotional learning into schools. RULER is an acronym that represents the five skills of emotional intelligence.

In order to help create a positive emotional climate at home, you can practice the five key skills of emotional intelligence with your family.

Recognize:
Pay attention to your emotions & the emotions of family members.
Notice and discuss how facial expressions, vocal changes, and body language reflect different emotions.

Understand:
Anticipate, manage, or prevent unwanted or negative feelings.
Promote positive feelings.
Support your child's emotional needs.

Label:
Utilize a wide range of emotional literacy.
Encourage your child(ren) to find the best word to describe their feelings.

Express:
Talk about what your facial expression or body language looks like when you are experiencing different feelings.
Help your child(ren) evaluate the best time, place, and way to express their feelings.

Regulate:
Model a variety of effective strategies to help manage your own feelings.
Help your child(ren) find useful and successful strategies to help manage their feelings.