

School Counselors Corner Happy March 2021

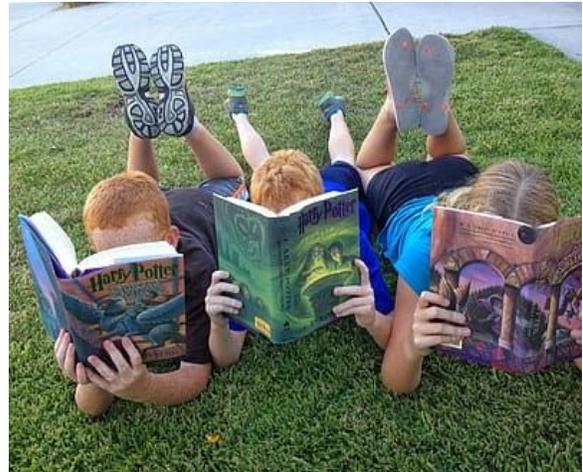


Character Word of the Month ***is HONESTY***

BE TRUTHFUL...Don't lie, cheat or steal.

BE RELIABLE...Keep your promises and follow through on your commitments.

HAVE THE COURAGE... To do what is right, even when it is difficult.



Love of Reading Week
March 1st - March 5th

The following article goes into detail of the many benefits of reading to children.

[Benefits & Importance of Reading to Children | Children's Bureau \(all4kids.org\)](https://www.all4kids.org/childrens-bureau/benefits-importance-reading-children)

Some benefits include:

1. Cognitive Development
2. Improved language skills
3. Prepare for academic success
4. Developing a bond with your child
5. Improved imagination

International SEL Day
March 26, 2021
SELday

What is SEL?

Social and Emotional Learning

**SEL: What Are the Core
Competence Areas and
Where are they Promoted?
(casel.org)**

Social and emotional learning (SEL) is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions. Students in SEL programs are more likely to attend school and

receive better grades, and are less likely to have conduct problems. Successful infusion of SEL can result in positive behaviors, increased academic success, and caring communities.

**The Effects of Too Much
Screen Time**



Today's children have grown up with a vast array of electronic devices at their fingertips. They can't imagine a world without smartphones, tablets, and the internet.

The advances in technology mean today's parents are the first generation to figure out how to limit screen time for children.

While digital devices can provide endless hours of entertainment and they can offer educational content, unlimited screen time can be harmful.

The Negative Effects of Too Much Screen Time Include:

- Obesity
- Sleep Problems
- Behavior Problems
- Educational Problems
- Violence

Consider creating Household Rules to curb screen time.

Examples include:

- No digital devices during family meals
- No screens in the bedroom
- No screen time in the car
- Limit violence on games and videos with parental controls
- No electronics during family fun nights.

Consider a “digital detox” for the whole family. Create a

screen-free night once a week or unplug for a few hours on the weekend. It could be good for everyone’s physical and emotional health, as well as your family’s relationships.

Finally, Happy St. Patrick’s Day

March 17, 2021



How do I see the counselor?

Classroom SEL lessons are scheduled weekly K-5.

Individual counseling by self-referral, parent referral, teacher referral, administrator referral or counselor initiated.

I do a weekly Mental Health Check-In via Google Classroom in grades 4-8 and ask if they would like to speak with me directly.

Office hours via Google Meet every Tuesday and Thursday from 2pm to 3pm.

Please email me at cblake@hamburgschool.com if interested in attending office hours. I will then send you the link directly.

Sincerely,

Catherine Blake

Certified School Counselor/LAC

Hamburg School

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