



# School Counselor's Corner

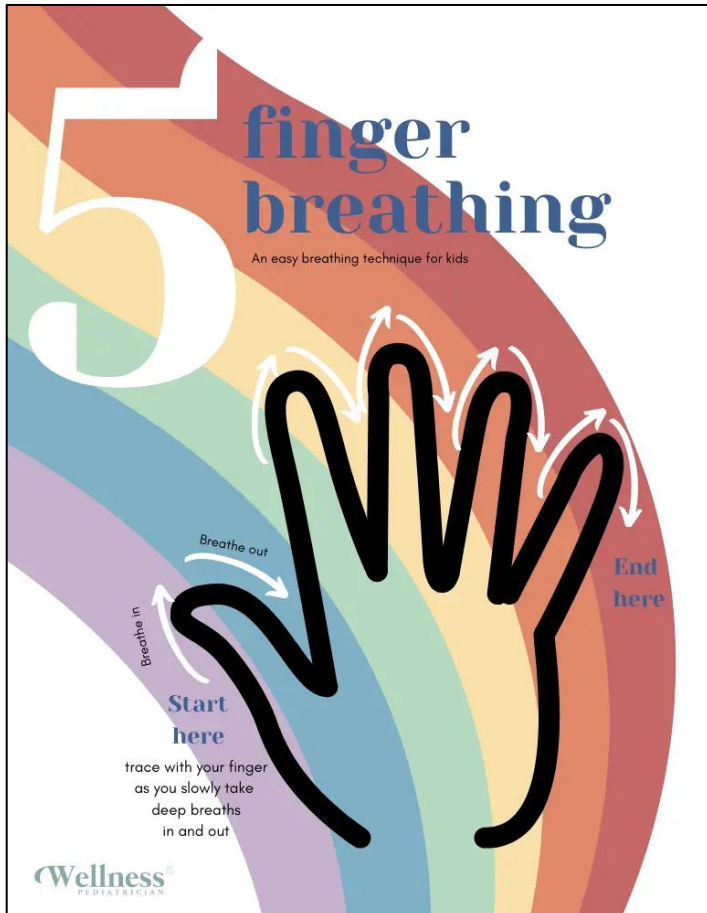
Mrs. Schreiber, School Counselor | January 2022

## Lesson Themes for January:

- 1st grade: Friendship
- 2nd grade: Tattle vs Tell
- 3rd grade: Stress
- 4th grade: Growth Mindset
- 5th grade: Goal Setting



## Coping Strategy of the Month



## From the Desk of Mrs. Schreiber:

### Happy New Year, Huskies!

The new year is a great time to remind our students of our school-wide expectations of being **Ready, Respectful, and Responsible!** Sometimes after a long break, it may take a few days to get back into a normal routine and remember all that comes with being back in school.

This month, I want to focus on being **respectful** when a friend hurts your child's feelings. When your child has a conflict with a friend, share with them that they can use an **I-Message** to respectfully talk about the problem.

Your child can say...

*"I feel (share how they made you feel).*

*When you (share what they did).*

*Can you please (tell them what you want/need)?*

I-messages can give students the confidence to speak up for themselves, share their feelings without being rude, and talk out a conflict with others. Avoid using blaming "You-statements" and try to use "I" as much as possible. With a little practice, I-statements will sound very natural and smooth!

**K.I.D.S. Club**- Reminder, 5th graders in K.I.D.S. club will meet on January 13, 2022 and January 20, 2022.

*-Mrs. Schreiber*

Click the link below to walk you through this coping strategy!  
[Stop Breathe Think Kids- 5 Finger Breathing](#)



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