

Fall 2018

The View from the Counselor's Office

Exciting things have been happening at the counselor's office this fall. Mr. Miller and I started off the year meeting with and talking to all students about the difference between bullying and basic conflict. I met with all the K-1 students and introduced the concepts of using cotton ball words (soft/kind words) instead of sandpaper words (rough/unkind words).

Normandy Park's week of respect included daily spirit themes. Every student got to trace their hand on a bulletin board and write or draw in their hand how they show they respect. We had a three screens production and assembly to focus on respect. Our enthusiastic walkers at this year's walkathon were thrilled to have the opportunity meet some players from the Red Bulls soccer team, who entertained everyone with their skills and encouraged children to work hard and be kind to one another.

Our Kids of Character program is off to a strong start. Children can be nominated by any adult in the building who observes them doing something kind, helpful, or respectful to, or for others. Every child nominated receives a certificate specifically stating what he/she did to earn this nomination. Each month all the names are put in a box. Four students are selected at random and each one receives a \$5.00 gift card (generously donated by our HSA) to one of several local merchants. I am excited to report that in the first 2 months of school 56 students have been nominated!

As part of our school-wide theme "It's Cool to Be Kind", Mr. Miller and I just launched a Kindness Matters Caring Majority initiative. We will be going in to all of the classes several times throughout the year focus on kindness. We are starting with what kindness means, why it's important and setting goals for ways in which they will show kindness both in and out of school. Various projects and activities around the theme of kindness have been planned.

I continue to work with students both individually and in small group on a variety of topics which include self-esteem, friendship, anger management, family changes. If you have any questions or concerns about your child's social or emotional well being please feel free to contact me at 973-889-7960 x6115 or at cheryl.cohen@msdk12.net.



