

School Counselor News

Kindergarten

I have been using the "Disarming the Playground, Violence Prevention through Movement and Pro-Social Skills" curriculum with the Kindergarteners. They have learned about personal space, different size space bubbles (sm., med., and lg.), controlling their bodies from high energy to low energy, to no energy. We even practiced walking down the hall in our personal space bubbles. Ask your child about frozen statues and puddles. I'm sure they will be glad to demonstrate their self-control skills. They all did such an excellent job!

1st Grade

First graders learned about Personal Safety. We discussed the importance of talking about our feelings with someone we trust. They learned that rules at school and at home help to keep us safe. We also learned about "stranger dangers" and how to keep our selves safe by using "NO, GO, TELL" strategies. We practiced saying no using eye contact, strong body language, and a stern voice. We learned the difference between safe, unsafe and confusing touches and using NO, GO, TELL with unsafe and confusing touches.

2nd Grade

Second graders learned about personal safety through trusting their "gut instincts". We learned that sometimes when we are afraid that our bodies give us messages to help us keep safe, like butterflies in our stomachs. We talked about what to do if we are approached by strangers (NO, GO, TELL). WE also practiced saying no to convey a strong message. Good touch, bad touch and confusing touches were also covered. Be sure to read over the "Basic Rules of Safety For Children" and "What Should I do? Whom Should I Call?" sheets that I sent home with your children.

3rd, 4th and 5th Grades

The first week in April the Cromwell Disabilities Center will be presenting classroom *Student Disabilities Awareness* programs in all upper grade classrooms. The Program has three curriculums that provide exercises for students to discover on their own and from their peers the principles of sensitivity, understanding, and acceptance of students with all types of disabilities - learning, behavioral, developmental, and physical. These sessions will include brainstorming strategies to incorporate these principals in classrooms throughout the school. Currently all five elementary schools in South Portland participate in this cost-free learning opportunity. We're looking forward to their program.

As always, I plan on inviting each student to have lunch in my room sometime during our school year. I will also be starting some Friendship Groups soon. If you have any questions, concerns, or comments, please feel free to contact me.

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