

MS. G'S COUNSELING NEWSLETTER



APRIL
2024

Look What We Learned

RULER CONTINUES!

All month, at different grade levels we have continued to learn more emotion words. As we learn the words, the students figure out where on the mood meter it would go. We then discuss why the word falls within the selected quadrant.

MINDFULNESS

Our classes have been learning the importance of being present in the moment and focusing on the task in front of them. We have discussed things that are in our control vs. not in our control.

AUTISM ACCEPTANCE MONTH

Through classroom lessons, we are raising awareness to promote autism acceptance, celebrate neurodiversity and individual differences, and continue to advance inclusivity and connectedness throughout the Edgemont community.

Each student gets their own infinity symbol and decorates it the way they want to/the way that is unique to them, and then we collect all of the infinity symbols, and create one large school wide infinity symbol!

What's New

THREE BEE'S ASSEMBLIES

For the next few months, our monthly Three Bee Assemblies will introduce Java Compost, emphasis on the School-Wide Behavioral Expectations, and preparing for the end of the year!

Reminders

May is Mental Health Awareness month, and it's a great opportunity to tune into your emotions and ask your loved ones how they're doing. Additionally, May has several holidays that focus on mental health, including National Anxiety Disorders Screening Day, National Mental Health Provider Appreciation Day, and National Children's Mental Health Awareness Day.



Upcoming

- **NJSLA: MAY 6-10TH, 2024**
- **MAY 24- ABBREVIATED DAY**
- **MAY 27- SCHOOL CLOSED**