

THE COUNSELING CORNER

VOLUME 5 • DECEMBER 2023

Happy Holidays



November was filled with gratitude! The SADD club collected an abundance of food pantry items that helped many families in need this past Thanksgiving season. School 2 truly made an impact on so many families in need this Thanksgiving season. Another great way show our gratitude is by donating to our [SAAD Club Clothing Drive](#). All items of clothing collected will be donated to Veterans of America. The collection will be open from 12/1- 12/22.

School 1- 4 will be having a new school assembly presented by Young Audiences New Jersey & Eastern PA. Pre-K through grade 2 will get a wonderful performance that teaches children about sharing and friendship through storytelling. Grades 3-4 will get a entertaining mix of world tales and personal stories addresses the universal experience of standing up for yourself in the face of adversity and bullying.

December is the month of spirit! School 2 is showing our festive spirit throughout the month. [Decked out December](#) will bring you to the festive and fun theme days for the month of December. [Count Down Until Holiday Break spirit week](#) will bring you to the count down theme days leading up to the final days of school for the 2023 school year.

Parents, below are some resources to help the school/home learning connection. Please reach out with any concerns. I wish you all a wonderful, safe and happy holiday. May the new year bring you joy, kindness, and success.

Warmly,
Ms. Krista Rambala

MS. RAMBALA'S CONTACT INFORMATION

Email:

krambala@flboe.com

Phone:

201-585-4630
ext: 2503



Calendar Events

Click for [December Calendar here.](#)

Important Dates:

- 12/1-12/20- [Clothing Drive](#)
- 12/7- [Grinch Day!](#)
- 12/6- [Holiday Headwear Day](#)
- 12/11- [Holiday Sweater Day](#)
- 12/13- [Feeling Frosty Day](#)
- 12/18- [Wishing For A Snow Day!](#)
- 12/19- [Be Merry & Bright](#)
- 12/19- [Holiday Concert](#)
- 12/20- [Holiday Cheer](#)
- 12-20- [Holiday Concert](#)
- 12/21- [Polar Express Day](#)
- 12/22- [Holly Jolly Holiday](#)
- 12/23-1/1- Holiday Break- No School.

Counseling News

I was so proud of all the students who made cards for the Veteran's challenge that we had last month. I read through every single one of them and felt really touched by the messages. The students really portrayed kindness, respect and thoughtfulness in each other their cards. Maybe I am biased, but I felt that anyone who receives a card from our students, will immediately have their day brightened!

The busy month between Thanksgiving and Holiday Break is by far my busiest time as a school counselor. The holiday season makes me think about all that I am grateful for. I try to teach and model respect/kindness to our students everyday. My heart is always full when they surprise me with a kind or respectful greeting/action. That makes me the most proud. I am grateful for my opportunity to work as a school counselor and for the love, kindness and respect that each student shares.

Character Ed

These moments at the elementary level are super important in developing confident and kind kids of character. Each month we designate a character (social/emotional) trait that helps the students problem solve, strengthen social skills, and build good citizenship. I like to incorporate the monthly theme into everything that we do.

November's Theme: **Peace & Mindfulness**

[Check out the resources by clicking here to help grow your child's learning at home!](#)

Resources

Click the links below for helpful parent resources.

[Fort Lee Parent Resources](#)

[Fort Lee Library Library Calendar](#)

[HIB Reporting Link](#)

[District Calendar](#)

[FLPL Newsletter Sept-Dec](#)

