

THE COUNSELING CORNER

VOLUME 8 • MARCH 2024

March

At the end of each month I self-reflect and try to find a consistent theme throughout the month. This month as I reflected on my experiences both personal and in my counseling role, I found a common theme of patience. Obviously we all know the meaning of the word, but I decided to see what Google had to say. The definition that resonated with me was, “the ability to calmly wait or endure without getting angry or upset. A steadiness that allows you to persevere in spite of obstacles to be calm and steadfast through life’s difficult times”.

I recently had the opportunity to read a book to a Kindergarten class about a bear cub who was missing “patience” because he was simply too excited for spring to hibernate. I asked the class what the bear was missing. They shocked me and told me patience. I asked them what they felt that word meant. A student raised their hand and said “Ms. Rambala, I don’t know exactly what it means BUT my Mom says I have a small window of patience.” Arguably one of the best answers I have ever received not only because it made me laugh but also because it made me reflect back to the Google definition, my own personal perspective and this student’s perspective of the word patience. How often do we all have “small windows” of patience too?

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When you work in education, people often commend you on your patience. My Kindergarteners told me that being patient is super hard. I most definitely agree with them. We throw the phrase “be patient” around so often but if we too self-reflect do we define and model the word? I can admit that when I overload myself, I too have a “small window” of patience. Being patient is hard but the reward is much greater in the end. As a school counselor, I help challenge my students to “calmly wait” without getting angry/upset to receive this strength to persevere even when there might be dips in this road we call life. I hope that we can all expand our “small windows” of patience into larger ones by empowering our ability to “calmly wait”.

Parents, please find additional resources on the following page.

Warmly,
Ms. Krista Rambala

Calendar Events

Click for [March Calendar](#)

Important Dates: [\(click for more info\)](#)

- 3/4- [“The Sleep Book” Day](#)
- 3/5- [“What Pet Should I Get” Day](#)
- 3/6- [“Wacky Wednesday” Day](#)
- 3/7- [“The Cat In The Hat” Day](#)
- 3/8- [“The Fox In Sox” Day](#)
- 3/8- **Social Emotional Learning Day (SEL DAY)**
- 3/14- [Pi Day](#)
- 3/15- [St. Patrick’s Day](#)
- 3/18- [March Madness Day](#)
- 3/21- [World Down Syndrome Day](#)
- 3/25- [“Vacation’s All I Ever Wanted” Day](#)
- 3/26- [“Tourist Tuesday”](#)
- 3/27- [“Oh The Place We Have Gone” Day](#)
- 3/28- [“Staycation” Day](#)
- 3/29- **No School (Spring Break Starts)**

Counseling News

Social-emotional learning (SEL) is the process of developing the self-awareness, self-control, and interpersonal skills that are vital for school, work, and life success. Students with strong social-emotional skills are better able to handle stronger emotions and more difficult situations with the necessary tools. We incorporate SEL all year long at School 2 and on March 8th we like to celebrate all our SEL growth we have made this year!

We invite all parents/guardians to attend our **March Parent University** session conducted by High Impact Youth Training Solutions. The session will focus on social media use, current trends, tips, and solutions. Parents/guardians will have the opportunity to ask the presenter questions. [Click for additional info.](#)

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.

March’s Theme: **Trustworthiness**

[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 Calendar](#)

[HIB Reporting Link](#)

[District Calendar](#)

[FLPL Newsletter January-April](#)

FORT LEE PUBLIC LIBRARY

EARLY LITERACY AND THE LOVE OF READING

WITH DR. AMITA GUPTA

WEDNESDAY MARCH 20 AT 7PM

Supporting early literacy skills at home and helping your child develop a love for reading!

This talk will introduce parents and caregivers of young children to pre-reading and early literacy skills and provide tips and strategies to stimulate and support literacy development at home to help children learn to love reading.

fortleelibrary.org 201-592-3614 320 Main Street Fort Lee, NJ 07624

CLICK TO SEE CHILDREN EVENTS AT THE FORT LEE PUBLIC LIBRARY



School 2's

MARCH THEME DAY'S

March 4th-8th

Monday 3/4- *"Sleep Book"* wear school appropriate pajamas or comfy clothes to school.

Tuesday 3/5- *"What Pet Should I Get"* wear animal print or clothing with animals on it!

Wednesday 3/6- *"Wacky Wednesday"* let's get silly wear your clothes backwards, inside out or mismatched!

Thursday 3/7- *"The Cat in the Hat"* wear your favorite hat.

Friday 3/8- *"Fox In Socks"* wear silly or mismatched socks.



March 18th & 21st

Monday 3/18- *March Madness Day!* Wear your favorite basketball jersey or basketball attire!



Thursday 3/21- *World Down Syndrome Day!* Wear blue and yellow.



March 14-15th

Thursday 3/14- **Pi Day** wear clothing with numbers on it!



Friday 3/15- **St. Patrick Day!** wear your favorite St. Patrick's Day attire or wear green.



March 25-28th

Monday 3/25- *"Vacation's All I Ever Wanted"* wear clothing that has the name of a vacation/destination spot you have been to! (Ex Disney, the beach, a theme park, etc.)



Tuesday 3/26- *"Tourist Tuesday"* dress like a tourist!



Wednesday 3/27- *"Oh The Places We Have Gone"* wear a piece of clothing from a different country or state that you traveled to!



Thursday 3/28- *"Staycation"* wear comfy clothes or active wear.

