

THE COUNSELING CORNER

VOLUME 4 • NOVEMBER 2023

HELLO
November

This past month of October kept me busy with all our events we have had! I know I have said that a lot, but it truly is true. Every time I write the monthly newsletter, I cannot believe a whole month has past. We kicked off the beginning of the month with the Week of Respect and ended the month with Red Ribbon Week. Thank you to everyone who participated. Our Anti-bullying assembly was great and we really learned about what it takes to be an “upstander”.

This month we are showing gratitude to others. School 2 is taking part of a Holiday Cards for our Military Challenge. The goal is to collect and deliver personalized, signed expressions of respect, caring, and gratitude to United States troops, veterans, and service families. Personalized and signed cards reflect genuine support and caring, respect, and appreciation of our military heroes during the winter holiday season. If there are any parents/guardians out there that have served in the United States Armed Forces, I would like to personally wish you a very happy Veterans day. I am thankful for your bravery, service and sacrifice.

Another great way show our gratitude is by donating to our SADD club Food Drive! All non-perishable food items will be collected from 11/1- 11/20. We have some special theme days this month. We are honoring our Veterans by wearing red, white and blue on 11/8. On 11/15 we are wearing fall colors to “Be-leaf in yourself”. We will have a special Thanksgiving spirit week on 11/20-11/22 to get ready for Thanksgiving. The last week of the month is our Parent Teacher Conferences!

Parents, below is some resources to help the school/home learning connection. Please reach out with any concerns.

Warmly,
Ms. Krista Rambala

MS. RAMBALA'S CONTACT INFORMATION

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Calendar Events

Click for [November Calendar here](#).

Important Dates:

- 11/7- Election Day (Early Dismissal)
- 11/8- Wear **Red**, White and **Blue** for Veterans Day!
- 11/9- No School
- 11/10- No School
- 11/15- [“Be-Leaf in Yourself”](#) wear fall colors
- 11/20- [“Mad About Plaid”](#) wear plaid or a flannel
- 11/21- [“Football Fanatics”](#) wear a football jersey or football shirt.
- 11/22- [“Apple Pie vs. Pumpkin Pie”](#) wear red for apple pie or orange for pumpkin pie.
- 11/23- Happy Thanksgiving (No School)
- 11/24- No School
- 11/28-Parent Teacher Conferences (Early Dismissal)
- 11/29-Parent Teacher Conferences (Early Dismissal)
- 11/30-Parent Teacher Conferences (Early Dismissal)

Counseling News

This past month, I went into each classroom and gave a lesson on Respect. I really focused on what respect means and how to show it everyday here at school. We discussed what bystanders and upstanders are. I read stories that showed characters who showed respect and characters who didn't show respect. We brainstormed ideas on what to do when someone doesn't show respect. I taught the students that when someone is doing something they do not like they need to use their words. The phrase “please stop” is a key phrase to let others know they do not like what the other person is saying/doing. Every student is aware that if they hear those words they need to stop to show the other person we are respecting them and their words. We ended the lesson by decorating a heart cutout to build Ms. Rambala's Tree of Respect. Their heart cutout is decorated with ways they can show respect. “It takes a kind heart to be respectful”, is my slogan for this year.

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: **Citizenship**

[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](#)

[Upcoming Events at the Library!](#)

[HIB Reporting Link](#)

[District Calendar](#)

[FLPL Newsletter Sept-Dec](#)

