

THE COUNSELING CORNER

VOLUME 3 • OCTOBER 2023



hello
OCTOBER



This past month has been a busy one! I want to give a quick shout out to all the students who participated in Start with Hello Week. It was a great success. Check out some pictures on the next page!

I don't know about you, but Fall is my favorite season and October is one of my favorite months at school! I live for those crisp mornings, fall color schemes and I love my hot green tea in the mornings! I have planned some exciting things this month! The first week of [October is Respect Week \(10/2-10/6\)](#). Respect Week is celebrated on the first week of October in all schools across New Jersey. School 2 has a ton of respect-filled activities planned and a great anti-bullying magic show assembly on 10/5. We have our [Breast Cancer Awareness Day on 10/11](#).

Then we will celebrate [Peace Week \(10/16-10/20\)](#). Peace Week is also celebrated in all schools across NJ. School 2 likes to promote a peaceful school environment where everyone feels safe and secure. Finally we end the month with [Red Ribbon Week \(10/23-10/27\)](#)! This year's theme is "Be Kind To Your Mind, Live Drug Free!" The SADD club has some exciting things planned for the whole school to celebrate Red Ribbon Week.

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

Email:

krambala@flboe.com

Phone:

201-585-4630

ext: 2503



Calendar Events

Click for [October Calendar here.](#)

Important Dates:

- 10/2- [Parent University on NJ Bullying Law](#)
- 10/2- Wear Blue
- 10/3- [Dress like a superhero!](#)
- 10/4- Dress like your favorite Disney Character.
- 10/5- Wear your favorite sweatshirt/sweatpants.
- 10/6- Wear mismatched socks.
- 10/9- No School for Students
- 10/11- [Wear Pink](#)
- 10/16- Wear Tie-dye!
- 10/17- Picture Day (more info coming soon)
- 10/18- Picture Day (more info coming soon)
- 10/19- [Wear school appropriate pajamas](#)
- 10/20- Wear Fort Lee colors or School 2 gear.
- 10/23- Wear Red
- 10/24- Wear a positive message shirt
- 10/26- [Wear neon colors](#)
- 10/27- Wear yellow or black
- 10/27- PTA trunk or Treat night event (more info coming soon)
- 10/31- Halloween Parade (info coming soon)

Counseling Lessons

I have been making my way around to each classroom and introducing myself! The students have blown me away with their answers about what a school counselor does! My first lesson with each classroom is rapport building. I love getting to know them and they also get to know me. This helps create a positive relationship so they feel comfortable talking to me when the time may come. This month we will be building our Tree of Respect by decorating colorful hearts to promote "It takes a Kind Heart To Be Respectful". It only takes one kind heart to stand up and show respect.

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.

October's Theme: **Respect**

[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.

[Parent University- 10/2/23](#)

[Fort Lee Parent Resources](#)

[Upcoming Events at the Library!](#)

[HIB Reporting Link](#)

[District Calendar](#)

[FLPL Newsletter Sept-Dec](#)

