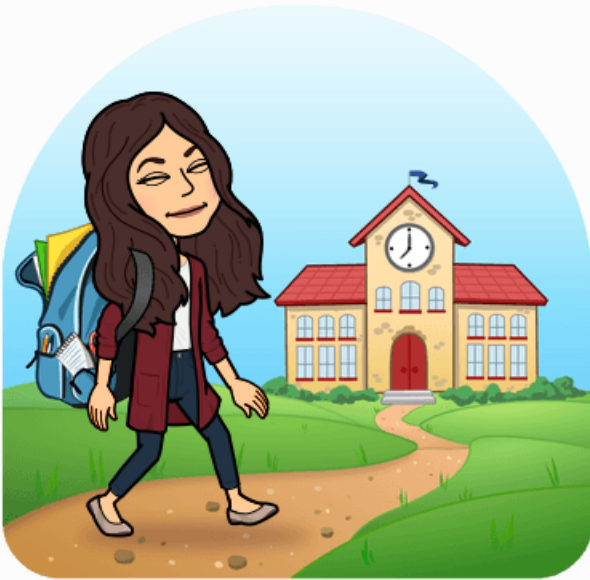


MS. RAMBALA'S MONTHLY NEWSLETTER

THE COUNSELING CORNER

VOLUME 2 • SEPTEMBER 2022



HELLO SEPTEMBER!

Welcome back to school! I am so happy to see everyone and have you all back in the school building! September is a very important month! We are experiencing a lot of new things/changes. We have a new teacher, a new classroom, maybe a new backpack or school supplies, and maybe new students in our class. Always remember to be a good kid of character and show kindness to our new friends in our school buildings. In September I like to refresh myself on our classroom rules so that our classroom can work as a good team together.

MS. RAMBALA'S CONTACT INFORMATION

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I have been going around to each classroom to introduce myself and to talk about our monthly character theme! We have a special week coming up! It is called Start with Hello Week! Start With Hello is an important social and emotional learning initiative to reintroduce students to the power of connecting and helping one another. [Click here for more information!](#)

Parents, below is some information about the monthly character theme to help the school/home learning connection and the School Counseling Program. Please reach out if you may need me! Enjoy!

Warmly,
Ms. Rambala

Counseling Program

Welcome! My name is Ms. Rambala and I am the School Counselor at School 2! I am thrilled to start this brand new school year together. Last month, I sent out my monthly newsletter introducing myself and what the role of the School Counselor. For those who missed it, a School Counselor is someone who advocates and supports each student not only academically but socially and emotionally as well. 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. School Counselors also provide individual and group counseling on a needs basis. This year we are continuing to use our Reboot Mindfulness Program. Reboot helps students learn breathing, empathy, self awareness, and self regulation while developing tools to help with focus, stress, and building positive school communities. Parents can find resources on our school website [here](#). As always, I am here if you need me, so do not hesitate to reach out.

Talk About It

What does it feel like to be responsible?

Is it hard to be responsible sometimes?

What are some responsibilities you have at school and at home?

Do you have responsibilities when you use an electronic device?

Responsibility

September's character education theme of the month is responsibility. Here at School 2, "We Take Responsibility For Our Words and Actions". At the elementary level, having responsibilities within the classroom/school setting puts emphasis on how important every job is in our building, no matter how small. Responsibility is a great character theme to kick off the year because it helps us learn what we are responsible for. Responsibility is one of the first ways that we teach children how to be independent. One of the biggest ways we can teach responsibility is through modeling. My favorite part of responsibility is teaching students to be responsible for the things they say and the ways they say it. This is extremely important at the elementary level because everyone is still learning how to communicate with each other. Check out the bottom boxes for further information about the character education theme.

Read About It

I Just Forgot by Mercer Mayer

But It's Not My Fault by Julia Cook

What If Everybody Did That? by Ellen

Javernick

Franklin Wants a Pet by Paulette Bourgeois

The Pigeon Wants a Puppy by Mo Willems

Lilly's Purple Plastic Purse by Kevin Henkes

The Little Red Hen by Paul Galdone

A Little Spot of Responsibility by Diane Alber