

# Elementary School Counseling Newsletter

Cedar Grove Public Schools

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Throughout the month of October, students in grades k-4 learned the **Everything is Possible** mindset. The lesson focused on "dreaming big"-students identified goals they had for the future and the steps needed to achieve these goals. In addition, we celebrated the National Week of Respect, where students discussed ways of showing respect to friends, parents, teachers, and themselves. During the last week of October, we celebrated National Red Ribbon Week. This week was created as a way to teach children to celebrate life, make healthy choices, and be drug free.

Here's what's happening in November...

The **Attitude of Gratitude** Mindset teaches us the importance of seeking the positives from every experience and being thankful for all that we have. Through this mindset, we learn that we can use the positives or the negatives of our lives as the foundation on which to build. Choose the positives, and we are on our way toward extraordinary success; choose the negatives, and we embark on a path toward disappointment, resentment, and suffering. The focus of the lesson this month is to **Be More Grateful**- We all have the choice to focus on the good or the bad in life. If we focus on the positive things, they expand and guide us down the path to our dreams. If we spend our time in regret, jealousy, and anger, then the negatives multiply and we likely find our dreams sidelined and our goals unattained. We must simply be more grateful, reflecting as much as possible on the good things we have in our lives now, as well as those that are coming to us. Students will show their gratitude by thanking the important people in their lives.

Here are the top 5 things to do at home to incorporate this mindset.

1) **DO** practice gratitude every day, even if it's only to tell your children how grateful you are to have them in your life. If you have a journal, write down the things that you're thankful for every day, both the big and small. Verbalizing what you're grateful for is a powerful way that both you and your children can avoid taking things for granted and remain thankful for all that you have.

2) **DO** say "thank you" regularly. Showing your gratitude to neighbors and teachers with a kind note or word is one small way to show your appreciation for them. Teaching your children to do the same is important in helping them to feel gratitude for the lives and friends that they have.

3) **DO** focus on the good, even in a bad situation. Become an "inverse paranoid" and believe that the universe is conspiring to do you good, and the bad times and obstacles are there to teach you something useful. Try saying to yourself, "I can't wait to find out what good will come from this!" This helps you look at all situations as leading toward positives in life.

4) **DO** write a thank-you note to your children for what you appreciate about them. For example, you might write and leave a note that says, "Thank you so much for picking up your room today without me even asking. You are an incredible kid, and I am so thankful to have you in my life!"

5) **DO** treasure yourself and take care of yourself as a role model for your child. Many parents treasure their children but not themselves. Think about how you are living your life. Are you maximizing your potential? Enjoying how you spend your time? If parents are not able to live extraordinary lives and let themselves shine for all to enjoy, what kind of lives are we modeling for our children?

Here is an activity you can do with your child to incorporate this mindset:

Gratitude Journal -Buy a journal for your child to write in each night to share what they are thankful for each day. By focusing on the positive each day, we raise positive thinking adults!