



Happy March everyone! This year seems to be just marching along and hopefully spring weather will be marching alongside us soon!

As the year continues on, the counseling staff wanted to touch base on bullying. StopBullying.gov does a great job in describing what exactly bullying entails - however, to put it briefly - "bullying is

unwanted, aggressive behavior amongst school children that involves a real or perceived power imbalance and is repeated or has the potential to be repeated”.

We take a very strong stance on bullying and do our best to use restorative practices to repair student relationships before they grow into a bullying situation. However, if your child is discussing with you what sounds like bullying behavior, please reach out to your child’s teacher and a member of the counseling staff.

Classroom Lessons

Our SEL lessons are starting to move through calm down skills into problem solving skills! Please see the posters below and use them with your children at home when they need a reminder of how to calm down and/or solve problems!

How to Calm Down



Stop—
use your
signal

Name
your
feeling

Calm
down:
breathe
count
use positive self-talk

Problem-Solving Steps



S

**Say the
problem**

.....
without
blame

T

**Think
of
solutions**

.....
safe and
respectful

E

**Explore
consequences**

.....
what could
happen if...

P

**Pick
the
best
solution**

.....
make
your
plan

Be an Attendance HERO (Here Everyday Ready On-time)

Did you know attendance isn't only important for academics, but also for your child's social and emotional growth?

*“When a child is [constantly] absent from school they lose out on the connections with students and their teacher. They lack the ability to socially interact positively with other students, self-control which causes them to be less mature than their peers. Children need connections to build relationships. With chronic absenteeism a child loses out on structure and the time it takes to build trust with others. This constant disruption creates anxiety and stress in a child's life.” -
[Champion, 2/21/21](#)*

Please keep communicating with the school when your child is going to be absent! It allows us to understand what is going on in your child's life so we can better help them when they return.

[Click here for our Community Assistance Page!](#)

Meet the Counseling Staff!



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