



# COUNSELOR CONNECTION

Berlin Elementary School

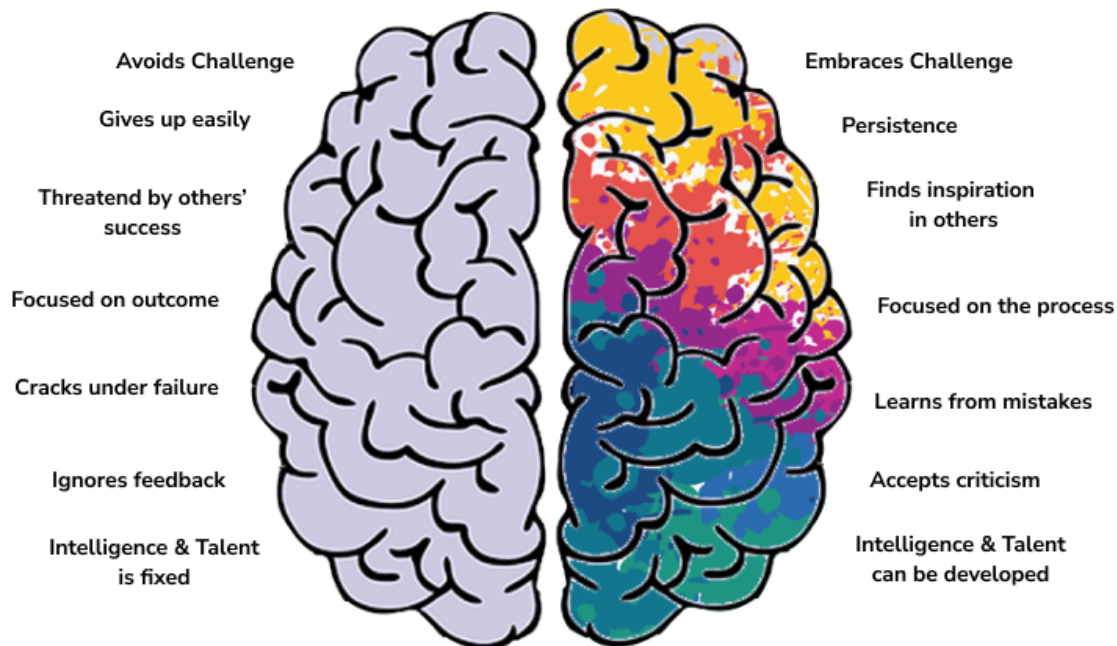


Happy November! We hope everyone had a safe & enjoyable Halloween (for those who celebrate) and a wonderful October over all!

As we move into the month of November, the days are getting shorter and holidays are looming on the horizon. It's so important to practice self-care and try to keep that growth mindset going! Gratitude is one way to practice self-care that doesn't take much more than a couple of minutes to do!

[Here is an article on why practicing gratitude can be good for your health!](#)

### Fixed Mindset vs. Growth Mindset



Brain Power  
ACADEMY

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Made for "Tapping into Student Motivation"  
a Brain Bite™ Course

## Restorative Practices, what are they?

K-2 Parents please join us at BES Family Education Engagement Night on Wednesday November 8th from 6-7pm to learn not only about how reading and math instruction has changed, but also about restorative practices!

(Please RSVP to Amy Glickman, [aglickman@berlincentral.org](mailto:aglickman@berlincentral.org), by

November 2nd)

There will be another Family Engagement Night planned for grades 3-5 later this year, so stay tuned to the website and flyers being sent home with your children!

Restorative practices improve school and classroom climates by focusing on community, relationships, and responsibility.

They promote social and emotional skill development by teaching students self-awareness, empathy, communication skills, responsible decision-making, relationship building, and conflict resolution.

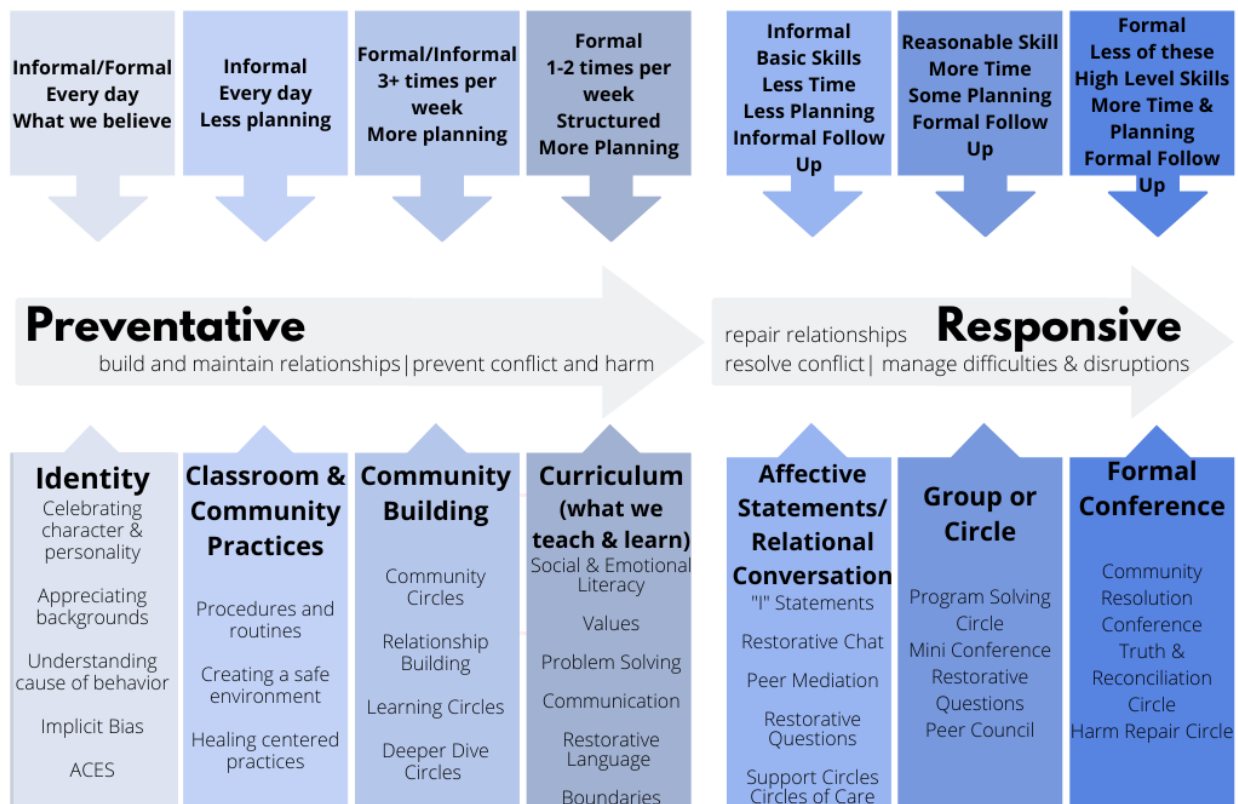
They are not a replacement for traditional discipline, but work to decrease the amount of discipline referrals through building community and relationships.

[Here is a short video about Restorative Practices.](#)

We will continue discussing restorative practices on this newsletter, so stay tuned!



# Restorative Schools & Communities



Adapted from Wachtel and McCold, 2001

## Classroom Lessons

Classroom lessons are off to a great start this year! We are using the Second Step program again this year ([www.secondstep.org](http://www.secondstep.org) for more information). Mrs. Steller will be teaching classroom lessons in grades K-2 and Mr. Shaw will be teaching in grades 3-5. If you have any questions or concerns regarding the classroom Social Emotional Lessons, you can find Mrs. Steller and Mr. Shaw's contact information at the bottom of this newsletter.

Students are learning how to be good learners by listening and communicating in a productive way (using assertive communication instead of being passive or aggressive to get what they want/need). We will be beginning emotion management lessons this month!

You are invited to the BCSD

# Community Partnership Committee

*The purpose of this committee is to uplift and highlight the activities that are already happening in our local community while also working with the school to schedule around or with any events or programs that are currently happening in the school district.*



**Tuesday, November 7th  
5pm-6pm**

In the BMHS Library  
Special meeting to discuss partnering with BMHS Holiday  
Fest taking place December 9th

**ALL ARE WELCOME TO ATTEND!!**

For more information please contact:

James Taylor-Shaw

BES Family Liaison & School Counselor

[jtaylorshaw@berlincentral.org](mailto:jtaylorshaw@berlincentral.org)

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

**[Click here for our Community Support Programs & Community Events Page!](#)**

**Meet the Counseling Staff!**





**MRS. STELLER**

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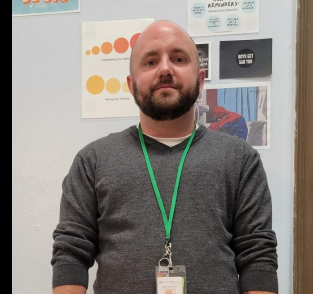
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