





SCHOOL COUNSELING: STANDARDS-BASED, STUDENT-FOCUSED



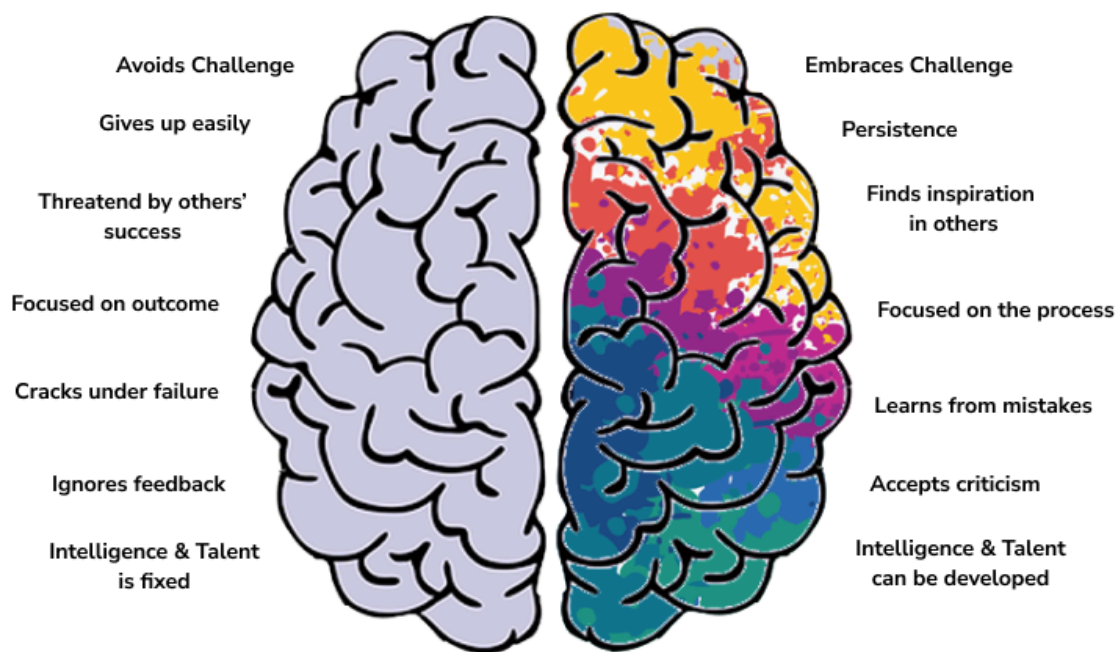
February is here and we are excited to celebrate National School Counseling Week! Thank you to Mrs. Steller and Mr. Shaw for all you do for our students!

If you were curious about the history of school counseling, [here is a brief overview](#) provided by the American School Counselor Association!

I'M A SCHOOL COUNSELOR

*What's YOUR
Superpower?*

Fixed Mindset vs. Growth Mindset



Brain Power
ACADEMY

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

Restorative Practices

A Restorative Mindset....

- “Relationships and trust are at the center of all healthy school communities. Students who feel connected to school are more likely to succeed, have better school attendance, show more engagement in learning, and achieve high academic levels.
- All members of the school community are responsible for one another.
- Multiple perspectives are always welcome and all voices are considered equal.
- All students need a chance to learn from their mistakes and make them right. Conflict resolution is an important social-emotional skill that students will need throughout their lives.
- Conflict is best resolved through honest dialogue and community problem-solving that addresses the root causes and needs of all those involved.
- Wrongdoers should both be held accountable and supported to take an active role in repairing the harm caused. This collaborative process is essential to maintaining a healthy school community.”

(The above excerpt was taken from the [Hiawatha Academies website](#))

For more information on how you can incorporate restorative practices at home, [please check out this link](#).

RESTORATIVE PRACTICES



Things we model for our kids, whether we realize it or not...

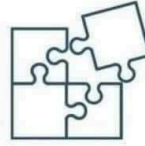
@mombrain.therapist



relationships with
technology



how we deal
with frustration



how we solve
problems



how we take care
of ourselves



how we
apologize & repair



how we ask
for help

OOPS

how we
handle mistakes



how we
navigate conflict



how we approach
differences



how we care
for animals



how we care for
our environment



how we
listen

Classroom Lessons

Classes are continuing to work through emotion management which includes identifying how emotions physically feel in our bodies and how we can calm ourselves down.

[Here is a Psych Central article about how we feel our emotions in our bodies!](#)

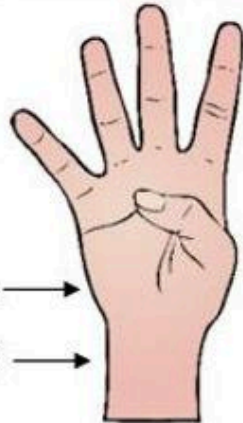
We use the hand-brain model to teach students about how emotions can cause us to “flip our lid”. We refer to the prefrontal cortex as our lid and the amygdala as our guard dog. Here is an example:

Dan Siegel's Hand Brain Model



Prefrontal Cortex: Thinking Brain

Rationality/Rational Thinking: Body Control, Play, Empathy, Positive Relationships, Kindness, Compassion, Reflection, Resilience, Regulation, Logic, Consequences, Language, Reasoning, Control **"The wise leader!"**



**Unable to Think
Rationally**

We all need:

- ✓ Felt Safety
- ✓ Attachment
- ✓ Regulation

Amygdala: Fear Center

Emotionality/Irrational Thinking: Fight, Flight, Freeze, Collapse, Big Emotions, Anger, Fear, Anxiety, Survival, etc.

Brain Stem →

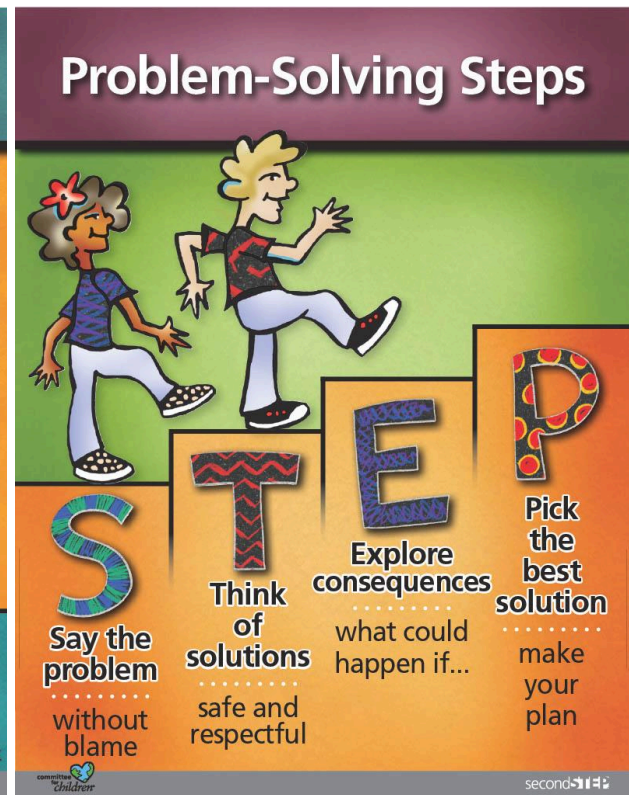
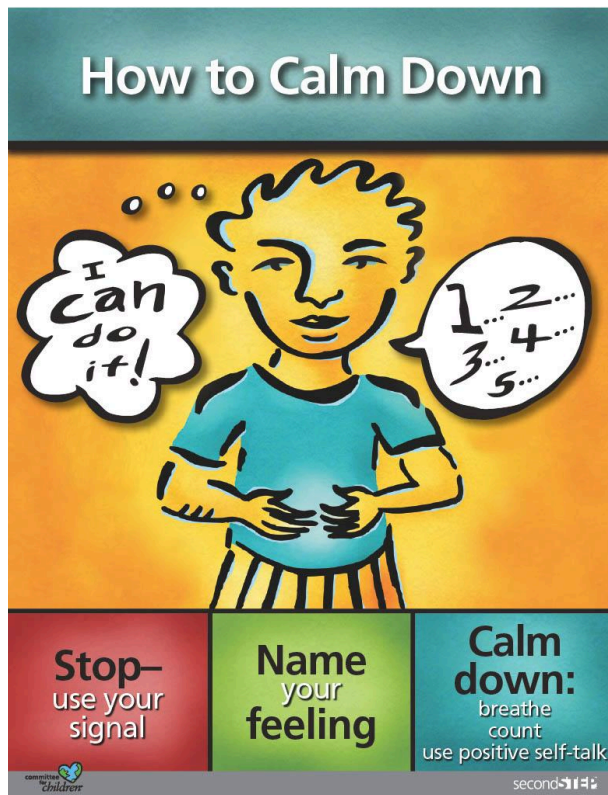
Spinal Cord →

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The Amygdala sends waves to the Hypothalamus (command center) which activates the Autonomic Nervous System:

- ✓ Sympathetic (fight, flight, freeze, collapse)
- ✓ Parasympathetic (rest & digest)

Fourth and Fifth Grade classes have begun working on the Problem Solving Steps. Posters for How to Calm Down and our STEPs can be found below this text box.



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

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

Meet the Counseling Staff!

		
<p>MRS. STELLER School Counselor</p>	<p>MS. TEPLITSKY School Psychologist</p>	<p>MR. SHAW School Counselor & Family</p>

Berlin Elementary School rsteller@berlincentral.org (518) 658-1500 ext. 3116	Berlin Elementary School rteplitsky@berlincentral.org (518) 658-1500 ext. 3113	Liaison Berlin Elementary School jtaylorshaw@berlincentral.org (518) 658-1500 ext. 3120
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