

Counselor Newsletter

April 2023

Some Highlights

- March 20-23 We had a mental health educator from Mental Health Association of East TN come and present to every class at the middle school. You're welcome to check out their free mental health screenings and resources by [clicking here](#).
- March 30 we met with students in our Faculty Families in the Middle School.
- March 31 was Middle School Community Service Day.
- Two elementary teachers attended the National Service Learning Conference in Nashville. Mrs. Ancheta will be partnering with them to plan service learning activities.



Upcoming Events

- April 26 & 27 is our second annual Living Library. This is an interactive cultural event where students hear from parents or volunteers from our community who share about their culture. To volunteer [click here](#).



Mrs. Ancheta went with Mrs. Trott's Class to Room in the Inn.



Connect with a Counselor

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To refer a student for services,
[click here](#).

Online Referral

Please continue to submit requests for student services through our online link. Even if we have already been seeing your student, please complete the referral link so we can keep organized and track the data better.
Thank you!

Featured Information

Recent Research

..”Adolescents who report strong relationships with their parents have better long-term health outcomes [as adults].”

The study found that participants who reported higher levels of mother-adolescent and father-adolescent warmth, communication, time together, academic expectations, relationship or communication satisfaction and inductive discipline reported significantly higher levels of general health in young adulthood.
(Children's Hospital of Philadelphia.
Published March 21, 2023)

WHAT AN ANGRY CHILD NEEDS TO HEAR:



"I CAN SEE THIS IS HARD FOR YOU."

- ◆ Tells the child they have your attention
- ◆ Acknowledges the child expressing their feelings



"I CARE ABOUT HOW YOU FEEL."

- ◆ Tells the child that you are present
- ◆ Acknowledges the child's feelings
- ◆ Demonstrates compassion
- ◆ Opportunity for deeper connection



"IT IS OK TO FEEL ANGRY."

- ◆ Tells the child that all feelings are ok
- ◆ Acknowledges the child's feelings
- ◆ Gives the child acceptance of feeling angry



"EVEN WHEN YOU FEEL YOUR WORST, I LOVE YOU."

- ◆ Tells the child that you will love them, no matter how they feel or behave
- ◆ Creates a safe environment
- ◆ Deepens connection and builds trust
- ◆ Demonstrates unconditional love



"I AM HERE FOR YOU."

- ◆ Tells the child that all feelings are ok
- ◆ Demonstrates compassion
- ◆ Deepens connection and builds trust



"I WILL STAY WITH YOU."

- ◆ Tells the child that you are present
- ◆ Creates a safe environment
- ◆ Deepens connection and builds trust
- ◆ Demonstrates resilience and patience

Living Library

Last year's Living Library gave students the opportunity to learn from people in our community who represented over **25 countries**. We had 35 volunteers who served as "living books" and shared their knowledge and experiences with our students. If you'd like to be involved this year please complete [this form](#).

"Once you understand and appreciate other people's cultural backgrounds, then you can also connect with them more."



What We Do at the Elementary

Elementary Lessons

ECEC: Listening

Kindergarten: Focusing Attention and Following Directions

1st: Focusing Attention

2nd: Focusing Attention and Listening

3rd: Using Self-Talk and Being Assertive

4th: Solving Problems, Making a Plan

5th: Solving Problems, Making a Plan

4th & 5th graders began the Problem Solving Unit. This unit will focus on the STEPs for solving problems.

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)



Ms. Vaudreuil volunteered to help with the Accelerated Reader treat with Mrs. Schreder. Yum! Good job readers!!

4th Grade Lesson

When given a scenario, students practiced stating the problem without blame:

"Two people want the same ball."

"There is a misunderstanding about tag."

"Both students want to be captain."

"We both want to be in front."

5th Grade Lesson

A plan for making friends with the new kid:

"Ask them to sit with you for lunch."

"Introduce yourself and say hi."

"Ask him if he wants to play with me."

"Ask them to be partners (in class)."



What We Do at the Middle School

Middle School Lessons

6th Grade Lesson: Resolving Conflict

Win-Win Guidelines for Conflict

1. Take time to cool off.
2. Talk it over starting with "I" not "you"
[I felt _____ when _____ because _____].
3. Listen with an open mind.
4. Take responsibility for what you contributed to the conflict.
5. Come up with a fair solution.
6. Affirm, forgive, thank, or apologize.

7th grade Lesson: Dealing with Anger

Behaviors I can change:

"Think before I act and about how it will affect them or me later."

"Walk away and cool off."

"Talk to someone about it."

8th Grade Lesson: Bullying vs. Teasing

One way I will apply what I learned:

"Be kind to people and love everyone even when they make you upset."

"I can be nicer to my siblings and be more aware how my words affect others."

Mental Health 101



6th graders learn about the difference between eustress and distress.



7th graders engage in a group activity about building our self-esteem.



8th graders learn about self-care and how it helps us have balance. We are able to regulate our emotions better when consistently engage in self-care.



Ms. Vaudreuil with 7th graders volunteering at Chambliss Center for Children for the Middle School Community Service Day.