

SCHOOL COUNSELING

newsletter-
Elementary & Middle

February
2024



Melissa Banuchi sharing with middle school students about Dominican Republic.

On February 28 & 29 we held our 3rd annual Living Library event at the Middle School. During this event, students have the unique opportunity to learn about cultures from around the world. A huge thank you to the parents, faculty, and community members that volunteered to present at this event!

Connect with a Counselor

Amber Vaudreuil

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



Happy Birthday to Ms. Vaudreuil- Feb. 19

National Educational & Awareness Dates

March Women's History Month
March 2 Read Across America Day
March 8 SEL Day
March 8 International Women's Day

Please note that Mrs. Ancheta is part-time and is at the middle school Mondays, Tuesdays, and Fridays.

PARENT RESOURCES

LIVING LIBRARY

Thank you parents who volunteered to make this event happen!



Upcoming Events

*(Free) Supporting Emotion Regulation
To view webinar, [click here](#)

*(Free) Childhood Anxiety: 5 Strategies to Help Children and Teens Cope
To view webinar, [click here](#).

*(Free) Moving from Childhood to Preteen: How to Support Big Changes
March 25
To register and learn more, [click here](#)

*(Free) Parent Club Workshop: Positive Parenting
March 31
To register and learn more, [click here](#).

*(Free) Understanding Anxiety
April 3
To register and learn more, [click here](#).

*(Free) The Preteen Years: Special Issues for Ages 10-12
April 8
To register and learn more, [click here](#).

****Everyone who registers for a webinar will receive the recording via email 24 hours after the live event. [Click here](#) for more FREE webinars by Mindspring Mental Health Alliance.***

Resource:
[Grief Resources for Kids](#)



Thank you wonderful parents!

Argentina- Mrs. Geach
Brazil- Mrs. Fernandez
Czech Republic- Mr. Hybl
Dominican Republic- Mrs. Banuchi
Egypt- Mrs. Walwyn
Guatemala- Pastor Sandoval
Jamaica- Mr. Birch
Japan- Mrs. DuVall
Mexico- Mrs. Guifarro

Mexico- Mr. Pena
Portugal- Mrs. Kichuk Soares
South Africa- Dr. Wessels
South Korea- Mrs. Jo, Mrs. Kim, Mrs. Lee,
Mrs. Park, Dr. Shin

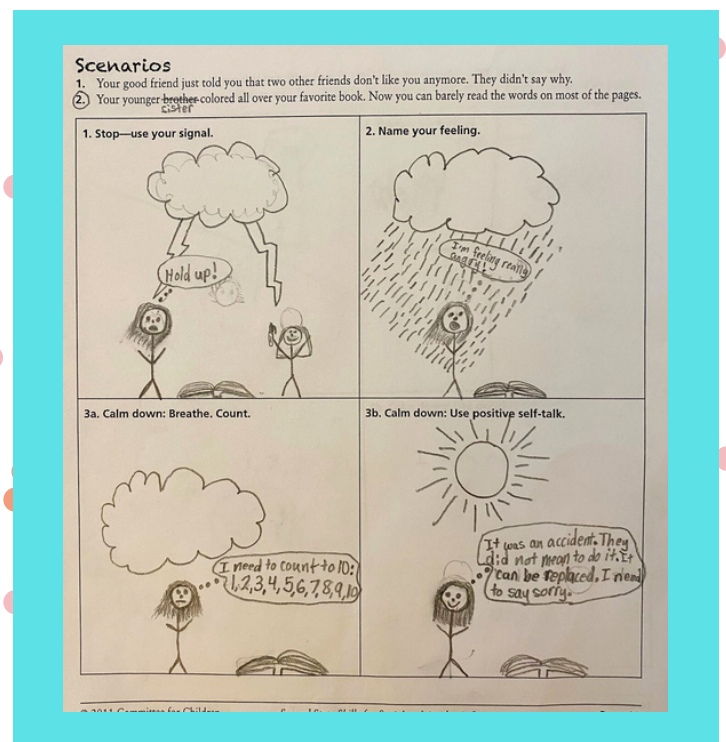
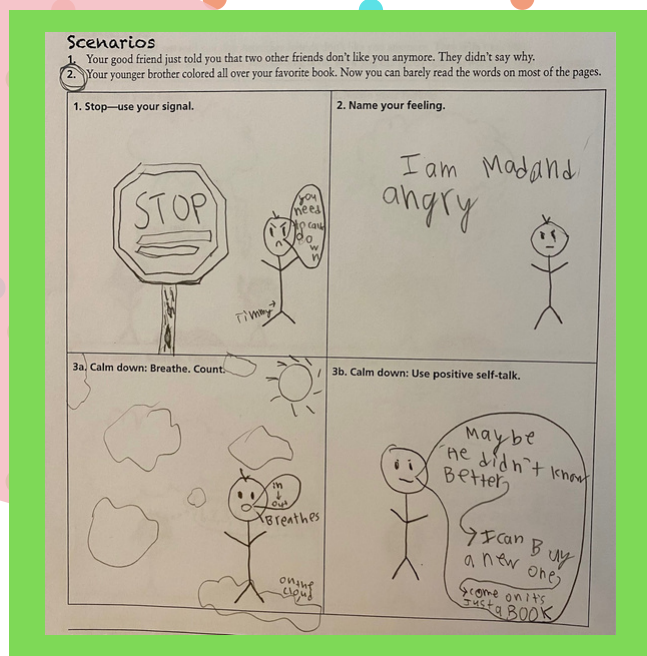
Thank you staff volunteers & family of staff!
Honduras- Mr. Ancheta (staff spouse)
Philippines- Mr. Tortal (staff parent)
West Virginia- Mrs. Haldeman (staff)

ELEMENTARY

In the Elementary School, our lessons have been all about **Feelings and Strong Emotions**. Students have been learning that they can listen to physical cues from your body to help them identify your feelings.

The **"How to Calm Down"** poster to the right shares the steps students are learning to use to help calm down when they notice you are feeling a strong emotion. First, use your stop signal to interrupt your brain. Next, name your feeling and then you can better figure out the best way to help yourself calm down.

In 3rd-5th grades, we have also talked about what happens in the brain when we experience strong emotions. Here is a [video](#) that 3rd grade watched that helps explain the different parts of the brain. We also use the [hand brain model](#) to help students visualize what is happening inside their brain when they feel a strong emotion.

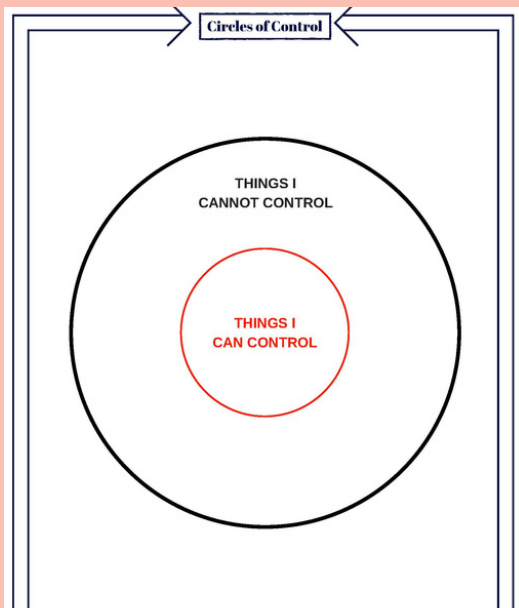


In fifth grade, students had the opportunity to illustrate the Calm Down Steps with a comic strip.

MIDDLE

6th Grade

The 6th grade class talked about Developing Personal Power. We discussed how much power the students felt they had in different scenarios. From this we realized that a lot of your power lies within the choices that you make. We also talked about the circle of control - you have the power to control what you do, but there are also many things that are out of your control.

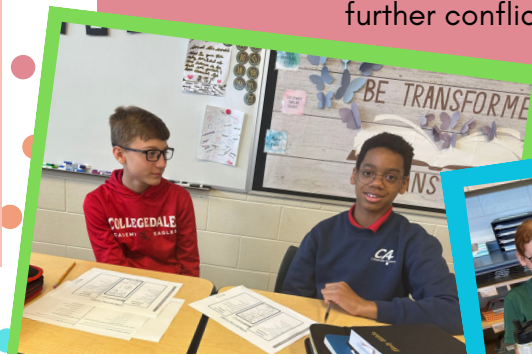


7th Grade

Seventh grade learned about Handling Stress. We discussed how to look for both the behavioral signs and emotional signs that might accompany stress. Students also learned the difference between good stress vs. bad stress and learned tips from this [video](#).

8th Grade

In 8th grade we finished up the unit on Conflict Resolution. We discussed the importance of remembering that you have the power to control your feelings and actions, but you do not have the power to control how others feel or act. We also discussed how there are certain situations where the best option is to walk away to avoid creating further conflict.



Mrs. Ancheta played in the staff vs. girls varsity basketball game.