



BELIEVE IN YOURSELF

Counselor's Corner Newsletter

May 2023

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Find this document on the www.verencityschools.org website under Counselor's Corner

*YOU
are
WORTH
it*

May 2nd is Teacher Appreciation Day! It is time to say "Thank You" to the exceptional teachers that you know. Let teachers past and present know you appreciate them for all that they do.

Do you remember your favorite teacher from grade school, middle school and/or high school? See if you can get back in touch with them and let them know some of your fondest memories you have of the time you had together!

We are thankful to have been able to head into the end of the school year, together. We hope you are looking forward to a mindful start of next school year after a summer of rest and rejuvenation.

(S)ocial (E)motional (L)earning in the Classroom

THIS MONTH... full circle

STUDENTS WILL... continue Making a Difference and review lessons from throughout the school year including Feelings, Listening, Assertiveness, Problem Solving, Diversity, and Making a difference and how it relates to Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision- Making.

Top Counselor Picks:

[SUMMER ROUTINE FOR STUDENTS](#)

[LET ME KNOW HOW MANY OF THESE YOU DO THIS SUMMER!](#)

[Trumbull 2-1-1](#) is available as we are mindful of you and your loved ones mental health

CLICK AND GO WITH MRS. BOERIO!

[How Can Kids Change The World?](#)

Ways to calm my worry

- Take slow deep breaths.
- Talk to someone.
- Write or draw your worry.
- Visualize a peaceful place.
- Exercise.
- Go for a walk.
- Listen to calming music.
- Do something creative.
- Yoga/ meditate.
- Focus on what you can control.
- Think about it in a different (positive) way.
- Distract yourself, read or watch a movie.
- Hug a stuffed animal.
- Squeeze a stress ball.

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MAKING A DIFFERENCE

"We do not have to be superheroes to make a difference. Whenever we help a neighbor, intervene to keep a quarrel from escalating, refuse to rise to a bait of anger, teach someone something useful, give a heartfelt compliment, we are building community and making a difference. Each act may seem isolated, but each builds on others to create a peaceful community, to empower us to act courageously." -4Rs



Why Should I keep a summer routine for my children?

Most children benefit from a summer routine as a means of knowing what to expect on a daily basis, which can reduce stress and anxiety. Consistent routine over the summer will also ease the transition back to school routine for Fall 2023.

Click on "Summer Routine for Students" above to read on...

WISHING YOU A RESTFUL, FUN, AND SAFE SUMMER!





Counselor's Corner Newsletter- MAY 2023

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May 20th is NATIONAL PICK STRAWBERRIES DAY!

This Day encourages you to go out and pick your own strawberries!

We have lots of places near us you can go pick from! Check out the link below to find out where you can go!

Use #PickStrawberriesDay on Social Media [Click Here for a list of places you can pick your own strawberries!](#)



What's happening in the classrooms?

LAST MONTH

5th Grade students began lessons on Diversity! **Ask your Student** about a Leader they admire and why?

6-8 Students finished lessons in the 2nd Step program centered on Social Conflict. **Ask your Student** about the decisions a leader makes and why?

THIS MONTH....

5th Grade students will complete lessons on Making A Difference in Unit 7 of the CASEL Program!

6-8 Students will complete lessons on Social Conflict in Unit 4 of the 2nd Step Program and Discuss Leadership Skills!

5th and 8th grade students will have transition days for moving to Middle School and High-School!

THROUGHOUT THE SCHOOL YEAR....

6-8 students will continue to receive the lessons in the Naviance Curriculum to prepare them for college and career readiness!

Ask your student to LOG-ON at home to see what Naviance is ALL ABOUT!!! [link to Naviance](#) [Naviance How to Video](#)

7th & 8th Grade students will receive lessons on Healthy Relationships, Healthy Choices, Dating Violence Prevention, and Human Trafficking. 5th-8th Grade students will receive Drug prevention Education through our partnership with COMPASS.



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|-----------------------|--------------------------|----------------------|---------------------|
| 1. GO CAMPING | 26. HOMEMADE TWISTER | 51. MAKE A MOVIE | 76. FOOD TRUCK EATS |
| 2. DO A STAYCATION | 27. VISIT A FARM | 52. SEE FIREWORKS | 77. SCARY MOVIE |
| 3. MAKE FROZEN YOGURT | 28. SPONGE BALL FIGHT | 53. GO FISHING | 78. FONDUE NIGHT |
| 4. VISIT A WATER PARK | 29. WATER BALLOONS | 54. PLAY TETHERBALL | 79. PHOTOBOMB |
| 5. GO SWIM IN A POOL | 30. FARMER'S MARKET | 55. TAKE A DAY TRIP | 80. WATCH SUNSET |
| 6. OUTDOOR CONCERT | 31. POOL NOODLE FIGHT | 56. PLANT ANYTHING | 81. FLASHLIGHT TAG |
| 7. OUTDOOR MOVIE | 32. TOUR THE CITY | 57. GO TO THE MALL | 82. GAME NIGHT |
| 8. TACO BAR | 33. VISIT A UNIVERSITY | 58. PAINT WAR PARTY | 83. DOLLAR STORE |
| 9. BACKYARD BBQ | 34. MARSHMALLOW FIGHT | 59. GO ON A PICNIC | 84. COMIC BOOK SHOP |
| 10. GO TO LAKE /BEACH | 35. VISIT A MUSEUM | 60. ROLLERSKATING | 85. MEMORY JAR |
| 11. GO ON A HIKE | 36. DIY SPA DAY | 62. GO CART RACING | 86. VISIT A ARCADE |
| 12. VISIT THE ZOO | 37. VISIT HISTORY | 62. VISIT A CARNIVAL | 87. COLOR POWDER |
| 13. VISIT A WATERFALL | 38. PLAY LAND HOCKEY | 63. LEARN A DANCE | 88. SPAGHETTI TACOS |
| 14. GO TO A AQUARIUM | 39. DIY COSTUME | 64. HOT DOG STAND | 89. NIGHT SWIM |
| 15. FRISBEE GOLF | 40. HULA HOOP CONTEST | 65. PINTEREST DIY | 90. KEEP A JOURNAL |
| 16. RENT A PADDLEBOAT | 41. EAT AT A RESTAURANT | 66. FLY A KITE | 91. SCRAPBOOK |
| 17. READ A BOOK | 42. STARGAZE | 67. PHOTOGRAPHY HUNT | 92. MUD FIGHT |
| 18. PLAY SKEEBALL | 43. VISIT THE DOG POUND | 68. TIME CAPSULE | 93. PADDLEBOARDING |
| 19. GO BOWLING | 44. HELP WITH A CHARITY | 69. SQUIRT GUN PAINT | 94. DOODLE SHOES |
| 20. SEE A MOVIE | 45. FEED DUCKS | 70. TRAMPOLINE PARK | 95. MUD SOCCER |
| 21. MAKE FRITO PIE | 46. GOT TO A FESTIVAL | 71. GO GEO-CACHING | 96. PAINT TATTOOS |
| 22. TYE DYE SHIRTS | 47. EAT FUNNEL CAKE | 72. HOMEMADE PIZZA | 97. ROLLERCOASTER |
| 23. MINI GOLF | 48. FIND A VINTAGE STORE | 73. MAKE SNO CONES | 98. WATERSLIDE |
| 24. POOL VOLLEYBALL | 49. BOARD/RIVERWALK | 74. CHILDHOOD MOVIE | 99. BUTTERBEER |
| 25. PAINT A PICTURE | 50. MOVIE MARATHON | 75. RIDE A TRAIN | 100. MAKE MEMORIES |

Click & Go Counselor Top Picks

Transition to Middle & High-School Tips

This link offers lots of tips for 5th graders transitioning to middle school and 8th graders transitioning to High School

25 Day Trip Ideas Close to Home!

This link offers suggestion on fun trips for the whole family that are close to home!

Managing stress for Families

This link offers tips and resources to help manage stress related to Covid-19.

Well Family

This link offers a host of tips and tools for families!

Let's Talk Career Options!

This link helps families explore career options for students!



TEACHING KIDS TO BE LEADERS!



1. Have them TRY new things!
2. Embrace Failures (it's how we learn)!
3. Go on trips...even if it's in Ohio!
4. Give them time to be Creative!
5. Teach Patience!
6. Lead by Example!

Be the **CHANGE** that YOU want to **SEE** in the **WORLD**

Happiness is so interesting, because we all have different ideas about what it is and how to get it.

Try these simple things to increase your happy!

*Exercise for at least 7 minutes! *Eat more Veggies!

*Get at least 8-10 hours of sleep at day! *Listen to your favorite music!

*Spend time with friends or family! *Practice Smiling! (Trust me it works :)

*Help another Person! *Plan out a fun activity for you and a friend or family member!

