MS. GUNAYDIN'S SCHOOL COUNSELING CORNER

March Newsletter

FEBRUARY REWIND!

To celebrate the month of February, the students participated in a wide range of activities. It was an honor to help the students organize and participate in the Black History Month Assembly Programming this year. They did a phenomenal job!

The students also focused on building their communication skills, active listening, and uncomfortable/comfortable emotions through SEL lessons. Additionally, the students learned tremendously about perspective taking and empathy.

For the month of March, Women’s History Month is a dedicated month to reflect on the contributions of women to history. Each day there will be a fact dedicated to Women’s History Month.

SOCIAL EMOTIONAL LEARNING: SOCIAL AWARENESS & RELATIONSHIP SKILLS

For the month of March, the students will engage in both social awareness and begin relationship building skills. CASEL defines this area as the ability to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

Relationship skills sound like clear communication, resolving conflicts, sharing of ideas, giving support or standing up for others.

Relationship skills look like kindness and empathy, cooperation, cultural competency, leadership, avoiding negative peer pressure, and making positive choices.