

Counseling Corner



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NEW COUNSELING HAPPENINGS AT SMES!

We are ready to bring in the 2018 Year at Strodes Mills Elementary! Checkout the different happenings and items within this edition of the Counselors Corner. We are really focusing on tolerance and diversity this month in the classroom. I am encouraging families to talk with their children about accepting differences in conjunction with our lessons! As always, feel free to reach out at any time!

Warmly,
Miss D.



COUNSELING GROUPS

This 2018 year at Strodes Mills, the counseling department will be starting groups! Students who may benefit from a particular group curriculum will have the opportunity to be involved in a group setting to gain skill support in emotional recognition/ processing, self-regulation, communication and awareness. Some groups that will take place specifically, will be “ZONES” of Self-Regulation, Worry Warriors, Grief & Loss, and Friendship is Power.

The goal of the groups are to help students foster their full potential and alleviate barriers to learning. The groups will take place once a cycle for a 6-8 week period. If your child is selected you will receive a letter about the group and other pertaining information.

DIVERSITY



THIS MONTH'S GUIDANCE LESSON

As we have been learning about diversity with the holidays last month, this month we will be focusing on diversity from another perspective, physical differences. Students will learn to accept and be kind to those who may be different or diverse from themselves. They will learn that even though we may be different on the outside, we are all the same on the inside including our feelings and emotions.

COUNSELOR TIP OF THE MONTH

Tolerance is key to keeping a positive and accepting school environment. Tolerance allows all students to feel accepted and comfortable to be who they are despite differences. Tolerance can allow for happier, healthier children within a school and allow for better understanding of one another.



TEACHING TOLERANCE

Most youngsters will play or interact with children from other races unless taught otherwise. Racism, prejudice, and intolerance may be learned by the time the child enters school. Prejudice can be learned from parental and family attitudes, television, movies, books, and from persons outside the immediate family.

Elementary school-aged children recognize cultural and social differences among people. They are heavily influenced by the attitudes of their parents or the comments made about others from a culture or race different from their own. Children may be pickier about choosing playmates.

Tolerance for others begins with the family and the child. Parents and other family members need to examine their own attitudes and prejudices. Secondly, children need to develop positive self-esteem.

Children who feel good about themselves may be better able to accept and get along with others.



ACTIVITIES TO PROMOTE TOLERANCE

- Learn more about your culture and heritage and share this information with your children.
- Answer any questions and discuss any misconceptions about persons from a culture and race that is different from your own.
- Tell your children racial comments about others are not okay.
- Encourage your children to interact with children from other cultures at school, church, at the park, etc.
- Get to know the parents of your children's friends.
- Provide younger children with multi-cultural dolls.
- Read multi-cultural stories with your children.
- Go to museums, libraries, festivals and other places where you and your children can be exposed to and learn about persons from other cultures.
- Allow your child to create with crayons, markers, paint and play dough that are colored like various natural skin tones, such as brown, black, beige, etc.