

## APRIL 5<sup>TH</sup> NEWSLETTER



### Counselor's Corner



Cristina Green, M.S.

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Dear Parents,

As we begin our third full week of virtual learning, your child is becoming more proficient in managing their educational device (iPad, computer, laptop, phone). This independence provides them the ability to check for their daily assignments and the ability to finish those tasks and mark them off the list. However, I want to remind you to continue monitoring the time your child spends in front of the screen and the sites they use, as well as supervise the conversations that they have with teacher and classmates.

Also, the video included in the virtual bulletin is aimed toward your child. I would love for you to show them the video as a way to continue our "face to face" interaction. I have also asked their teachers to upload it to SeeSaw when possible. In second grade, I am adding it directly to the counseling class. If your child has not added the class, please help your child obtain the code shared by your teacher. It is my plan to add more resources as we continue our journey of virtual learning.

This past week, we got to celebrate two birthdays. If your child will be having a birthday in the upcoming weeks, expect a message from me!

Again, I want to reiterate that I remain dedicated to serving your family and providing for your child's school counseling needs. I am available to talk to any student that may need a check-in. If your child would like to talk to me, please email me ([cgreen@baysideacademy.org](mailto:cgreen@baysideacademy.org)) so we can schedule a time to chat.

Sincerely,  
Cristina Green, M.S.  
Lower School Counselor

### DIGITAL EDUCATION

Common Sense media is a great resource for digital education. Here are 5 tips to help boost kids' safety, privacy, and security as stated in their website:

**1. Discuss personal vs. private info.**

Talk about the difference between what's ok to share online (favorite color) and what's not (home address).

**2. Use privacy settings.**

Together, go through the settings on all new apps to make sure you both know what information your kids are sharing. Especially in the beginning, it's better to share very little.

**3. Avoid location tracking.**

Location-aware apps can be super helpful, but apps that use a device's location to help people find your kid or offer them ads for nearby businesses should be used with caution. Turn them off if you can.

#### 4. Power up passwords.

Work together with kids to help them come up with complex passwords. Think outside the dictionary. Use phrases and special characters that make passwords hard to guess but easy to remember. Remind kids to keep passwords private and change them regularly.

#### 5. Skip quizzes.

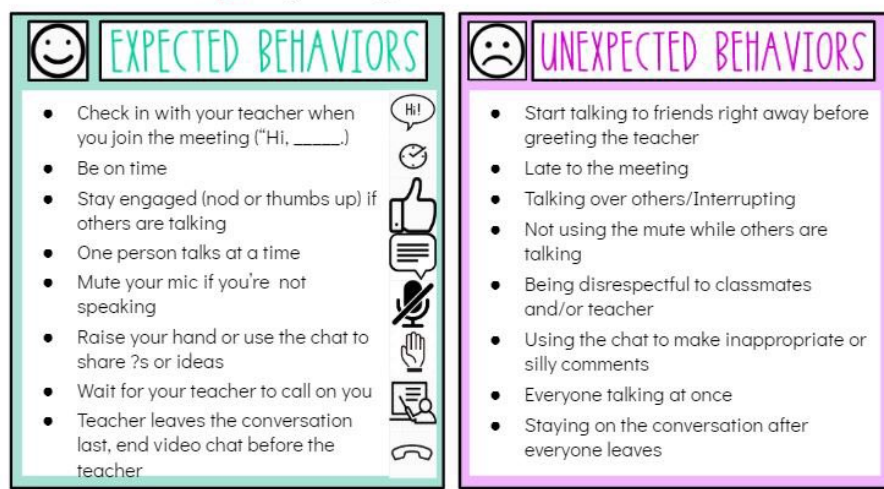
Help kids identify and avoid clickbait, quizzes, special offers, and anything that asks for personal or private information. This helps keep information secure and devices safe.

#### Website Traffic Lights



<https://www.youtube.com/watch?v=QfgjI84PAXw>

### VIRTUAL LEARNING ETIQUETTE



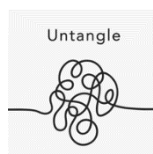
<https://www.youtube.com/watch?fbclid=IwAR2Askzl8rdAY3ra4rpDNht-1HZw8McqeuaaGpg6czJa2kIQS-y-8-qtNAQ&feature=youtu.be&v=y5px2MScPTA&app=desktop>

### PODCASTS



[The Happiness Lab](#)  
[-Coronavirus bonus](#)

[Untangle](#)



### RESOURCES

- *Anxious Ninja* by Mary Nhin: Normalizes anxiety for kids and shows them how to cope.
- *Me and My Feelings* by Vanessa Green Allen, M.Ed.: Helps students acknowledge their feelings and become comfortable addressing them in order to remain calm and at peace.
- *A Little Spot of Anger* by Diane Alber: Teaches littles how to calm down when they get angry.

## SOCIAL EMOTIONAL BINGO

I have included a Social Emotional Bingo that you can print and help your child complete in the next couple of weeks. Once your child has performed all the tasks to get a bingo, please share a picture with me via email at [cgreen@baysideacademy.org](mailto:cgreen@baysideacademy.org). I will keep a record of all of those, and I will give those students a small prize.

### -Social Emotional Learning- -BINGO Style-

Caring	Mindful	Challenge	Nature	Social
<p>Write a letter or make a card for someone special</p> 	<p>Set up a special space where you can go when you feel upset</p> 	<p>Create your own scavenger hunt for others. Include both indoor and outdoor items</p> 	<p>Practice Self Control outside! Sit with your eyes closed for 5 minutes- What did you hear?</p> 	<p>Learn about a new culture and make something: Picture/food</p> 
<p>Make a list of what you love about yourself and hang it where you can see</p> 	<p>Watch a video: Meditation or guided imagery. How do you feel?</p> 	<p>Pick a toy and give it a new life! Create scenery from legos, cardboard, etc</p> 	<p>Take a virtual tour of a zoo, or aquarium.</p> 	<p>Listening skills- Ask someone how their day is going - Is there anything you can do to help?</p> 
<p>Help a family member with chores around the house. List what you can do without help</p> 	<p>"I Feel". Spend 2 minutes thinking about how you feel. Start a journal and practice this daily</p> 	<p>What makes you unique? Share your special skill or talent with someone</p> 	<p>Sit outside with your eyes open, Be still for 5 minutes- What do you see?</p> 	<p>Positive Actions- Do something without being asked or told How did it make you feel?</p> 
<p>Read a book and talk about the characters feelings. Can you relate?</p> 	<p>Make a poster about What and Who you are thankful for</p> 	<p>Take a virtual tour of a museum. Re-create any artwork of your choice</p> 	<p>Find things inside/outside that look like letters in your name</p> 	<p>What do you want to be when you grow up? How can you achieve your goal?</p> 
<p>Make a poster to show Kindness at home and school</p> 	<p>What makes you a good friend? Write or draw about what being a good friend means</p> 	<p>Find a recipe and make something special for your family</p> 	<p>Take a walk and count how many colors you see. Draw it!</p> 	<p>Play emotion charades- can anyone guess the feelings on your face?</p> 