

**COUNSELOR'S CORNER**  
**THE WILSON MIDDLE SCHOOL SCHOOL COUNSELOR NEWSLETTER**

Vol. II: November 9, 2017



*Team Building Activities Held During Our Mentoring Program Event This Week*

**Upcoming Important Events:**

Healthy Harvest is ongoing and will continue until Wednesday November 22, please bring all canned food and boxed items to homeroom. All donated items will benefit the Natick Service Council, a group that helps families in need. The Healthy Harvest food drive is their biggest source of donations and helps countless families in need during the holiday season.

**Introduction From The School Counselors**

**We are fortunate this year to have 4 full time counselors - one for each grade level!** We will be making an effort to connect with *all* students through classroom and small group instruction, as well as individual and group counseling as needed. It is our goal to get to know our students on a personal level so if they require individual support they are already familiar with us! If we have a concern about your child we will make sure to be in touch with you.

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National World Kindness Day is Monday, November 13th. With this, and Thanksgiving around the corner, it is a time where we naturally think about what we are grateful for and how we can give back. Often, people believe that it is happy people who are generous and grateful, but research shows that it is actually the opposite: When you are generous and grateful, you become happier! According to an article published by The Greater Good Society at UC Berkeley, giving is good for your health, it promotes cooperation and social connection, it evokes gratitude, it makes us feel happy, and it is contagious. A study conducted by researchers from UCSD and Harvard found that

when one person behaves generously, it inspires observers to behave generously later, toward different people. In fact, the researchers found that altruism could spread by three degrees—from person to person to person to person. “As a result,” they write, “each person in a network can influence dozens or even hundreds of people, some of whom he or she does not know and has not met.”

As you know, this fall we participated in the National Middle School Kindness Challenge. We are hoping to tap into this contagious effect of generosity at Wilson Middle school by continuing to participate in activities that are easy, fun and meaningful. In an effort to continue building a positive school culture, we intend to purposefully foster kindness throughout our school day, every day, all year. As a whole school project, we are in the process of building a Kindness Rock Garden. Over the next month, all students will create a rock with a message or word of inspiration to add to our garden. Please reinforce our efforts by talking with your child about what they are learning in relation to kindness. Join us by performing your own acts of generosity and kindness within the communities to which you belong!

**KINDNESS IS CONTAGIOUS - CATCH IT!**

**#wilsonkindness**

**Counselors On Twitter:**

Two of our counselors are now on Twitter! They will be tweeting resources, current news and all sorts of other great information during the school year. Follow Mr. Gray @MrGrayWMS and Ms. D'Antonio at @jenndantonio. We look forward to interacting with you on this platform!