



the counselor corner

WALNUT STREET SCHOOL | DECEMBER 2020

WALNUT STREET NEWS

BY KATE BUSCH

I know I can speak for the Walnut Street School staff when I say that we are all so very grateful for our families and your commitment to your child's learning and socio-emotional well-being during this challenging, unique learning experience.

Things to Remember:

Walnut Street Family Gift 12/21 3pm-5:15pm

DMARC Mobile Food Truck will be at WSS 12/21 from 11am-1pm

Winter Break December 23-Jan 1



SCHOOL COUNSELOR VS. SCHOOL-BASED THERAPIST

I want to take a moment to clarify my role as a school counselor and the role of our school-based therapist, Amanda. We recognize the need, now more than ever, for social emotional and mental health supports for our students . I will work with ALL of our students in some capacity through partnering with classroom teachers, providing small group support and individual short-term solution-focused counseling. Our school-based therapist will provide on-going individual therapy for students, whose grown-ups have completed the referral and intake process. If you are unsure which area best fits your needs, reach out to either of us and we are happy to point you in the right direction for your student and family.

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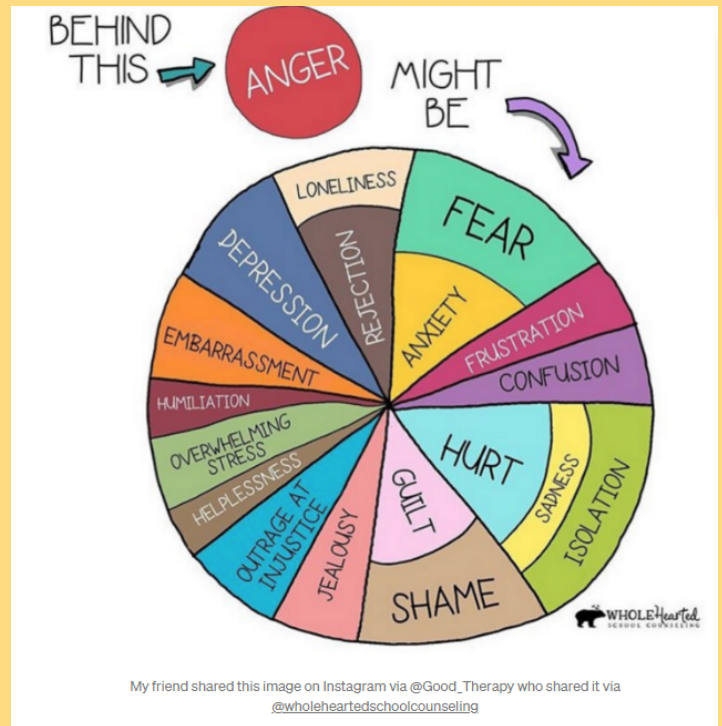
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SUPPORTING CHILDREN'S SOCIAL- EMOTIONAL LEARNING

Supporting our children's social-emotional needs and learning in addition to all the things going on in our current realities can feel like a daunting task. I want to provide easy ideas and strategies for us to connect with our students and build positive pro-social behaviors that support their emotional and academic learning.

One of my favorite resources is [Greater Good in Education](#). The knowledge and resources available are incredibly helpful.

I want to share [Take-Home Skills : Practices For Families](#): This resource is a collection of skills and specific steps for implementing these practices. Please check out the link!



QUICK GUIDES & RESOURCES

[COVID-19 RESOURCES FOR FAMILIES & EDUCATORS](#)

[COVID-19 DIGITAL TOOLKIT](#)

[FIVE TIPS FOR SUCCESSFUL AT HOME LEARNING](#)



ANTI-RACISM CONVERSATIONS AT HOME

As we continue to develop our knowledge and language as well as skill-set on talking about race and racism with our students and children, it is imperative that we continue to build our own social emotional skills to help us navigate these conversations.

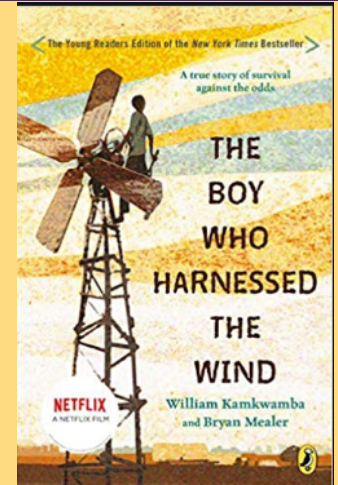
This article addresses 3 Critical SEL Skills needed to discuss race in our classrooms, I believe the same goes for race within our homes. We must have Self-Awareness to acknowledge our implicit bias, Self-Management to navigate our emotions, and Social Awareness to reflect on our community and the perspective of others. We need these skills ourselves if want to teach our children and students to be anti-racist.

GETTING REAL ABOUT PRIVILEGES & INEQUALITY
conversation starters with teens

- What voices are left out of the history books and novels you read in school?
- What is white privilege? How are you impacted by white privilege?
- What are the differences between saying, "I'm not racist" versus "I am committed to being antiracist"?
- Whose responsibility is it to dismantle systems of inequality?
- What groups in our country have the most amount of power? What groups have the least?
- What does the following mean: "To claim that you are neutral or to not do anything is to reinforce systems of inequality"?

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If you have any resource recommendations to share, please email to katelyn.busch@dmschools.org



BOOK ROUND-UP FROM OUR WALNUT STREET SCHOOL LIBRARIAN- MS. DOUTHIT

Each month Ms. Douthit will share a few books that are available at our Walnut Street School Library.

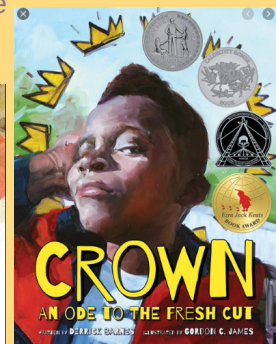
Ready to Fly
Written by: Lea Lyon

The Boy Who Harnessed the Wind
By: William Kamkwamba (also on Netflix)

The Boy with Big, Big Feelings
By: Britney Winn Lee

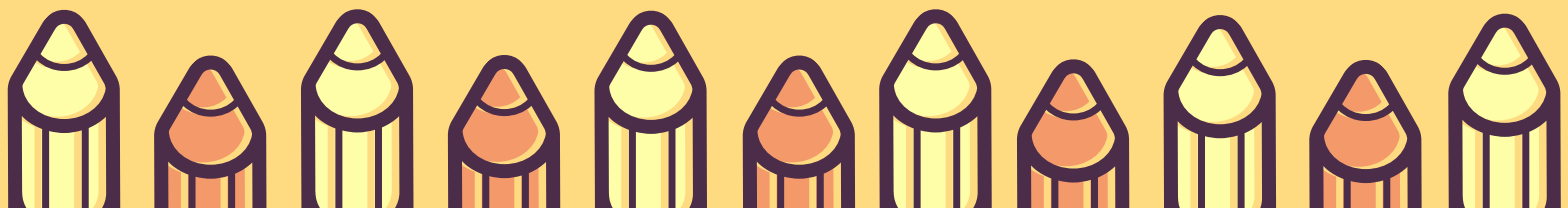
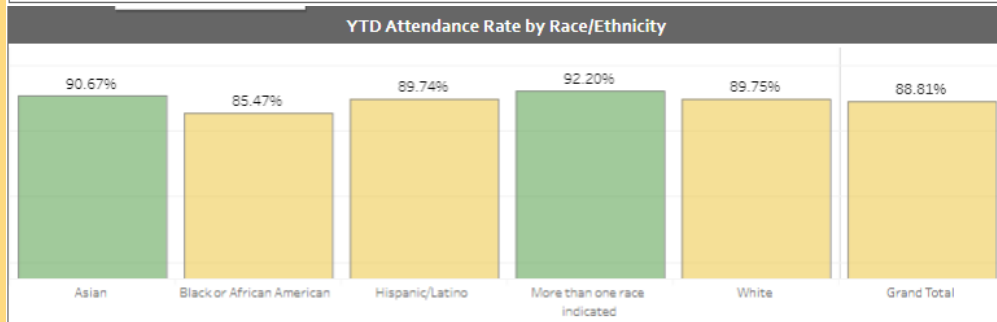
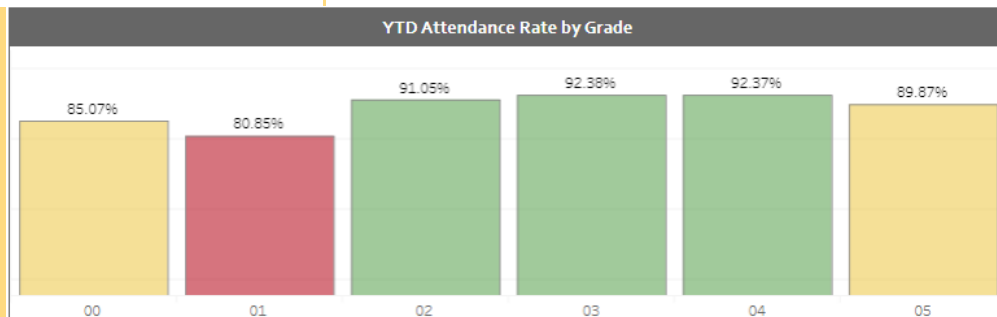
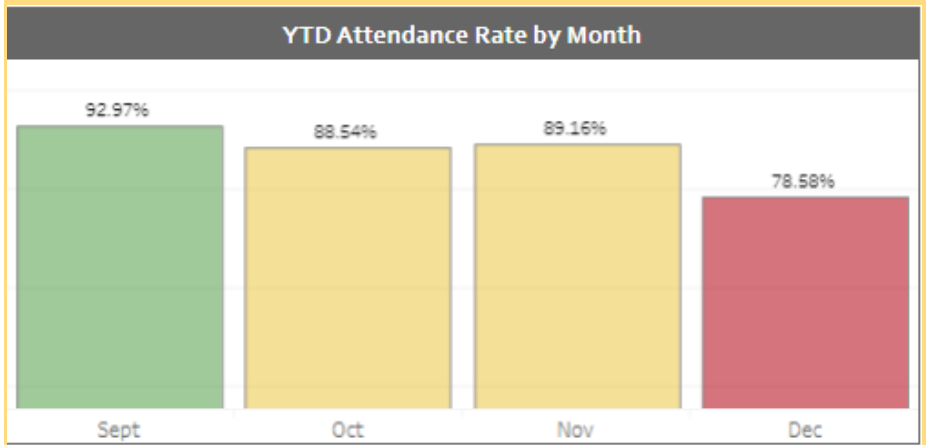
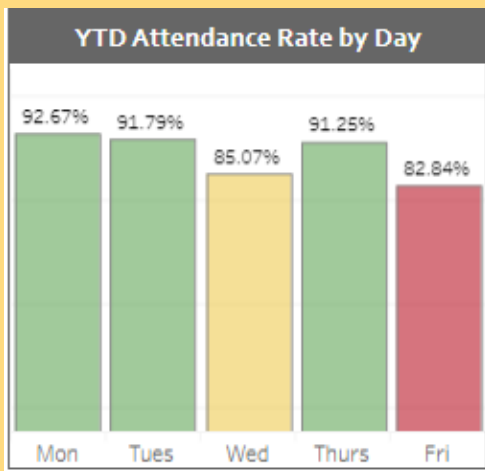
Crown: An Ode to the Fresh Cut
By: Derrick Barnes

Unstoppable Octobia May
By: Sharon G. Flake



WALNUT STREET SCHOOL ATTENDANCE DASHBOARD

A part of my role as a school counselor is examine and ask questions around our building data on attendance. My hope is be transparent in helping families have an understanding of our building attendance trends as a reminder that we are all in this together. We are here to support our students and families to remove barriers to learning, whether that's in-person, hybrid or virtual. Please take a look at our attendance data so far this school year. If you have any questions or concerns, please reach out to me or your student's classroom teacher.



ADDITIONAL RESOURCES FOR SOCIAL EMOTIONAL WELL-BEING

Brain Games

A collection of fun games to build executive functioning skills like focus and memory.



GRATITUDE PROMPTS

1. A **strength** of mine for which I am grateful is...
2. Something **money can't buy** that I'm grateful for is...
3. Something that **comforts me** that I'm grateful for is...
4. Something that's **funny** for which I'm grateful for is...
5. Something **in nature** that I'm grateful for is...
6. A **memory** I'm grateful for is...
7. Something that **changes** that I'm grateful for is...
8. A **challenge** I'm grateful for is...
9. Something **interesting** that I'm grateful for is...
10. Something **beautiful** I'm grateful for is...

HOW ARE YOU FEELING TODAY?

ANGRY	DISAPPOINTED	FRIENDLY	INSECURE	SHAME
ANNOYED	DISCOURAGED	FRUSTRATED	LONELY	SHY
ANXIOUS	EXCITED	GUILTY	LOVED	SILLY
BORED	EMBARRASSED	HAPPY	CONFUSED	STRESSED OUT
BRAVE	ENERGETIC	HESITANT	PROUD	SURPRISED
CALM	WORRIED	HOPEFUL	SAD	TIRED

One of my favorite feeling check-in resource from [WholeHeartedSchoolCounseling](http://WholeHeartedSchoolCounseling.com)

Research show Gratitude practiced over time changes the brain!

Thanks for stopping by
The Counselor Corner!

