

Townsvew School Guidance Program: November Newsletter



Theme of the Month

The school-wide focus for the month of November is **Emotion Management (k-5)** and **Recognizing Bullying & Harassment (6-8)**.

Emotion Management involves identifying emotions in oneself and others and applying strategies to manage difficult emotions.

Recognizing Bullying and Harassment guides students to identify and stand up safely to bullying and respond appropriately to harassment.

The behavior of focus for all students will be **“Responsibility”**. During the month of November, students will learn about **“being dependable, making good choices, and taking accountability for their actions**. A responsible citizen looks out for the well-being of others and understands we all have a part to play in making the world a better place.”

pbskids.org

Guidance Program

Throughout November, guidance will continue supporting and enhancing student learning through academic, social-emotional, and career development. The ESS (Guidance) teacher supports whole school initiatives, such as the Second Step program, by providing resources, activities, co-planning, co-teaching, and offering small group/individual learning opportunities related to general guidance curriculum outcomes (such as emotional regulation and friendship groups). If you have any questions about the guidance program at TVS, please feel free to contact me at the school: 506-325-4435 or Jessica.Irvine@nbed.nb.ca.

Jessica Irvine

Family Connection: Try This at Home

Show your child a picture, scene from a show, read a scenario, or make a face that represents a specific emotion. Ask your child what emotion they believe is being portrayed. Remind your child to look at body language and facial expressions to help them.

Talk to your child about a time when you had an emotion that was so strong, you may have done or said something that you wish you hadn't. Explain that having emotions is completely normal, but we do have to be able to control them. Regulating our emotions is important. See the YouTube videos below for some breathing techniques to try at home.

[Calm | Breathe Bubble - YouTube](#)

[Grounding Series: 5-4-3-2-1 Method - YouTube](#)

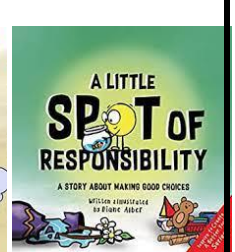
[Box breathing relaxation technique: how to calm feelings of stress or anxiety - YouTube](#)

Does your child know who they can talk to if they are being bullied? Brainstorm with your child the adults in the community who they can go to for help if they or someone they know is being bullied or harassed.

Turn common games into a social emotional learning opportunity. Click the link below to see how you transform many games by using the “Zones of Regulation”.

[12+ Games to Practice Emotions and Self Regulation Strategies – CreativeCOTA](#)

The read alouds below support the SEL theme of the month. You can access each read aloud on **YouTube** (click each photo to open the link).



This is NOT
my responsibility

This IS my
responsibility

My words, my behaviour,
my actions, my efforts, my
mistakes, my ideas & the
consequences of my
actions

Other
people's
words

Other
people's
ideas

Other
people's
mistakes

Other
people's
opinions

Other
people's
beliefs

Other
people's
actions

The consequences of
other people's actions



Links for Middle School

[STOMP Out Bullying™ | Cyberbullying & Bullying Prevention](#)

[Get Help – BullyingCanada](#)

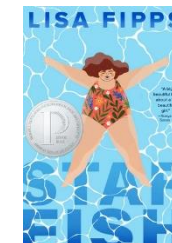
[51 Best Middle-Grade Books About Bullying \(Tween Bullying Books\) \(readingmiddlegrade.com\)](#)

[Bullies Be Gone! 15 Middle Grade Books on Bullying | Brightly \(readbrightly.com\)](#)

Read aloud links below for 'Wonder' and 'Starfish'



[Wonder- YouTube](#)



[Dr. DePass' Educational Advice - YouTube](#)