

Forest Hills Elementary

Counseling Newsletter



Dear Parents and Guardians,

During the past month, the counselors have been busy in the classrooms! Kindergarten learned about their feelings, 3rd grade took home deodorant and a toothbrush concluding their personal hygiene discussion, Victim Services talked to 2nd grade about Safe Touches and The American Red Cross taught 5th grade about winter hazard preparedness.

Throughout the year, we have had our school counseling intern, Rebecca Zajdel, assisting our office. We wish her the best of luck in future endeavors as her last day with our school is December 10th.

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Home Connection:

TALK TO YOUR CHILDREN ABOUT YOUR CAREER PATH

Children are constantly listening and learning from the adult role models around them. Help your child with career exploration by discussing the following questions:

1. What are the different jobs you had growing up?
2. What job do you do now?
3. What would you do differently if you could do it all over again?



Counseling Tip:

Although the weather is cold, encourage your children to play outside. Research has shown the following benefits of contact with nature for children:

- ❖ Reduces impulsivity.
- ❖ Stress reduction.
- ❖ Stimulates imagination and creativity.
- ❖ Reduces depression and increases self-esteem.
- ❖ Improves coping skills.
- ❖ Improves the attention of children.



Winter Safety Tips

If your children are playing outside, be sure to keep them warm, healthy, and safe by following these 15 simple tips from the Cleveland Clinic.

1. Adjust winter clothes for children's needs. Dress in more than one layer.
2. Keep exposure to the cold at a minimum.
3. Don't forget winter accessories. Wear warm boots, gloves or mittens, and a hat!
4. Avoid winter germs by using soap and water.
5. Cover your mouth when sneezing or coughing.
6. Always supervise children. Injuries can occur quickly, especially when sledding or snow tubing.
7. Keep kids away from motor vehicles. Often, sledding hills are close to roads. Keep a safe distance from these.
8. Sled in proper form. Ride feet first or sitting up instead of lying down head-first.
9. Find a clear area. Pick a sledding location that is away from trees and fences.
10. Dress in layers. You can always remove layers if you begin to sweat to stay dry. Wet clothes can cause your body to chill and can lead to hypothermia or frostbite.
11. Protect skin. Keep your skin from being exposed to harsh temperatures. Be especially careful with your hands, feet, and ears.
12. Be aware of weather conditions. Consider staying inside if the temperature drops below 0 degrees Fahrenheit.

<https://health.clevelandclinic.org/parents-know-these-winter-safety-tips/>



Looking Ahead.....

Law Enforcement Appreciation Day is scheduled for January 9th

Molly Manners for Pre-K is scheduled for January 21st and Kindergarten is January 22nd

Classroom Guidance Lessons on Internet Safety for 5th and 6th Grade