



# MMS School Counseling

A WEEKLY NEWSLETTER ABOUT OUR SCHOOL COUNSELING PROGRAM

WEEK OF DECEMBER 18



## THIS WEEK

MRS. LEE IS WORKING WITH STUDENTS DURING THE "WIN" TIME. SHE IS FOCUSING ON HELPING STUDENTS FEEL CONNECTED AND A SENSE OF BELONGING TO OUR SCHOOL COMMUNITY.



## FROM THE STUDENTS..

"I DIDN'T REALIZE THAT A STUDENT IN MY WIN GROUP AND I HAVE SO MUCH IN COMMON. SO GLAD IM IN THIS GROUP"

MMS 6<sup>TH</sup> GRADER

## CONNECTING

THE SCHOOL COUNSELING OFFICE IS CLOSED DURING THE WINTER BREAK.

PLEASE REQUEST ALL TRANSCRIPTS FOR HIGH SCHOOL APPLICATIONS BY FRIDAY, DECEMBER 19<sup>TH</sup> TO ALLOW FOR TIME TO PROCESS THESE REQUESTS PRIOR TO THE BREAK.



## STAY IN TOUCH

MRS. EILEEN MELODY  
melodyem@mansfieldct.org  
7th and 8th Grade Counselor

MRS. KRISTINA LEE  
leek@mansfieldct.org  
5th and 6<sup>th</sup> Grade Counselor

MRS. JENNIFER ROBERTS  
robertsj@mansfieldct.org  
5th-8th Grade Counseling Support



## CONSIDER THIS



HOW PARENTS CAN HELP WITH EMOTIONAL REGULATION AT HOME  
YOUR ROLE IS INCREDIBLY IMPORTANT IN HELPING YOUR CHILD DEVELOP THESE SKILLS. HERE ARE SIMPLE WAYS YOU CAN PROMOTE EMOTIONAL REGULATION:

1. BE A FEELING DETECTIVE: WHEN YOUR CHILD IS UPSET, HELP THEM NAME THE EMOTION WITHOUT JUDGMENT. SAY, "I SEE YOUR FACE LOOKS REALLY TIGHT. ARE YOU FEELING FRUSTRATED THAT THE GAME ISN'T WORKING?" AVOID SAYING, "DON'T BE SAD."
2. MODEL HEALTHY COPING: LET YOUR CHILD SEE YOU MANAGE YOUR OWN STRESS. SAY, "I'M FEELING REALLY STRESSED ABOUT THIS DEADLINE, SO I'M GOING TO TAKE FIVE DEEP BREATHS BEFORE I START WORKING." THIS TEACHES THEM A DIRECT STRATEGY.
3. TEACH AND PRACTICE HOME TOOLS: HELP THEM BUILD A "TOOL KIT" OF CALMING STRATEGIES. THIS COULD INCLUDE DEEP BREATHING, STEPPING AWAY TO LISTEN TO MUSIC, DRAWING, OR GOING FOR A SHORT WALK. PRACTICE THESE TOOLS BEFORE THEY ARE HIGHLY STRESSED.
4. VALIDATE, THEN REDIRECT: ALWAYS ACKNOWLEDGE THE FEELING FIRST. "I UNDERSTAND YOU ARE ANGRY ABOUT THAT GRADE." ONCE THE FEELING IS ACKNOWLEDGED, YOU CAN REDIRECT TO PROBLEM-SOLVING. "LET'S TAKE A MINUTE TO CALM DOWN, AND THEN WE CAN THINK ABOUT HOW TO STUDY DIFFERENTLY NEXT TIME."

# Congrats!

MMS WON FIRST PLACE  
FOR THE **67** TREE  
AT THE WINTER WELCOME TRIM-A-TREE CONTEST!



# Thank you

TO THE MMSA, MR. ROCK, MR.  
BURRINGTON, AND ALL THE STUDENTS  
THAT CREATED ORNAMENTS!









