UNITY DAY 2019

On October 23rd, Capitol Hill participated in Unity Day to bring awareness to the effects of bullying by doing a variety of activities throughout the day geared towards being kind to one another and being inclusive. Every student received a handprint cutout to decorate with kind and inclusive messages or drawings, and used the handprints to create trees throughout the building.

At the elementary level, we had Mix-it-Up at Lunch Day. Students were given a colored wristband and sat with other students who had the same color in an effort to chat with people that they don’t know very well. Each table had table tents to guide their discussion.

At the middle school level, each student was given a colored wristband. Each period, students were grouped together based on that color to engage in a variety of group activities.

Pictures of Unity Day are posted below!

WHAT’S HAPPENING WITH SCHOOL-WIDE SEL?

**Monday Mindful Mornings:** every-other Monday, all 1st, 2nd and 3rd grade classes meet in the green atrium together. In October we talked about Self-Awareness and how to recognize our own feelings. Ms. Waskosky’s 2nd graders made a video to share with everyone about their strengths.

WHAT IS THE BULLYING PREVENTION UNIT?

All SPPS students receive targeted lessons on Bullying Prevention in their classrooms from their school counselors. These lessons are from Second Step, a research-based curriculum that teaches students how to Recognize, Report and Refuse bullying. These are taught from the preventative and positive lens on how to be a supportive bystander, how to be assertive, and how to get help.

WHAT’S HAPPENING IN ELEMENTARY THIS MONTH?

- Counselors will continue to visit every 1st-5th grade classroom for bi-weekly social and academic skills lessons.
- We will continue to take referrals for skill-building groups - contact Ms. Rinn (1st-4th) or Mr. Nauschutz (5th) to refer your child.
November classroom lesson topics include:

<table>
<thead>
<tr>
<th>1st Grade</th>
<th>2nd Grade</th>
<th>3rd Grade</th>
<th>4th Grade</th>
<th>5th Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bullying Prevention Unit (3 lessons)</td>
<td>Bullying Prevention Unit (3 lessons)</td>
<td>Bullying Prevention Unit (3 lessons)</td>
<td>Bullying Prevention Unit (3 lessons)</td>
<td>Peer Pressure Rumors/Gossip</td>
</tr>
</tbody>
</table>

WHAT’S HAPPENING IN MIDDLE SCHOOL THIS MONTH?

- Mr. Fomafung will be entering 7th and 8th grade classes to deliver lessons on Conflict Resolution and Effective Communication and Mr. Nauschutz is finishing up the 6th grade lesson on Bully Prevention.
- Mr. Nauschutz and Mr. Fomafung will begin meeting with students needing academic support.
- Mr. Fomafung and Mr. Nauschutz will begin small groups and are still taking referrals.

DO YOU FEEL LIKE YOUR CHILD NEEDS EXTRA SOCIAL-EMOTIONAL SUPPORT?

Counselors and Social Workers run small skill-building groups as needed, in addition to having individual check-in's with students. We do not provide therapy but can support children both inside and outside of the classroom. If you feel that your child could benefit from extra support at school, please contact your child’s counselor to discuss options. Counselors work in collaboration with our social worker and will share referrals when necessary.

Parents might call the counselor if your child is experiencing: changes at home; challenges in their peer group or making friends; persistent challenges with big feelings; organization and time management struggles; or other personal, emotional, or academic skill needs.

OTHER SERVICES WE PROVIDE:

**Mrs. Rinn**
- Bi-weekly social/emotional lessons in all 1st-4th grade classes
- Small support groups
- Individual brief and solution-focused counseling

**Mr. Nauschutz**
- Scheduling for 6th graders
- Bi-weekly social/emotion lessons for all 5th graders
- Quarterly lessons for all 6th grade students
- Small support groups
- Individual brief and solution-focused counseling
- Academic support
Mr. Fomafung
Scheduling for 7th–8th graders
Quarterly lessons for all 7th & 8th grade students
Small support groups
Individual brief and solution-focused counseling

Mrs. Larson
Half-time with general education students
Half-time with students with specialized services
Individual and small group support
Crisis Intervention
Trauma Informed Interventions

QUOTE OF THE MONTH

*It is our choices that show what we truly are, far more than our abilities.*
-Albus Dumbledore*