

# *A Note From the Middle School Counselors*

## *Berkeley Heights Public Schools*

Ms. Dolan - Grade 6

Ms. Fenimore - Grade 7

Ms. DeLauro - Grade 8

Dear Parents/Guardians,

This week we will be celebrating the Week of Respect! Students will be encouraged to connect with a classmate they have not previously befriended and will be encouraged to learn a variety of ways to introduce themselves, keep a conversation going and see things from another's perspective. Making small connections and interacting with peers can help our students feel like they are part of a greater community. This year, our goal is for every student to feel like they are a special part of the Columbia Middle School community.

Throughout the month of October our advisory periods will revisit these skills and encourage students to make them a part of their everyday practice.

### ***Here are some ways you can teach connectedness at home:***

- ★ Make "saying hello" part of your family culture and routine. Be intentional about greeting each other and asking questions about each other's day.
- ★ Practice active listening. During car rides and at meal time, challenge each other to use eye contact and truly listen.
- ★ Model best practices for your child. Say hello to people in your community, and make conversation.
- ★ Share a story about a time that you reached out to someone who was lonely or in need of a friend. What happened? How did it make you feel?
- ★ Be there for your child. Talk about what your child can do if they ever feel lonely at school. Remind them that you are always someone they can talk to.
- ★ Talk about good and bad kinds of being alone. When does being alone feel good? When does being alone feel bad? If you are feeling bad about being alone, what can you do? Who can you talk to?