

"Shull's Counselor Corner" WELCOME BACK STUDENTS!



OCTOBER 2020

RESPECT

Why is Respect Important...

Being respected by important people in our lives growing up teaches us how to be respectful toward others.

Respect means that you accept somebody for who they are, even when they're different from you or you don't agree with them.

Respect in your relationships builds feelings of trust, safety, and wellbeing.

Respect doesn't have to come naturally - it is something you learn.

School Happenings!

Week of Respect - October 5th
Violence Awareness Week - October 19th
Red Ribbon Week - October 23

I'm too
BRIGHT
for DRUGS

Your School Counselors...

5th Grade - Ms. Green - lavegreen@paps.net
6th Grade - Ms. DeFilippis - jacqdefilippis@paps.net
7th Grade - Mr. Garcia - thomgarcia@paps.net
8th Grade - Ms. Malave - luzmalave@paps.net
For additional information visit Shull School website:
<https://www.paps.net/Page/15>



SEL FOCUS
FOR THE MONTH

RELATIONSHIP SKILLS

So here are a few tips to help you to develop more positive and healthy relationships in all areas of your life:

Accept and celebrate differences. ...

Listen effectively. ...

Give people your time. ...

Develop your communication skills. ...

Learn to give and take feedback. ...

Learn to trust more. ...

Develop empathy.

October is National Bullying Prevention Month

Bullying can take many forms. It can be physical, like hitting, kicking, or punching. It can also be social or emotional, like using words to hurt someone, leaving someone out, or gossiping and spreading rumors. Bullying can happen at school, in your neighborhood, or online. Adults may not see when someone is bullied. This happens because bullying often happens outside the view of adults. This is why it is important to report bullying to an adult!



If you see something, say something.
Don't join in on bullying, and don't watch.
Be a friend to a person who is being bullied.

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Parent Tips for Remote Learning

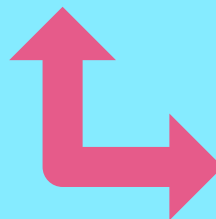
- Establish daily routines and expectations.
- Create a quiet learning environment.
- Help students 'own' their learning.
- Begin and end the day by checking-in.
- Establish times for quiet and reflection.
- Encourage physical activity and exercise.
- Manage stress and make the most of an unusual situation.



**The difference between ordinary and extraordinary is that little "extra."
- Jimmy Johnson**

STUDENT TIPS FOR GOOD GRADES...

- Use a planner or calendar app to stay organized.
- Keep your school supplies neatly organized in one place.
- Spend some time each night organizing what you'll need for the next day.
- Be on time and show up for class every day.
- Pay attention in class. If you're struggling to focus during remote learning, try changing up your study area to help block out anything that might distract you.
- Get involved in class discussions. When you're in class, you'll retain more of what you're learning if you do your best to participate.
- Take notes when your teacher is talking.
- Ask for help if you feel confused about anything.



You are capable of
AMAZING THINGS