

MARCH 2025

MONTHLY NEWSLETTER

COPELAND ELEMENTARY
COUNSELING CENTER

CLASSROOM LESSONS

CHILD SAFETY MATTERS

Your child will participate in the MBF Child Safety Matters® program in February & March. The program teaches children how to spot and respond to bullying, cyberbullying, child abuse, and digital dangers. It teaches that adults are responsible for children's safety, but also details ways that kids can help adults keep them safe. The Program is based on the latest research and has been reviewed and endorsed by national experts.



MONIQUE BURR
FOUNDATION FOR CHILDREN

5 SAFETY RULES



WHAT YOUR CHILD WILL LEARN

About safety, Safe Adults, Red Flags that indicate danger, and safe versus unsafe situations. ...

About the four types of child abuse: physical, emotional, sexual, and neglect. ... that adults, and sometimes other children, can use tricks, secrets, gifts, and force to try to hurt children. ...

The MBF Child Safety Matters Safety Rules. These rules teach children to help adults keep them safe.

HELPING YOUR CHILD UNDERSTAND THEIR BRAIN & EMOTIONS

Understanding the Brain & Emotions

March is a great time to focus on Social-Emotional Learning (SEL) and how our children's brains play a big role in their emotions and decision-making. When kids understand how their brain works, they can better manage their feelings, build positive relationships, and make good choices. Here are some ways you can support your child's social-emotional growth this month!

The brain has three key parts that help with emotions and decision-making:

- 🧠 Prefrontal Cortex (The Wise Leader) - Helps with thinking, problem-solving, and making good choices.
- 🐶 Amygdala (The Guard Dog) - Reacts quickly to emotions like fear, anger, or excitement.
- 📁 Hippocampus (The Memory Keeper) - Helps remember important information and connects emotions to experiences.

When children get upset, their "Guard Dog" (amygdala) takes over, making it hard to think clearly. Helping them calm down allows their "Wise Leader" (prefrontal cortex) to take charge again!



SCHOOL COUNSELOR WEEK



Thank you 



Ways to Support Your Child's Social-Emotional Learning

- ✓ Name the Emotion – Encourage your child to express how they feel using words like “I feel frustrated” or “I am excited.”
- ✓ Practice Deep Breathing – Teach your child to take deep breaths when they feel overwhelmed (inhale for 4 seconds, hold for 4, exhale for 4).
- ✓ Use Positive Self-Talk – Encourage phrases like “I can do hard things” or “Mistakes help me learn.”
- ✓ Teach Problem-Solving – Ask, “What can we do to make this better?” instead of jumping in to fix everything for them.
- ✓ Encourage Kindness & Gratitude – Model saying “thank you,” showing empathy, and performing small acts of kindness.

CONVERSATION STARTERS FOR HOME

Try these questions to help your child reflect on their emotions and choices:

- ◆ “What was the best part of your day? What made it special?”
- ◆ “Was there anything that frustrated you today? How did you handle it?”
- ◆ “What’s one thing you did today that made someone smile?”
- ◆ “If your brain had a superpower, what would it be?”

March 2-7 Read Across America
April 4 - CES Field Day
April 22-30 - GMAS (GA Milestones)



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