

# OCTOBER MONTHLY NEWSLETTER

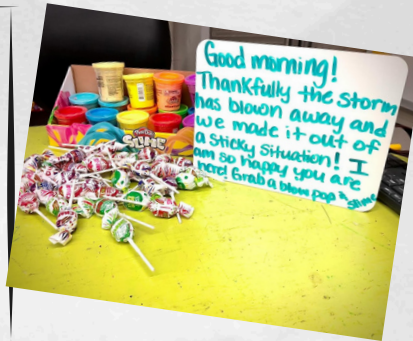
COPELAND ELEMENTARY  
COUNSELING CENTER

## YOU ARE RESILIENT

In the wake of Hurricane Helene, it's natural to feel overwhelmed by the challenges we've faced as a community. However, this is also a time to focus on resilience—the ability to bounce back from difficult experiences.

Resilience doesn't mean ignoring our emotions; rather, it's about understanding them, seeking support, and finding strength in our ability to rebuild.

By staying connected, practicing self-care, and recognizing our progress, we can emerge stronger together. Let's take this opportunity to support one another, and remember that even in the toughest times, we have the power to rise.



## RCBOE HURRICANE RELIEF

RCSS student services is supporting our families and students displaced by Hurricane Helene. Resources for food, shelter, and counseling are available.

To receive these resources, please visit: [rcboe.info/hurricanerelief](http://rcboe.info/hurricanerelief)

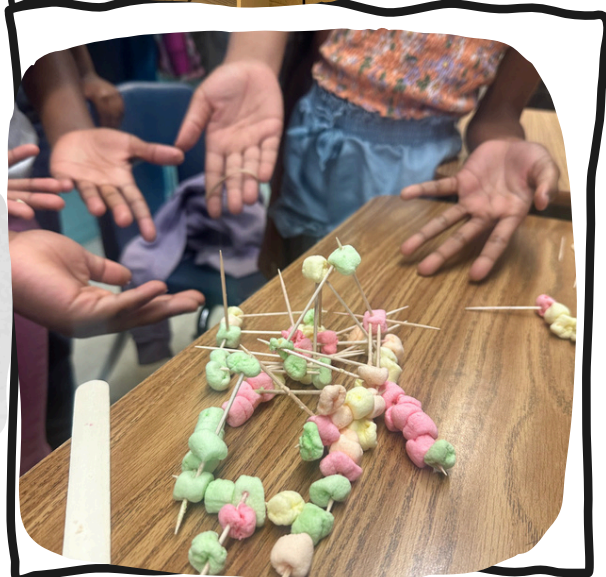
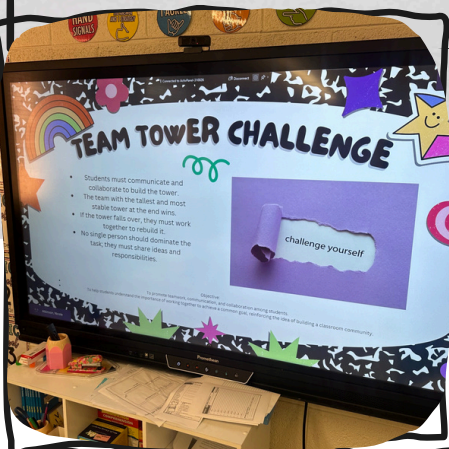
Once you fill out a form for assistance, a district representative will reach out to you.



## WHAT WE DID IN SEPTEMBER

### September's Classroom Theme : Building Relationships & Community

- **Kindergarten** - Read the book "Trouble in Ms. Barker's Class. They learned how building relationships and community focuses on teaching young students how to make friends, show kindness, and work together to create a positive, inclusive classroom environment. Art therapy included making a friendship chain.
- **1st & 2nd Grade**- Learned about building relationships and community through emphasizes developing empathy, cooperation, and effective communication skills to strengthen friendships and foster a sense of belonging in the classroom. Students were able to make a friendship tree.
- **3rd Grade**-Students learned about building relationships and community emphasizes the development of respect, problem-solving, and teamwork skills to foster positive peer interactions and create a supportive, inclusive classroom environment. Student participated in an escape room.
- **4th & 5th Grade**-Worked on building relationships and community through focusing on enhancing social awareness, collaboration, and conflict resolution skills to promote healthy friendships, mutual respect, and a strong sense of community in the classroom. Students were able to build a Team Tower and friendship web.



# HAPPENING IN OCTOBER

**2024** **FEATURED FILM:** "Life is a Movie" **2024**  
FILM DRUG FREE  
**RED RIBBON SPIRIT WEEK**  
OCT 28 - NOV 1

**October 28th**  
PJAMA DAY  
Dream Big Stay Drug Free  
Wear Pajamas

**October 29th**  
Final Credits: Hats off to You  
Wear Your Favorite Hat

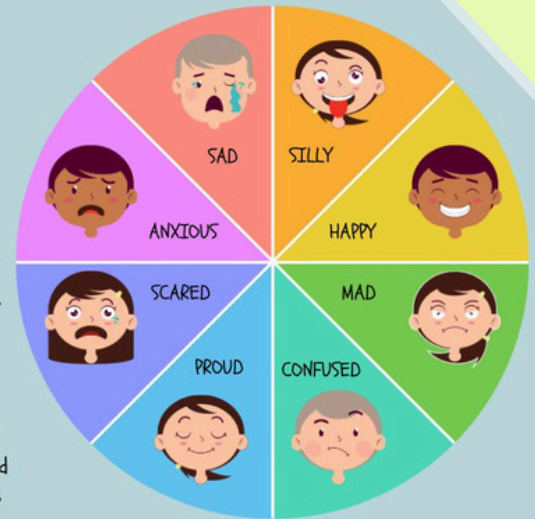
**October 30th**  
Don't let drugs find you  
Wear as much CAMO as you can

**October 31st**  
Set, Camera, Action  
into Saying No to Drugs  
Wear A Superhero Shirt or Cape

**November 1st**  
Show Your Strength & Be Drug Free  
Be RED Carpet Ready & Wear Red

## Wheel of Emotions

Refer to the wheel to help you name the emotion you are feeling.



Mental health includes our emotional, psychological, and social well being. It affects how we think, feel and act.

## October Monthly Theme: Emotional Regulation & Self Awareness

### OCTOBER CALENDAR EVENTS

**28 October - 1 November : Red Ribbon Week**

**October - National Bullying Prevention Month**

**November 19, 2024- CAREER DAY**



As part of our commitment to supporting your child's emotional and social development, we are focusing on helping students learn emotional regulation skills in school. Emotional regulation is crucial for managing feelings, making positive decisions, and building healthy relationships

### WHAT YOU CAN DO AT HOME

- **Model Calm Behavior:** Children learn from watching adults. Demonstrate how to handle difficult emotions with patience and calmness.
- **Create a Calm Space:** Set aside a quiet space at home where your child can go to relax and manage strong emotions when needed.
- **Teach Deep Breathing:** Encourage your child to use deep breathing exercises to calm down when they feel overwhelmed.
- **Talk About Emotions:** Help your child name their feelings and discuss healthy ways to express them.
- **Practice Problem-Solving:** Guide your child in thinking through challenges and brainstorming solutions when they feel frustrated or upset.



CONTACT COUNSELOR



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