

North Shore Counseling

Middle School Newsletter

North Shore K-12 Wellness Website

The district mental health professionals compiled wellness resources for students and families. The website includes calming rooms, mental health for all ages, parent resources, RULER information, and substance prevention resources.

Counseling Updates

Greetings from the Counseling Office!

The month of October is always busy as we celebrate Unity Day, Red Ribbon Week, and Homecoming.

November is a wonderful time to express gratitude. Included in this newsletter are some articles and images to help you learn more about the impact being grateful can have on your overall wellness.

Important Dates:

January 4th - Mindful Schools - Introduction to Mindfulness Presentation 7pm - virtual (link to follow)

January 24th - 9th Grade Orientation - 7pm HS Theatre

Unity Day 2023

Wear Orange for Kindness, Acceptance, and Inclusion

During the month of October, communities nationwide join together to actively participate in National Bullying Prevention Month. On 10/18 the NSMS celebrated Unity Day by not only wearing orange but speaking about anti-bullying themes reminding everyone about the core principles of

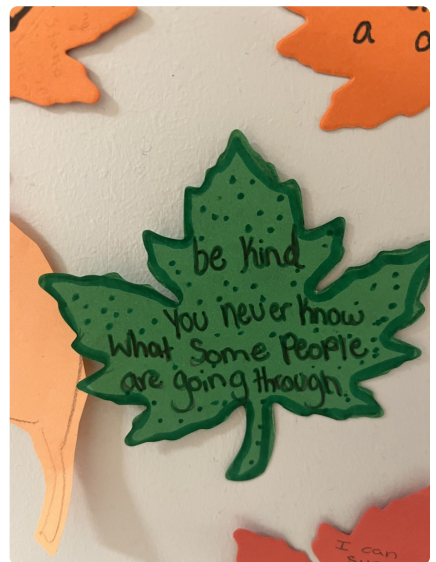
Unity Day including kindness, acceptance, and inclusion. The students made leaves with messages of kindness, acceptance, and inclusion on them. The leaves were then hung on a tree outside of the wellness center.



Wearing orange sends a bright and visible message that no one should ever experience bullying. Anti-bullying themes are often reiterated at the North Shore Schools, but during the month of October students around the country are particularly encouraged to be kind to one another, be tolerant and accepting of everyone's differences, and reach out to their peers to let them know that they are not alone. Members of the administration, faculty and staff wore orange shirts and echoed the importance of "Unity Day The Shore Way." Additionally, the MS Student Council encouraged students to make beaded friendship bracelets while students played with "Kindness Catchers."

This is the first of many anti-bullying activities that will take place at the middle school this year. Many thanks to the MS PTSO, the school counselors, social workers, administration, and teachers who worked so hard to decorate the cafeteria and assist in all of the important Unity Day activities at North Shore Middle School.





Gratitude

RESEARCH SHOWS CULTIVATING GRATITUDE CAN HELP YOU AND OTHERS:

BE HAPPIER

- Experience greater life satisfaction
- Have less symptoms of depression & anxiety

HAVE MORE ENERGY

- Engage in healthier activities
- Sleep longer & wake up refreshed

BE MORE RESILIENT

- Grow from trauma
- Protect against burnout

HAVE STRONGER RELATIONSHIPS

- Feel more loved, supported, committed & satisfied
- Feel more valued

BOOST MOTIVATION AND PERFORMANCE

- Work harder & feel more fulfilled
- Identify & solve problems

BUILD CHARACTER

- Be more likely to offer help
- Be more trusting & trustworthy



Gratitude

THE SCIENTIFIC BENEFITS OF CULTIVATING AND EXPRESSING



HUMAN PERFORMANCE RESOURCES by CHAMP | HPRC-online.org



How Gratitude Changes You and Your Brain

New research is starting to explore how gratitude works to improve our mental health.

greatergood.berkeley.edu

- | | | |
|--------------|--------------|-----------------|
| 1. SELF-CARE | 11. MEMORIES | 21. COLOR |
| 2. NATURE | 12. BEAUTY | 22. TECHNOLOGY |
| 3. OPTIMISM | 13. KINDNESS | 23. HOME |
| 4. WORK | 14. LOVE | 24. INSPIRATION |
| 5. QUOTES | 15. EMOTIONS | 25. COMFORT |

The 13th Annual Gratitude Challenge! - Positively Present - Dani DiPirro

Practice gratitude in 2023 with 30 days of prompts from Positively Present created for the annual gratitude challenge each year in November.

positivelypresent.com

Digital Safety Presentation

In honor of Red Ribbon Week NS-CASA sponsored presentations for students in grades 6-12 from the Executive Director of the Institute for Responsible Online and Cell Phone Communication (IROC2), Richard Guerry. The title of the presentation was Public and Permanent and the focus was on students being mindful of what they post online and understanding the permanent nature of those posts. Additionally, the students learned how to navigate the digital space safely and with empathy and kindness for others. Monday night, Mr. Guerry shared a similar presentation with parents and answered questions.

The following website was created as a resource for the North Shore School District. It includes the IROC2 presentation that your students heard along with additional video clips, information on parental controls, and much more. Please consider watching the video and engaging in a conversation with your student about the content. This site will be accessible for the next three months.

IROC Workshop Replay:

- Visit: <https://www.iroc2.org/548.html>
- Username: NSCASA
- Password: Students





Digital Safety & Mindfulness®

Motivate Responsible Use of Technology & Prevent Digital Abuse!

Thank you to Richard Guerry of IROC2 for your excellent presentations to 6-12 graders and community parents on digital safety and mindfulness!

North Shore CASA members will be receiving access to all of the information that was shared! If you're not a member, sign up today at www.nscasa.org for full access!



Trauma 101 Presentation to Families

On Thursday November 2nd St. John's University Professor of Psychology, Dr. Elyssa Brown, spoke with families about trauma, active listening, and coping skills. If you were not able to attend the presentation, the slides are below.

[Download](#)

2.4 MB

Wellness Resources

Cohen Children's Medical Center Flyer.pdf

Cohen's Children's Medical Center is offering webinars on various wellness topics.

[Download](#)

311.0 KB



Resilience: A Guide for

Embracing Resilience: A Mental Health Guide for Parents Navigating the Back-to-School Transition

Parenting towards resilience as we return to school. As the summer sun gradually starts to set earlier each day, our thoughts as parents turn to the approaching school year. This season of transition, while thrilling and full of new beginnings, can also stir up a whirlwind of emotions and anxiety for our children.

goodingwellness.com



How to Take the Stress Out of Family Gatherings - Child Mind Institute

Family gatherings for the holidays can be stressful for everyone. Tips for helping your children be at their best (and have fun, too).

childmind.org

No matter why you need support, the #988Lifeline is there for you.
#MentalHealth support anytime – day or night. Call or text: 988.
Chat: 988lifeline.org.



<https://www.samhsa.gov/sites/default/files/reasons-to-connect-video-1.mp4>

[samhsa.gov](https://www.samhsa.gov)



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Dan Doherty

Dan is using Smore to create beautiful newsletters