

# September

Vol.1 Issue-1

## Welcome Back

**“School One Where Knowledge is Power”**

Greetings!

I am so excited for the school year!

I have decided to send out a newsletter to let you know what is happening with the counseling program. I hope you have a great year. I look forward to seeing you.

Mrs. Funches  
 School Counselor  
 609-561-8300  
 funchsi@winslow-schools.com

### School Counseling Program

The school counseling program is intended to help students in school. I provide individual counseling, group counseling as well as classroom visits to teach guidance lessons.

If you are interested in your child receiving school counseling services please contact your child’s teacher. If you would like to reach me please call the school at 609-561-8300 or by email [funchsi@winslow-schools.com](mailto:funchsi@winslow-schools.com)

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 1 <sup>st</sup> Day School	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25 Rosh Hashanah School Closed	26
29	30	31		

### Megaskill of the Month

#### FOCUS:

Concentrating with a goal in mind

*I will keep my mind on my work and work to meet high standards*

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# School Counselor

My name is Siobhan Funches I am the school counselor here at Winslow Twp. Elementary School No.1 . I have been a school counselor in Winslow Township for the past five years and at School One for the past 3 years. I am a graduate of Rider University with a B.A in psychology M.A in Counseling and certified by the state of New Jersey as a K-12 school counselor. I am confident that I can make a positive contribution to the Winslow Township Elementary School 1 community.

I look forward to establishing a positive relationship with each of you working together with the faculty and staff as we work to maximize the academic, social, and emotional abilities of your child. While I cannot promise perfection at every turn, I can assure you that I will work hard each and every day to provide your son or daughter with the best possible guidance as they progress in their school experience.

<b>Individual Student Planning (ISP)</b>	<b>Responsive Services</b>
<ul style="list-style-type: none"><li>● Academic Support</li><li>● Social/Emotional Support</li><li>● Transition<ul style="list-style-type: none"><li>★ New Students</li><li>★ to Upper Elementary</li></ul></li><li>● Parent-Teacher Conferences</li></ul>	<ul style="list-style-type: none"><li>● Crisis Response</li><li>● Parent &amp; Staff Consultation</li><li>● Individual and Small Group Counseling</li><li>● Conflict Resolution</li><li>● Community Referrals</li></ul>
<b>System Support</b>	<b>Curriculum</b>
<ul style="list-style-type: none"><li>● Consultation, Collaboration, &amp; Teaming</li><li>● Staff &amp; Professional Development</li></ul>	<ul style="list-style-type: none"><li>● Classroom Guidance (K-3)</li><li>● Small Group Guidance (K-3)</li></ul>

Individual and Group counseling are both short tem. Short-term counseling is psycho-educational in nature, not therapeutic. It is not intended to be a substitute for diagnosis or treatment for any mental health disorder.



## **The Counselor may meet with students about...**

Family changes, academic support, friendship issues, self-esteem, anger issues, and other topics.

## **How to Meet with Your Counselor**

Students can arrange a time to come to the counselor's office individually or with a small group. Parents/Guardians, teachers or the principal may ask the counselor to see students.

## **An Elementary School Counselor Helps...**

- ...Students develop a better understanding and acceptance of themselves.
- ...Students cope with family changes.
- ...Students develop decision making and problem solving skills.
- ...Students develop socially and emotionally to mature in their relations with others.
- ...Students transition to new grade levels and schools.
- ...Parents understand their child's emotions, behaviors, and learning styles to assist them in meeting their child's needs.
- ...Parents and teachers create a positive learning environment.
- ...Teachers and administrators understand and meet the needs of all students in academic, personal, social, and emotional areas of development.
- ...Community members establish a positive relationship with the school.
- ...Connect students and parents to community resources.

If you have any questions, please do not hesitate to contact me at 609-561-8300, ext. 1112 or email me at [funchsi@winslow-schools.com](mailto:funchsi@winslow-schools.com). Good luck to you and your child during the 2014-2015 academic year and I look forward to working with you.

# Harassment, Intimidation and Bullying (HIB)

## What is HIB?

"Harassment, intimidation or bullying" means any gesture, any written, verbal or physical act, or any electronic communication, whether it be a single incident or a series of incidents, that is reasonably perceived as being motivated either by any actual or perceived characteristic, such as race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability, or by any other distinguishing characteristic, that takes place on school property, at any school sponsored function, on a school bus, or off school grounds as provided for in section 16 of P.L.2010, c.122 (C.18A:37-15.3), that substantially disrupts or interferes with the orderly operation of the school or the rights of other students and that:

- a. a reasonable person should know, under the circumstances, will have the effect of physically or emotionally harming a student or damaging the student's property, or placing a student in reasonable fear of physical or emotional harm to his person or damage to his property;
- b. has the effect of insulting or demeaning any student or group of students; or
- c. creates a hostile educational environment for the student by interfering with a student's education or by severely or pervasively causing physical or emotional harm to the student.

## HIB can be:

Verbal: name-calling, teasing, put downs

Social: spreading rumors, leaving people out on purpose, breaking up friendships

Physical: hitting, punching, shoving

Cyberbullying: using the Internet, mobile phones or other digital technologies to harm others

### Conflict vs. HIB

Conflict	HIB
•Involves people with similar degrees of power	•Involves an imbalance of power
•Involves a mutual disagreements or difference in interests or goals. Includes arguments and fights.	•One or more students are victims of one or more person's aggression, needs, or interest.
•Is reciprocal; both parties participate in the conflict	•Is one-sided; one party instigates
•Both parties are responsible for wrongdoing	•Bully is responsible for wrongdoing
•A normal part of growing up and of life. The intent is not to hurt.	•The intent is to physically or emotionally hurt someone.
•Can be fairly resolved by compromise or negotiation	•A fair resolution involves a change in behavior of the bully; the target has no concession to make

## How do I report an incident of HIB?

Contact the Anti-bullying Specialist at your school.

...Mrs. Funches, school counselor