Student Services Newsletter

**Fall 2018**





Dear Parents and Guardians

Happy Fall! I am Ms. Harper, School Counselor for Aurelian Springs Institute of Global Learning.

The school year is picking up speed and there are so many learning experiences I have prepared to deliver to your child. With your support, we can deliver them with fidelity and fun.

Our 4th and 5th graders were exposed to a day of programming, speakers, and fun activities during our first STEM Interest Day. This event was developed by me in an effort to spark students’ interest in careers in the Science Technology, Engineering, and Math fields.

During the month of October, I visited all the classrooms to deliver a lesson on bully prevention. Our students did a great job of learning how to identify a bully and how to prevent bullying in our school. Our school district has a bullying plan to support and address bullying situations in the school. You can visit my website from the school’s webpage, under the resources tab to read more about the plan in the Comprehensive Counseling Program Guide.

Toward the end of the month, I will focus on drug prevention programs and activities in the classroom and throughout the school to promote Red Ribbon Week. Red Ribbon Week is a nation- wide program that foster drug prevention and awareness.

**Tips on Raising Self-Driven Kids**

1. Be A Consultant – A consultant parent provides basic rules and structure, and as much advice as needed, but does not insist on definite goals.
2. Avoid comparisons – Avoid comparing your child to his peers or siblings
3. Address Anxiety – When your child is worried about a specific problem, listen and acknowledge her concerns.
4. Let Your Child Take Ownership – Always try to offer children a choice among a few safe options

**Upcoming Events**

Bus Safety Week – October 22nd

Red Ribbon Week – October 23rd - 31st

Global Swag Day - October 31st

Harvest Festival – November 2nd

PTA – November 8th

**Word From MRs. Graham**

**BAck to school…Managing School Anxiety**

**Back to school means the end of summer for many families. However, back to school can also be a time that many students begin to feel anxious about returning to school. All children experience feelings of anxiety, worry, or fear. Feeling worried is a normal emotion. A parent should begin to be concerned when their child’s fear/worry is negatively impacting their daily functioning. School anxiety is when a child has a consistent and extreme worry or fear about attending school. When a child suffers from school anxiety they may present the following symptoms: a reluctance to attend school, talks about fearing school, complains of stomach aches or headaches, excessive crying, exhibits clingy behavior and has difficulty adjusting to change. For more information about managing school anxiety please feel free to contact me via email:byrds@as.halifax.k12.nc.us or telephone: (252) 586-4944.**

**Student Support Services Staff**

**for**

**Aurelian Springs Institute of Global Learning**

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**Message from nurse Buffaloe**

Hello Students, Family and Staff of Aurelian Springs.

Coming back to school means a lot of things. One big thing that we have to be aware of is updating all medical information and forms with the school nurse.  If you need medication authorization forms , emergency action plans, please feel free to see Nurse Buffaloe.

Flu Season has begun; please get your flu shot!

Hand hygiene is one of the most effective ways to prevent germs from spreading. You should wash your hands when:

-you can see dirt on your hands

-before and after eating

-before and after using the bathroom

Make sure to dry your hands after washing