

Counselor Connection



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Grades 1, 2, 5

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Grades K, 3, 4

**If your child needs a backpack and/or school supplies,
please call the office to let us know!**



LeaderinMe®

Dr. REMES will continue our social-emotional learning (SEL) program called Leader in Me. Students will review the 7 Habits (Be Proactive, Begin with the End in Mind, Put First Things First, Think Win-Win, Seek First to Understand and Then to be Understood, Synergize, Sharpen the Saw) all year long!



We implement restorative practices and approaches at McNair, which help children learn how to create healthy relationships and resolve conflicts by taking responsibility for their actions and working to repair harm. Restorative strategies can be implemented at home to help with family relationships. Here are some tips:

1. Use "I" Statements: Encourage family members to express their feelings using "I" statements rather than "you" statements. **Example:** Instead of saying, "You never listen to me!" try, "I feel unheard when I try to talk, and it makes me upset."

2. Focus on the Impact of Actions: Rather than focusing on punishment for mistakes, restorative practices involve understanding the impact of one's actions on others. **Example:** Ask questions like, "How did your actions affect others?" or "What can we do to repair the situation?"

3. Apologize and Make Amends: When someone in the family hurts another, encourage them to take responsibility and make amends. **Example:** "I'm sorry I raised my voice earlier. I understand it upset you. What can I do to make things better?"

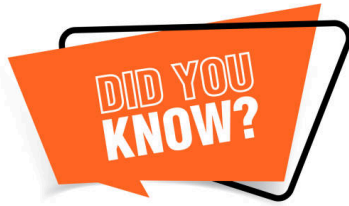
4. Model Empathy and Compassion: Demonstrating empathy toward each other helps build understanding and connection. **Example:** "I can see you're really stressed about school. How can I support you through this?"

5. Conflict Resolution Through Dialogue: Instead of avoiding or escalating conflicts, encourage open dialogue to resolve issues. **Example:** "Let's talk about what happened and find a way to fix things that works for both of us."



We will be hosting a Family Wellness night on Wednesday, May 21, at 6:30. We hope to see you all there!

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April 7-11: SGA-Sponsored Spirit Week!

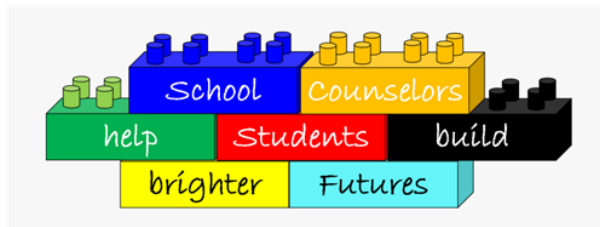
Let's make the week before spring break fun! Keep an eye out for a flyer to come home!



Springtime Is Here

What a great excuse to leave those screens at home and get outside! Some ideas include:

- ~Family walk/hike
- ~Create a nature scavenger hunt
- ~Try out a new playground
- ~Visit a local farm/petting zoo
- ~Have a picnic
- ~Read under the trees



Please give us a call or email if you have concerns about your child or need assistance of any kind.