

# NYACK ELEMENTARY

## GUIDANCE NEWSLETTER

March 2020

### MARCH MADNESS

#### FOR COLLEGE & CAREER AWARENESS

The Elementary Guidance department will be facilitating **College & Career Awareness** for the month of March. Our goal is to increase college readiness and career awareness through various activities throughout the month. Our theme will be centered around **March Madness**.

#### March Madness Activities:

**Door Decoration**-Classroom and office doors will be decorated in college and university themes. Doors will be decorated with the college colors, name, and mascot. Students will learn the state where their college is located, the different types of majors/jobs offered, and sports available at the college.

**Mystery Teacher Profession**-There will be parents and community professionals speaking to the students during morning program on selected days.

**Community Volunteers**-We are inviting parents and community professionals to give a short 8-10 minute presentation about their career on specific days in morning program.

**School Cheer**-Staff and students will compose lyrics regarding Nyack, expectations, and student futures! Songs will be taught to students in morning program during **March Madness**.

**Classroom Guidance Lessons**-Guidance Counselor lessons will be focused around career exploration. Teachers will also be provided with various lessons to continue the conversation with their students.

**Spirit Fridays**-Fridays during **March Madness** will be a Spirit Day. Spirit Days will consist of "Dress for Success, Nyack Spirit Wear, and College Colors".

Contact your elementary school's guidance counselor for more information.

#### Social Emotional Learning @ Home Tips:

- Be a good role model, show understanding, respect and patience.
- Encourage your child, and praise good behavior.
- Set clear rules and limits — if you are angry, calm down before disciplining your child.
- Ask what is the BEST part of your child's school day, i.e. "What was something good that happened today?"
- Talk to your child about classmates and friends.
- Get to know parents of your child's classmates.
- Encourage creativity, by involving your child in art, music, writing or games.
- Explain why helping or sharing is important.
- Help your child solve and cope with problems.

#### Elementary School Counselors

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