

# Golden Fields Counseling

## Newsletter

### HIGHLIGHT

This month, we are visiting all classrooms to review the Stop, Walk, Talk (SWT) strategy. SWT teaches students how to respond to unwanted or negative behaviors in a positive, safe way. Students first use a strong voice and hand signal to tell the person to stop. If the behavior continues, they walk away from the situation. If the problem still persists, they talk to an adult for help. SWT empowers students to handle conflict and minor bullying independently, creating a safer and more respectful school environment for everyone.

Ask your child to show you how STW works!

### PARENT AFFIRMATION

Say this out loud to yourself:

"I am proud of the way I support and encourage my child to handle challenges with confidence and kindness."

Speaking positive words can help reinforce your supportive role in your child's life.



### SCHOOL COUNSELING

#### What Do School Counselors Do?

- Provide monthly classroom lessons
- Run small groups to teach important skills
- Offer short-term, skills-based individual counseling
- Assist students in crisis

#### How to Contact Us:

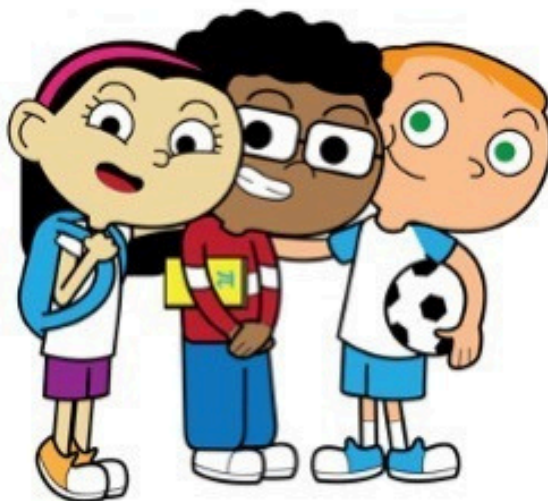
Call the school and dial extension 15025, or make a referral on our [website](#).

# COPING SKILL OF THE MONTH

**DEAR FAMILIES/GUARDIANS,**

We are excited to announce a new school-wide program: **Coping Skill of the Month!** Each month, our school will focus on a different coping skill—simple strategies students can use to manage stress, handle big emotions, and build resilience. Skills may include techniques like deep breathing, positive self-talk, grounding, stretching, and more. Throughout the month, students will learn about, practice, and use each skill in the classroom and around the school. We encourage families to join in by practicing these coping skills at home and talking with your child about what they are learning. Together, we can help students develop healthy habits for emotional well-being!

Golden Fields Elementary



# COPING SKILL OF THE MONTH

## Five Finger Breathing

**DEAR FAMILIES/GUARDIANS,**

This month, our school is learning about and practicing the coping skill: **Five Finger Breathing!** This strategy helps students calm their minds and bodies when big feelings come up. To practice, start at the bottom of your thumb. Use a finger from your other hand to slowly trace up your thumb as you take a deep breath in. Then trace down as you slowly breathe out. Do this on each finger! We encourage families to practice Five Finger Breathing together when everyone is calm. The more familiar your child is with this skill, the easier it will be for them to use it when they are experiencing big feelings or need to relax and focus. Golden Fields Elementary

