

# THE HEALTHY PATRIOT

## GWA Counseling Newsletter



Our counseling team is so excited to support you and your children this school year!

Please feel free to reach out to anyone on the counseling team if you have a specific concern about your child's social, emotional, or behavioral needs.

- **Anjanae Merida** - School Counselor, M. Ed.
- **Brynn Bell** - School Social Worker, LCSW, BCBA
- **Kristine Staples** - School Counselor, CSW
- **Meredith Harward** - Wellness Center Specialist
- **Emily Winona** - Behavior Specialist

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## VALUE OF THE MONTH

# Respect

This month's focus is **Respect**. One way to think about **Respect** is "seeing value in all people and things & treating them with care."

Click on this [link](#) for some fun ways to review the value of **RESPECT** at home.



“

*Without appreciation and respect for other people, true leadership becomes ineffective, if not impossible.*  
-George Foreman



## 7th Grade Hope Squad



## 6th Grade Hope Squad

Our Hope Squad is excited to play a big part in helping all of our students feel welcome and accepted at our school!

## RESOURCES FOR FAMILIES

We have a few resources available for our GWA families:

- Tan's Treats (weekend food supplement program)
- Uniform assistance
- Referrals to community resources

Please reach out to Mrs. Merida if you would like more information about any of the above programs. Email: [amerida@gwacademy.org](mailto:amerida@gwacademy.org)

# LEADER IN ME - AUGUST 2022

## *Leadership Happens Here!* *Habit #1: Be Proactive*

### **Habit 1: Taking it Home**

#### **1. Proactive (Water) Versus Reactive (Soda)**

Resource: An unopened bottle of soda and an unopened bottle of water.

Firmly shake the bottle that is filled with soda and the bottle of water at the same time, while sharing examples of a day of upsetting events. Use situations applicable to your family. For example: "Imagine this is your day: It started off rushed because the alarm didn't sound, and then a friend made fun of you at school. And then..." Conclude by asking: "How do you feel?"

State: The carbonation in this soda is like a reactive person. The more you shake it up, the bigger the explosion is going to be if you take off the top. Not only will it explode on you, but the soda will get all over everyone around you.

Now, imagine the water bottle is a proactive person. As soon as I stopped shaking it, the water settled down. Being proactive doesn't mean we don't get shaken up, it is natural to get "all shaken up" and it is healthy to have emotions. But when we feel like this, we can take a pause and choose how we will respond so we can make choices based on principles and values.

#### **2. Pause, Think, and Choose**

Ask family members to think of a situation where they usually respond reactively. Have each family member write down the answers to the following questions:

- What is the situation?
- What is something you can do to take a PAUSE in this specific situation?
- THINK, what are some choices you could make in this situation?  
What will be the consequence of each choice?
- What will you CHOOSE to do to be proactive in this situation?

Invite family members to take a turn to be a performer and act out their situation. Cheer for the proactive choices!

#### **3. Breathe Deeply**

Discuss the benefits of taking time to focus on your breathing. Mindful breathing helps people to be proactive because it allows space to pause and take time to be aware of our actions and choices. Practice mindful breathing with family members.