

The School Counseling Connection

HCPSS Middle School Counseling Monthly Newsletter

We're Here to Help!

Welcome Back Students and Families!



Image retrieved 2/5/2021 from:
<https://milled.com/4th-ave-market/shes-the-leader-our-future-deserves-bENdxLa7rgf5vzq8>

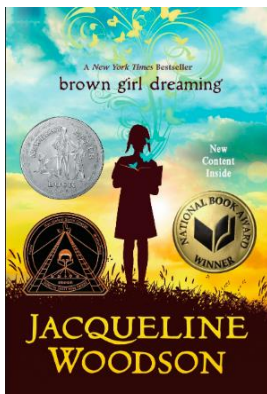
Happy Black History Month!

Black History Month is an annual celebration of achievements by African Americans and a time to recognize the contributions and impacts they have made throughout U.S. history.

How can I celebrate black history month?

- Read/[Listen to Dr. King's I Have a Dream Speech](#)
- Call out racism and prejudice in your community
- Spend time with a Black elder in your community
- Read a book by a Black author
- Sign up to mentor a Black child in your community
- Donate to an HBCU
- Learn about an unsung hero of Black history

Book Recommendation:



Citation: <https://www.goodreads.com/book/show/>

[20821284-brown-girl-dreaming](#)

[Brown Girl Dreaming](#) is a memoir of Jacqueline Woodson's childhood. She was raised in South Carolina and New York, and always felt halfway home in each place. Through vivid poems, she shared what it was like to grow up as an African American in the 1960s and 1970s, living with remnants of Jim Crow and her growing awareness of the Civil Rights movement. This book is powerful and touching, and shares a glimpse into the author's childhood as she searched for her place in the world ([Woodson, 2014](#)).

STUDENT WELL-BEING

Coping Skill Spotlight: Self-Compassion



Citation: <https://twitter.com/wsnorregion/status/1247539943481589764>

Self-compassion encourages mindfulness, or noticing your feelings without judgment; self-kindness, or talking to yourself in a soothing way. It allows you to think about how others might be suffering similar to you.

Research shows that self-compassion [does not diminish integrity](#) or standards of accountability. Instead, it lets you own up to a tough moment without paying for it with your self-worth (Simmons, R.). This new logic teaches students that they don't have to be perfect to be worthy.

Self-compassion is a practice of goodwill, not good feelings... With self-compassion we mindfully accept that the moment is painful, and embrace ourselves with kindness and care in response, remembering that imperfection is part of the shared human experience. (Neff, 2019)

- In the spirit of love and kindness to oneself consider this [self-compassion art](#) activity.
- Read more about self-compassion: [The Promise of Self-Compassion for Stressed-Out Teens by Rachel Simmons](#)

MINDFUL PRACTICE

A Moment for Me: A Self-Compassion Break for Teens

A quick self-compassion practice that can be applied throughout the day whenever difficult emotions arise.

Before you practice, consider a reflection.

Take a moment to try this practice for yourself using a personal challenge you're facing right now.

- Choose something mildly or moderately challenging, rather than an overwhelming one. Did the self-compassion challenge, rather than an overwhelming one. Did this practice

alter the way you feel about the challenge or about yourself?



chibird.com

Chibird is filled with motivational drawings. The artist, named Jacqueline, has spent years making art to help people feel empowered, encouraged and less alone. The self-love hedgehog reminds us how to practice compassion and kindness towards self.

COUNSELOR CONNECTION

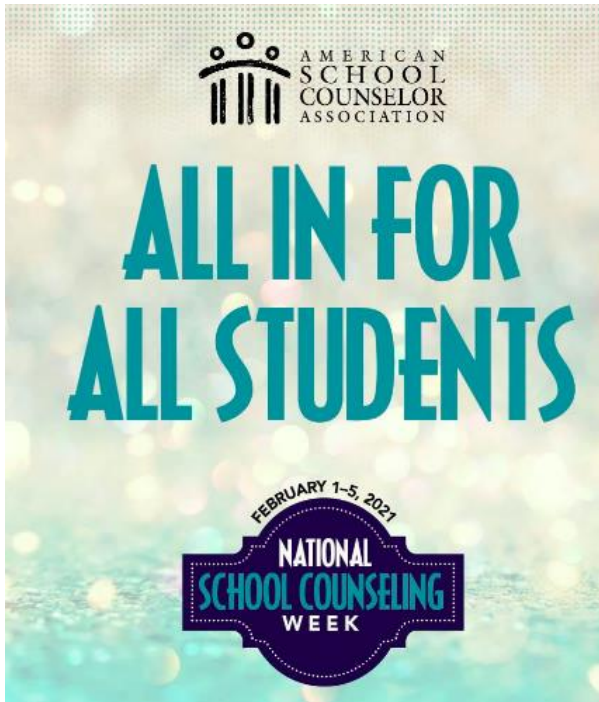


Image retrieved 2/5/2021 from:
<https://www.njsca.org/news/nscw>

Did you know that February 1 - 5, 2021 was National School Counseling week?

School Counselors are committed to the success of students whether they are leading classroom lessons, defining areas of academic and social strength or planning for life beyond school. Counselors develop meaningful relationships to help drive young people forward toward their best present and future. Our amazing HCPSS school counselors throw their whole selves into their work. They are truly ALL IN FOR ALL STUDENTS.

Consider extending gratitude to your school counselor.

YOUR SCHOOL COUNSELOR IS HERE FOR YOU!

Email your school counselor if you have any questions or concerns.

#BetterTogether