

SBMS Counselor Corner

Welcome Back on November 1, 2018

Pirate Proud!

We are exceptionally excited to welcome you all back to the 18-19 School Year! Although Hurricane Florence disrupted our lives, we know that our working together, school staff, families and community, will bring about great achievement and experiences for our students.

Your school counselors, Carrie Jackson serving 6th grade and 8th grade and Bridget Grady serving 6th grade and 7th grade, are anxious for the students to arrive and work with our families.

For current information about the counseling department and resources, please visit our website:
<https://sbmscounseling.weebly.com/>

Veterans Day Breakfast

Event Date & Time: Friday, November 16, 6:30 a.m. - 7:00 a.m.

To honor these outstanding service members, we encourage our students to invite their special Veteran to have breakfast with them on Friday, November 16th. The event will begin at 6:30 a.m. and conclude at 7:00 a.m. **Please RSVP by completing the form no later than Friday, November 9th.** It is important to complete this form, so we know how many plan to attend this event. As always, uniforms are welcomed but not required.

[Veterans Day RSVP Form](#)

Talking with your children about natural disasters

There are many excellent resources to help children recover from hurricanes and other natural disasters (see below). Several common themes emerge from these resources and other research:

1. Understand that trauma reactions vary widely. Children may regress, demand extra attention, and think about their own needs before those of others—natural responses that should not be

- met with anger or punishment.
2. Remember that the presence of a sensitive, nurturing, and predictable adult is one of the most important factors to children's well-being following a disaster.
 3. Create a safe environment where children's basic needs (shelter, food, clothing) are met, and routines exist to provide children with a sense of safety and predictability (e.g., regular schedules).
 4. Keep children busy. Boredom can intensify negative thoughts and behaviors, but children are less likely to experience distress when they play and interact.
 5. Limit children's exposure to images and descriptions of the disaster (e.g., media and adult conversation). Talk with children about what they see and hear.
 6. Make sure that adults and other caregivers receive the necessary attention, support, and care.
 7. Seek professional help if a child's difficulties do not improve. [The National Child Traumatic Stress Network \(NCTSN\) recommends seeking help if problems persist longer than six weeks after a hurricane.](#)
 8. Find age-appropriate ways for children to help. [Even very young children benefit from being able to make a positive difference in others' lives](#) while learning important lessons about empathy, compassion, and gratitude.
 9. Emphasize hope and positivity. Children need to feel safe, secure, and positive about their present and future. Seeing and hearing stories of people helping people in difficult times is both healing and reassuring.

RESOURCES

AFTER THE STORM WORKBOOK (Variety of student, adult and home activities): Link: [http://www.7-dippity.com/docs/After_The_Storm_\(2008_Internet_Edition\).pdf](http://www.7-dippity.com/docs/After_The_Storm_(2008_Internet_Edition).pdf)

Natural Disaster Resources from NASP: <https://www.nasponline.org/resourcesand-publications/resources/school-safety-and-crisis/natural-disaster> (Also available in Spanish)

Adults can help children manage their reactions after a natural disaster. Follow these key reminders and visit www.nasponline.org/natural-disaster to learn more.



Remain Calm and Reassuring

Children, especially young ones, take cues from adults. Acknowledge loss or destruction, but emphasize efforts to clean up and rebuild. Assure them family and friends will take care of them and over time things will get better.



Acknowledge and Normalize Most Feelings

Allow children to discuss feelings and concerns, but don't force them to talk about the disaster. Listen, empathize, and let them know most initial reactions are normal. Be attentive to, and obtain assistance for, feelings and concerns that may suggest that the child (or anyone else) is in harm's way.



Emphasize Resiliency

Competencies

Help children identify coping skills used in the past when scared or upset.

Strategies

Encourage prosocial behaviors and good physical health.

Awareness

Highlight communities that have recovered from natural disasters.



Strengthen Peer Support

Children with strong emotional supports are better able to cope with adversity. Especially among adolescents, peer relationships can decrease isolation and supplement support from caregivers who are experiencing their own distress.



Take Care of Your Own Needs

You will be better able to help children if you are coping well. Take time to address your own reactions as fully as possible. Talk to other adults, take care of your physical and mental health, and avoid using drugs or alcohol to feel better.



Seek Help for Prolonged Signs of Distress

With the help of naturally occurring social support systems, most children will be fine. However, some may have reactions requiring professional help. Consider getting professional support for children whose reactions continue or worsen after a week or more. Your child's school can be a great source of support.

For additional guidance, visit www.nasponline.org/safety-and-crisis.
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October: Red Ribbon Week Resources

Red Ribbon Week is traditionally celebrated in October. We wish to share these parent resources for use during discussions with your child.

Partnership for a Drug-Free America: www.drugfree.org

Offers excellent overviews of types of drugs, allows you to search for drugs by their slang names, a guide for parents, a section for teens, and information for treatments or interventions.

Partnership for a Drug-Free NC www.drugfreenc.org

Serves to reduce the negative impact of substance abuse and mental illness on NC's individuals, families, and communities. Offers several links of other web-based resources.

Parents. The Anti-Drug www.theantidrug.org

Offers information on drugs, the lingo teens are using, and resources to help parents talk to their children about drugs. There are links for advice, news, and how to take action against drugs in your home and community.

