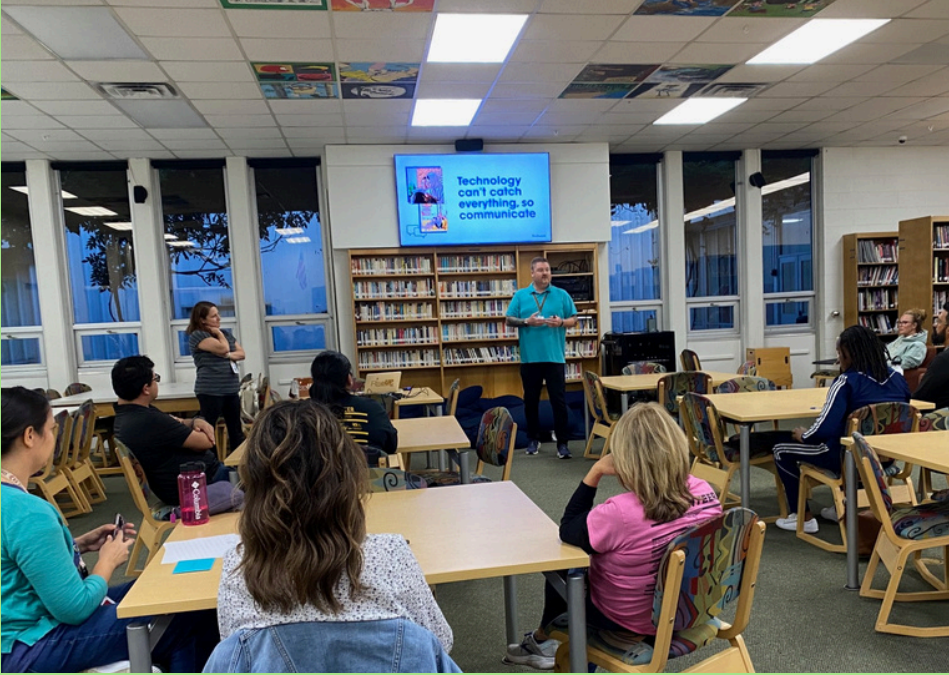


'SCHOOL COUNSELING

newsletter-
Elementary & Middle

November
2024



Sandy and Joe Pricer, founders of Rise Up, present at CA.

ONLINE SAFETY PARENT NIGHT

Parents and staff from all three buildings came to learn about how to keep our kids/students safe online. Sandy and Joe Pricer from RiseUp shared research about what students are exposed to, data on human trafficking, neurobiology of the teen brain, how parents can put on limits and filters to keep their kids safe, what to do if your child is being threatened online, and a lot more.

(More on pg. 2)

MIDDLE SCHOOL COMMUNITY SERVICE DAY



Oct. 11 all the middle school students, staff, and several parent volunteers helped serve in our local community. Mrs. Ancheta & Coach Morris took a class to Impact SDA Church (More on pg. 3)

Connect with a Counselor

Amanda Ancheta

Middle School

aancheta@collegedaleacademy.com

Amber Vaudreuil

Elementary & Middle School

avaudreuil@collegedaleacademy.com

To refer a student for services, click [here](#).

Please note that Mrs. Ancheta is part-time and is at the middle school in the afternoons (M-Th) and all day on Friday. Ms. Vaudreuil is at the elementary about 30 hours and middle school about 10 hours.

National Educational & Awareness Dates

November: National Runaway Prevention Month, National Homeless Youth Awareness Month, Native American Heritage Month

13: World Kindness Day

13-17: American Education Week

20: World's Children Day



21: National Parental Involvement Day

23: Family Volunteer Day

29: Native American Heritage Day

PARENT RESOURCES & INFO.

Things We Model For Our Kids Whether We Realise It Or Not...

 OOPS How we handle mistakes	 How we handle frustration	 How we solve puzzles	 How we love ourselves
 How we take ownership	 How we ask for help	 How we speak up	 How we handle conflict
 How we listen	 How we nourish our body	 How we exercise	 How we express our emotions

@Mikaila_Hansen

Upcoming Events

*(Free) Understanding Anxiety in Children and Adolescents. November 4 @ 1pm. To register, [click here](#).

*(Free) Understanding Stress Responses: Effects on your Body and Behavior. November 5 @ 1pm. To register, [click here](#).

*(Free) Understanding Intergenerational Trauma. November 12 @ 1pm. To register, [click here](#).

(Free) Preventing Bullying Through Education and Character Building, November 12, 3:00-4:00pm. [Click here](#).

*(Free) Understanding Depression & Suicide in Young People. November 18 @ 1pm. To register, [click here](#).

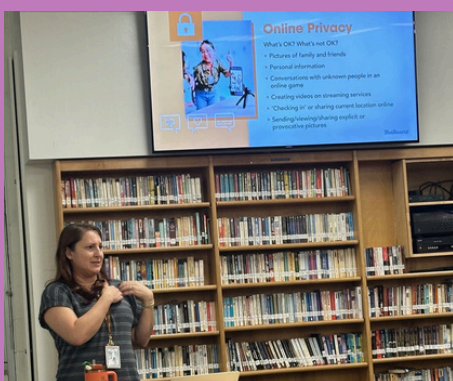
*(Free) Understanding Social Anxiety. November 19 @ 1pm. To register, [click here](#).

*(Free) Understanding Motivation & Procrastination. November 20 @ 5am. To register, [click here](#).

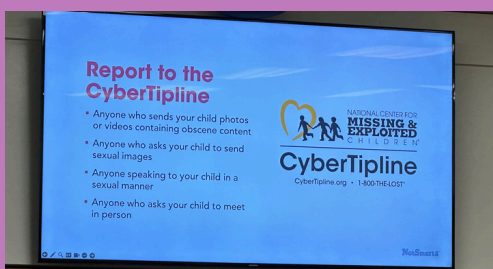
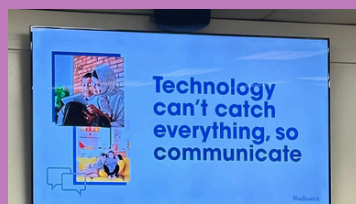
***Everyone who registers for a webinar will receive the recording via email 24 hours after the live event. [Click here](#) for more FREE webinars by Mindspring Mental Health Alliance.**

Resource: [Grief Resources for Kids](#)

ONLINE SAFETY PARENT NIGHT (CONT.)



Some parents who attended requested a part two from this presentation. If you are interested in Rise Up presenting a follow up presentation on this topic please email Mrs. Ancheta (aancheta@collegedaleacademy.com).



Elementary List



Middle School List



We are so grateful for your support of our program and all the ways your support CA. Some have asked if there's something you can do specifically for the counseling program. If you'd like to donate a book or resource from our Amazon wishlists please scan the QR codes above. Thank you again!

ELEMENTARY

EARLY CHILDHOOD

In ECEC, the students started learning about Feelings. We started by talking about Happy and Sad.

In grades 3-5, we regularly review what **Empathy** is and what it looks like. Empathy plays an important role in building strong relationships and improving communication.

KINDERGARTEN & 1ST GRADE

Kindergarten and first grade wrapped up their unit on Being a Learner. We started our Empathy Unit by talking about how to identify feelings.



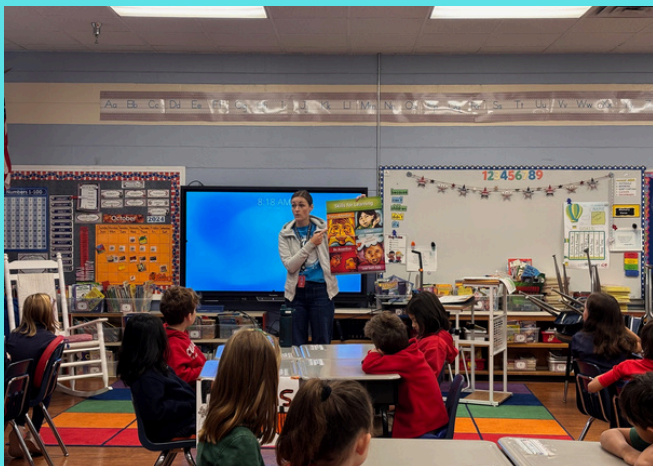
2ND GRADE

Second grade students learned about Being Assertive. They were able to practice asking assertively for what they wanted or needed.

3RD GRADE

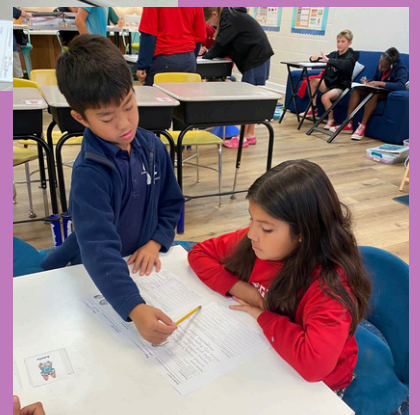
Third grade started their Empathy Unit and started out with Identifying Others' Feelings.

They learned that noticing clues and understanding how others might feel helps you to have empathy.



4TH & 5TH GRADE

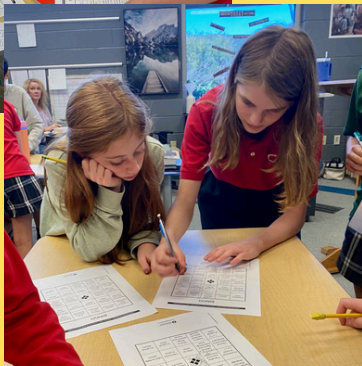
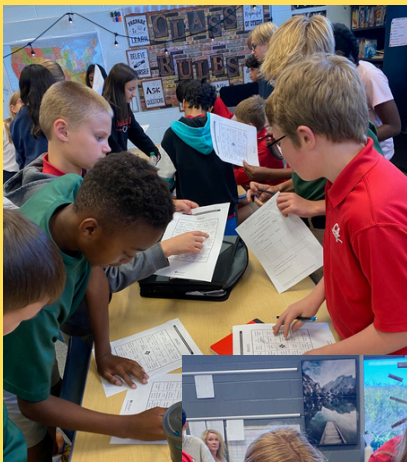
Fourth grade participated in lessons talking about Being Assertive, Respecting Similarities and Differences, and Understanding Complex Feelings. Fifth grade talked about Predicting Feelings and Taking Others' Perspective.



MIDDLE SCHOOL

6TH GRADE

In sixth grade, the students learned about Identifying Strengths and Weaknesses. They completed an activity to help them identify the strengths within themselves. They also did another lesson about Staying Healthy. The students learned about the importance of diet, exercise, and sleep. [This video](#) was shown to highlight the downfalls of not getting enough sleep.

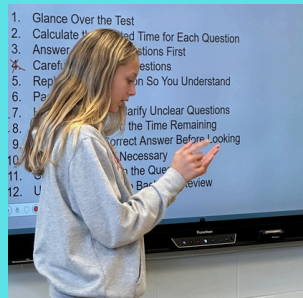
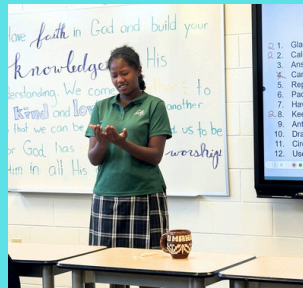


FALL COMMUNITY SERVICE DAY (CONT.)

Students served by: picking up trash on the Greenway, cleaning up at the creek, packing first aid bags, and doing yard work for church members. They also partnered with these churches/organizations: Collegedale Korean Church, Collegedale Community Church, Impact Multicultural SDA Church, Collegedale (University) Church, and Child Impact International.

We hope our students strengthen desire to serve throughout their experience at CA.

7TH GRADE



7th graders went over the topic of taking tests and learning strategies on how to prepare or study for a test. They did charades to see if their classmates could guess what strategy they were demonstrating. These were the videos that were presented: [Test Strategies](#) (things to do while taking the test) & [Exam Preparations](#) (how to prepare for the test ahead of time).

WORLD KINDNESS DAY

CA
Collegedale Academy



MIDDLE SCHOOL

NOVEMBER 13TH

Student Council would like to partner with three local organizations. Please look out for an email to see what items you can donate. Sixth graders will be partnering with the Chattanooga Foundation, 7th Grade is partnered with the Humane Society, and 8th grade with Erlanger Children's Hospital.

8TH GRADE

8th graders went over the topic of controlling emotions in conflicts. They shared examples with each other on how to control emotions in different situations. In their Bible Connection, they shared how they would apply the verse during the week, such as "I can apply this verse by thinking before I act, and be careful of what I say." "Asking God to help me say the right words." These were the videos that were presented:

[Anger Management Techniques](#) & [Emotions & the Brain](#)

