



Counselor's Corner

November 2016

Throughout September and October, all students in grades K-8 participated in anti-bullying lessons. Students were able to identify what bullying looks like, where it can take place, what students can do if they or someone they know are being bullied, and what their school's anti-bullying rules are.

To continue spreading our anti-bullying message, Warren celebrated the Week of Respect and the Week of Making Good Choices through various spirit days, assemblies, and schoolwide activities.

Our goal in Warren Township Schools is to continue to encourage a positive school climate in each and every school.

Teaching Children Kindness to Reduce Bullying

Instead of teaching our children what not to do, we should be teaching our children what they can do.

Teaching our children kindness fosters positive behavior which helps promote healthy friendships and establish a warm and positive school environment.

Acts of kindness are also linked to many other benefits including:

1. **Happier Children:** Being kind to others activates the parts of the brain that produce *endorphins*, which are associated with joy and social relationships.
2. **Greater Sense of Belonging:** Endorphins increase our ability to develop connections with others which helps students achieve peer acceptance.
3. **Improved Heart Health:** Acts of kindness release the hormone *oxytocin* which increases happiness, reduces stress levels and lowers blood pressure.
4. **Gratitude:** By helping those less fortunate, children become more appreciative of the things they have and develop empathy for others.
5. **School Success:** Acts of kindness make children feel good about themselves which increases levels of *serotonin*. This affects students' learning, memory, mood, sleep, and overall health. Positivity is linked to better concentration, motivation to learn, and enhanced creative thinking.
6. **Reduce Depression:** Increased serotonin levels also act as our body's mighty and natural antidepressant. 😊

Adapted from:

Currie, L. (2015, August 10). *Why Teaching Kindness in Schools is Essential to Reduce Bullying*. www.edutopia.org/blog/teaching-kindness-essential-reduce-bullying-lisa-currie

For further details or information, please contact your child's guidance counselor:

Mrs. Kelly B. Maire
Angelo L. Tomaso School
(908) 753-5300 x 5305
kblessing-maire@warrentboe.org

**Mrs. Patricia Morris/
Ms. Melissa Katchen**
Central School
(908) 753-5300 x 5205
pmorris@warrentboe.org
mkatchen@warrentboe.org

Dr. Kelly Stankiewicz
Mount Horeb School
(908) 753-5300 x 5405
kellystankiewicz@warrentboe.org

Mrs. Diane Langworthy
Woodland School
(908) 7730-5300 x 5505
dlangworthy@warrentboe.org

Ms. Helen Scully
Middle School - 6th grade
(908) 753-5300 x 5007
hscully@warrentboe.org

Mrs. Midge Johnson
Middle School- 7th grade
(908) 753-5300 x 5005
mjohnson@warrentboe.org

Ms. Lauren Regal
Middle School – 8th grade
(908) 753-5300 x 5009
lregal@warrentboe.org