Inglewood School Counseling Corner Weekly Newsletter

**Wednesday April 1, 2020**

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| **WEEKLY SCHOOL COUNSELING TOPIC** |
| **Be Kind Online**With the self-quarantine in effect, we are spending more time indoors and online than ever. The internet is a never-ending source of entertainment for teens and parents alike. Just like in life offline, we should all strive to be good digital citizens. Remember, your digital footprint can follow you, even if you delete content. Online conversations, comments you post and images you share can still live out in cyberspace despite your best efforts. Be thoughtful about how you are representing yourself and treating others online. Here are some tips for teens and parents:**Good Digital Citizen Tips for Teens*** Sit on your hands and wait 60 seconds before posting. Take a moment to ask yourself:
	+ Will this hurt my reputation in any way if I post it?
	+ What will the viewer think or feel when they see my post?
	+ Could my message get lost in translation? In text, tone of voice gets lost!
	+ Would I be able to say this in person?
* If someone posts something about you online that is unkind:
	+ You have control over who you choose to interact with online. You can unfollow or unblock someone who doesn’t treat you well.
	+ If you have a misunderstanding with a friend online, communicate with them verbally, not over text so they can hear your tone of voice.
	+ If someone makes you feel bad about yourself repeatedly online, talk to a trusted adult.
* Set limits on your screen time. Over-use of technology can lead to headaches, eye strain, sleep troubles and neck and back pain. It has also been linked to [heightened feelings of anxiety](https://www.commonsensemedia.org/blog/what-parents-need-to-know-about-social-media-and-anxiety).

**Tips for Parents on Supporting Good Digital Citizenship in Teens*** Have open conversations about digital citizenship and what apps your teen is using. Ask them to take you on a “tour” of their social media apps. Seek to understand and be educated by them!
* Create a family media agreement with your teen. This can include rules all members are expected to follow. A great example can be found [here](https://www.commonsensemedia.org/sites/default/files/uploads/pdfs/common_sense_family_media_agreement.pdf)!
* Look into how information is shared and the age of consent for different social media apps. Have conversations with your teen about how anything they post can become “data” and used for marketing purposes.
* Encourage a growth mindset if your teen makes a mistake online. We’re all human!
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| **CHARACTER DARE OF THE WEEK** |
| **What is a character dare?** Students in U-Knighted have been challenged weekly with a CharacterDare.  These dares are what we call "challenge by choice".  It is not a requirement to complete the dare, but students read through the dares together, have an opportunity to talk about their experience with the dare, and are reminded of the dare throughout the week during morning announcements.  CharacterDares are also part of the Leadership curriculum at Inglewood Middle School.  Our leadership students complete 40 days worth of dares to help grow their character.  Our students at IMS know the only way to grow their character is through practice, which is what the CharacterDares are intended to do.  With our unique situation, we wanted to present the CharacterStrong Family Dares to everyone.  We look at this time as a gift.  A gift of time to connect with our kids and do intentional acts of kindness. **Week 2: Support Each Other****Help me, help me!** Have everyone write down a list of 3-5 things that they would appreciate if someone helped them with, said to them, or shared with them. Put it in a public place and see if, each week, everyone can get something checked off the list.**More Chores?** Do all the chores for a family member for a week as a way to show your appreciation for them. Lighten someone’s load this week. Doing acts of service like this can help free up someone’s time which, during a busy week, can be a great gift! |

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| **WEEKLY MINDFULNESS MOMENT** |
| **Simple Strategies to Stay Calm During the Chaos** Although we do not have control over many of the challenges currently happening in our world, we do have the power to take care of ourselves and our own inner world. Practicing mindfulness can help cultivate a deeper sense of calm, focus and presence in times of uncertainty, anxiety, and fear. **This week’s Mindfulness Moment**: Body Scan**Purpose:** This practice helps relax the body, calm the mind, and increase sensory awareness. It is helpful when fear or uncertainty is in the air. This practice can reduce anxiety and release tension in the body and mind.**6 simple steps**:1. Find a comfortable seated position and mindfully connect to your breath.
2. Draw your attention to the sensations at the top of your head and observe.
3. Move your awareness to your forehead, eyes, nose, cheeks, lips, chin.
4. Draw your attention to the sensations in your shoulders, chest, belly.
5. Move your attention to your hips, legs, feet, toes.
6. Expand your awareness to your entire body and notice any sensations.

Guided Video examples:[Sample Body Scan Meditation (YouTube)](https://youtu.be/QS2yDmWk0vs)[GoNoodle Body Scan Video](https://family.gonoodle.com/activities/on-and-off)Challenge yourself and your children to use this strategy at different times during the day. Source: Breathe For Change: Cultivating Presence and Mindfulness (2020). [www.breatheforchange.com](http://www.breatheforchange.com) |

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| **XELLO: CAREER EXPLORATION TOOL** |
|  **Xello**  Xello is a career education program that will help students explore interests, skills, learning styles and possible careers/colleges each year until they graduate. This program will ensure completion of the *Highschool and Beyond Plan* which is a high school graduation requirement. Each week we will send out a link to a new Xello lesson to be completed. Our first lesson is called About Me and should be completed ASAP. There were some technical glitches with student access last week, so we are waiting until after spring break to send out lesson #2. New directions for the About Me activity are posted to the IMS School Counseling PSL page including how to reset the About Me quizzes in order to take them again. [CLICK HERE](https://lms.lwsd.org/spaul/ims-schoolcounseling_2018-2019/cms_page/view/50766451) to go to the instructions on starting the Xello adventure! |

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| **RESOURCE LINKS** |
|  Each week the resource portion of our newsletter will focus on a different area of potential need. However, Lake Washington School District has an extensive list of supports during COVID-19. Please [CLICK HERE](https://www.lwsd.org/programs-and-services/health-services/coronavirus-information) for a link to that portion of the LWSD website. **Practical Resources for Families and Students** Our focus this week is on practical resources for WiFi at home, Financial, and Legal Support. For WiFi access Comcast Xfinity has opened up all it’s WiFi hot spots across King County for public access. Additionally, Comcast has an [Internet Essentials Program](https://www.internetessentials.com/covid19) for internet access at $9.95 per month and the first two months are free! Regarding financial help, King County has set up a COVID-19 website to help those in need of support you can [CLICK HERE](https://kingcounty.gov/~/media/Council/documents/2020/FinancialHelpCovid19-3%2C-d-%2C16%2C-d-%2C20.ashx?la=en) to access that site. Last, if you need legal help there are several agencies who provide help for families in need. Please [CLICK HERE](https://www.lwsd.org/programs-and-services/health-services/coronavirus-information/community-resources) to access the LWSD Covid-19 support page and scroll to the bottom of page to access several law practices that provide free or low cost support.  |