



WELCOME!

MRS. FUSCO, SCHOOL COUNSELOR
SEPTEMBER 2023

HAPPY SEPTEMBER!



Welcome back to School No.4 for an awesome year. My name is Mrs. Andria Fusco and I'm proud to be a part of the School No. 4 Community as your school counselor! My role as your school counselor is to nurture a strong relationship between students, teachers, and families.

September is great month filled with changes and transition. The beginning of school is filled with special moments and new opportunities for growth, learning, and fun. **"Autumn embraces change, even as she is falling to pieces."**- Angie Weiland-Crosby. It is the season that teaches us the change can be beautiful.

Life-long learning, inter-personal skills and self-awareness all encompass a child's solid foundation. It is my goal to work collaboratively with all caretakers to help students achieve the skills necessary to grow and develop academically, socially and emotionally. We strive to create a safe and positive environment in which each child can accomplish this.

I always operate with an open-door policy and offer students a support system that they can rely on daily. While I do not discipline students, I can assist with positive behavior strategies. We will continue to model and promote positive behaviors, making good choices and encouraging strong interpersonal relationships through our "Penguin Pride" program.

MRS. FUSCO'S CONTACT INFORMATION

Email:

afusco@flboe.com

Phone:

201-585-4650

ext: 4503



Social and Emotional Learning

Reboot

Student well-being is a top priority for the Fort Lee School District, therefore we continue to incorporate social and emotional learning (SEL) in our curriculums with "Reboot for Schools." Reboot for Schools is a mindfulness curriculum, providing daily 3-minute audio guided mindful moments that build on each other throughout the year. Students will learn breathing exercises, empathy, self awareness, and self regulation while developing tools to help with focus, stress, and building positive school relationships.

Counseling Program

Counseling Services

- Individual and Small Group Counseling
- Academic and Social/Emotional Support
- Intervention and Referral Services Coordinator
- 504 Case Manager
- School Safety Team Coordinator
- Standardized Testing Coordinator
- Classroom Guidance Lessons
- School Wide Activities to Promote Character Education
- Consultation with Families and Teachers
- School Anti-Bullying Specialist

The School Counseling Department has created a "Parent Resource Center" website to better assist parents and caregivers with navigating mental health resources for Fort Lee students and their families. Please visit the Google Site.

<https://sites.google.com/flboe.com/parentresourcecenter/home>. There is information on the following topics:

- Counseling Services in Schools
- Referrals for Mental Health Treatment
- Social and Emotional Learning
- Upcoming Events in the Community.

We highly encourage all community members to save this site and periodically check it for informative webinars and workshops offered through Parent University. More information on Parent University will be forthcoming.

Mrs. Fusco's Counselor Corner

Please visit our school website to learn more about updates. There you will locate a link to my virtual counseling office with resources that support our character education curriculum, Mrs. Fusco's Counseling Corner.

I am dedicated to helping each student succeed in school and life. I encourage parents to contact me at any time with questions or concerns.

I wish you a wonderful 2023-20204 school year.

Character Education

September's character education theme of the month is Responsibility. Our motto is "We Take Responsibility For Our Words and Actions". We show we are responsible when we practice self-control when unpredictable things happen, take accountability for our decisions, and commit to finishing what we started.

Having responsibilities within the classroom and school setting puts emphasis on how important every job is in our building.

Responsibility is one of the first ways that we teach children how to be independent and this can be learned through modeling.

Taking responsibility allows children to become familiar with making decisions. They also learn self-discipline, empathy, and the consequences of actions. "MEAN WHAT YOU SAY AND SAY WHAT YOU MEAN."

This is a valuable lesson because everyone is still learning how to communicate with each other. Check out the boxes for further information about the character education theme.

Talk About It

What does it feel like to be responsible?

Is it hard to be responsible sometimes?

What are some responsibilities you have at school and at home?

Choose one goal and names the steps you need to complete it for the week.

Books

- *I Just Forgot* by Mercer Mayer
- *But It's Not My Fault* by Julia Cook
- *What If Everybody Did That?* by Ellen Javernick
- *Franklin Wants a Pet* by Paulette Bourgeois
- *The Pigeon Wants a Puppy* by Mo Willems
- *Lilly's Purple Plastic Purse* by Kevin Henkes
- *The Little Red Hen* by Paul Galdone
- *A Little Spot of Responsibility* by Diane Alber