

LAW Counselor's News

April 2017

Second Step Update



New this week: Second Step kit for Kindergarten!

First grade classes will be working on empathy in Second Step lessons in April. Kindergarten classes will meet Impulsive Puppy, Slow Down Snail, and Be Calm Bunny (pictured above) as they work on skills for learning.

Students in Grades 2-5 recently completed a unit on empathy. They have started lessons on emotional regulation. When they have a big feeling they can follow these simple steps:

- 1. Stop**
- 2. Name the feeling**
- 3. Use a strategy to calm down:**
 - **breathing**
 - **counting**
 - **self-talk**

What do school counselors do?

School counselors work with all students on three areas of development:

- Academic
- Career Readiness
- Social and Personal

We identify and work to minimize social and emotional barriers to learning. While we don't provide therapy, we do help parents connect with community resources. We teach in classrooms, work with students in small groups, meet individually with students, and collaborate with parents, community members, and school staff..



Watch the video:

<http://www.schooltube.com/video/1cf0dca9c9d9ab2b6a95/What%20Does%20a%20School%20Counselor%20Do>

If you have a concern, contact your child's counselor

Dr. Jayne Garrett, LAW School Counselor, 978-772-8600 x 1104

Light It up Blue!

April is Autism Awareness Month



Check out these special events:

Autism Awareness and Acceptance Celebration

April 7, 5:30 - 8:00 p.m.

Family Activities and Provider Fair
UMASS Medical School, Medical School
Lobby First Floor, Worcester, MA

<http://www.autismresourcecentral.org/community-bulletin-board/>

5 K Run/Walk for Autism Acceptance

April 29 7:30 registration begins, 10:00

AM walk/run, 11:15 activities

DCR Quinsigamond State Park
284 Lake Avenue, Worcester, MA

Family Fun Activities, Games, Live Music

<http://www.autismresourcecentral.org/fundraising/run-walk/>

The Autism Walk & Run for Autism Acceptance raises funds to give individuals with autism and their families the information, resources, and support.

Other Community Information:

Special Education Parent Advisory Council (SEPAC) meeting

April 12, 2017, at 7:00 p.m.

Page Hilltop Room 9, 115 Washington St., Ayer, MA 01432

Detective Kellie Barhight, from Ayer Police Department will be talk about child safety.



13th Annual Janis Bresnahan Run For Education

Sunday, May 21, 2017

Registration starts at 9:30,

Tot Trot 10:30, Kids activities 11:00, Fun Run and Walk 11:15

Ayer Shirley Regional High School
141 Washington St., Ayer, MA

to raise money for the [Ayer Shirley Education Foundation](#), nonprofit organization. The Bresnahan Run generated the funding for the generous ASEF grant of Second Step Materials for LAW.

Sign up early for a free t-shirt!

<http://www.janisbresnahanforeducation.com/home>

Free Social Opportunity for Children

Legos at the Library
4 PM - 5 PM, Thursday, April 20, 2017
Hazen Memorial Library (978-425-2620)
Ages 12 and under
Free, drop in, no registration required



Looking for an evaluation, a therapist,
or other behavioral health help?

Call 888-244-6843

William James Interface Referral Service

If you need emergency mental health
help for a child, call 911, or your
child's pediatrician, or
Youth Mobile Crisis Intervention
1-800-977-5555

Having Economic Challenges?

Loaves & Fishes Food Pantry 234 Barnum Road, Devens, MA 01434
(978)772-4627. Provides food and support to any residents of Ayer, Devens, Groton,
Harvard, Littleton, or Shirley who need help. www.loavesfishespantry.org

First Call for Help , dial 211 from any Massachusetts phone (800)551-2021, **United Way** of
North Central Massachusetts offers round-the-clock information and referrals for food, health, housing,
support groups, counseling, and more; "a confidential resource with information about finding the right
help for nearly any problem."

Comprehensive website for Massachusetts residents:

<http://www.massresources.org/assistance-programs.html>

Housing and homelessness; food assistance; cash assistance; child care and preschools; tax credits;
health care programs; energy assistance; employment and job training; and transportation services.
Find eligibility criteria, applications, phone numbers, and more.