

Elementary School Counseling Newsletter

Cedar Grove Public Schools

May/June 2022



Throughout the month of April, our students focused on *The Time is Now* mindset.

Students learned to embrace the moment, get in the zone, what it means to be vulnerable, and what it means to act with purpose to reach their goals. Specifically, our k-2 students learned how to focus and get in the zone by thinking about their happy place and the importance of breathing to feel calm. They learned the definition of the word vulnerable and created “I can” statements because the only real failure is if we don’t take a risk and allow ourselves to be vulnerable! They learned how to act with purpose by thinking about a goal and the steps it will take to achieve it. Our 3-4th graders learned the importance of embracing the moment and decided to pay it forward by creating cards with positive messages for children in a hospital. These cards were sent to Goryeb Children’s Hospital in Morristown! They practiced getting in the zone and focusing by teaming up and playing a mirror game. They had to be very focused and work slowly to match their partner. They learned about vulnerability and taking safe risks by doing team trust activities and it was a lot of fun! Finally, our 3-4th grade students learned to act with purpose in life to achieve their goals. Students were given many scenarios and had to determine if a person was acting with purpose or acting without purpose. Then they had to apply it to their own short and long term goals. It was a great month!

Time flies!

Believe it or not, your children have completed their first year of the 7 Mindsets curriculum!

Here is what you can expect from me for the remaining weeks of the school year...

We will spend time reviewing the various 7 Mindsets topics. Books, videos, and engaging classroom activities will be used to review the mindsets- Everything is Possible, Attitude of Gratitude, Live to Give, Passion First, We Are Connected, 100% Accountable, and The Time is Now.



4th Grade is getting ready to move on up to MMS!

Here is how we will help students with this important transition...

- Class discussions on what to expect at MMS- teachers, clubs/activities, grading, homework.
- The middle school counselor, Ms. Rubino, is expected to visit our 4th grade classes on June 8th to provide a more in depth overview of MMS.
- Students will have multiple opportunities to practice opening a combination lock!

It has been a pleasure getting to know your children this year! As always, please reach out to me should you have any questions or concerns.

Meridith Denman

North End School Counselor

973-256-1454 ext. 5113

denman.meridith@cgschools.org