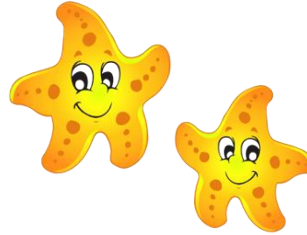


# Counselor's Corner

September 2021

Welcome back  
Sea Stars!



## THIS MONTH...

- Monday, September 6 is Labor Day- No school!



It is wonderful to have everyone back in school!

This is the first of our monthly newsletters where you will be able to see what is coming up, learn about character traits and read up on PBIS strategies for parents.

Did you know that Sunrise Elementary has two school counselors?! There is Ms. Bruck for Kindergarten, 1<sup>st</sup> and 2<sup>nd</sup> grade and then there is me, Ms. Sagasti, for 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> grade! Ms. Bruck has been in the school for 13 years and knows the school like the back of her hand!! I just moved down to sunny Florida from New York City and it is my first year as a school counselor! We are both so excited for this school year.

Keep reading to find out what PBIS is and what our character trait is for this month! See you later!

## PBIS for Parents: What is PBIS?

- PBIS stands for Positive Behavioral Interventions and Strategies.
- Schools use PBIS to teach students what behavior is expected from them.
- Punishment doesn't teach children what they should do. Adults can show kids what is expected of them instead.
- We can change behavior by pointing out what someone is doing right.
- In school, students earn *sensational* dollars when they follow S.T.A.R.S expectations. With sensational dollars, they can buy prizes!
- Stay posted for a new strategy each month that you can use at home with your child/ children!



## Monthly Character Trait: Responsibility

Responsibility means doing the things that you are supposed to or are expected to do.

Responsibility is important because it keeps you organized, helps you reach your goals and be successful!

Ways you can be responsible:

1. Doing your classwork and homework
2. Cleaning up after yourself
3. Being on time
4. Completing chores at home
5. Being accountable for your actions

Taking responsibility is a part of our S.T.A.R.S expectations!