

NOVEMBER

Counselor's Corner

Whiteford Elementary

Fall is here and full of fun things! Last month, we celebrated Unity Day and Healthy Choices Week. It was wonderful to see so many students participating and truly living out those messages.

This month's classroom lessons will focus on Empathy for grades 3-5 and Self-Control for grades K-2. I've also been running small groups on worry and self-control, and new groups will begin at the end of November!

For 4th and 5th graders, small groups will focus on Healthy Friendships and Self-Esteem. For grades K-3, topics will include Worry and Anger Management.

If you feel your student would benefit from participating in any of these small groups, please send me an email. I also use teacher referrals when selecting students for groups.

School Counselor Tip! Limit Screen Time!

THE RISKS OF EXCESSIVE SCREEN TIME

DOPAMINE OVERLOAD

Technology can cause an over-release of dopamine, creating a cycle of craving more screen time. This builds tolerance and a constant desire for more stimulation, similar to craving more sweets after tasting something delicious.

EXECUTIVE FUNCTION SKILLS

High levels of screen use can obstruct the development of crucial executive functions like planning, organizing, and impulse control, impairing a child's ability to make sound judgments and manage technology use effectively.

HEIGHTENED STRESS LEVELS

Prolonged screen time can keep the brain in a constant state of stress, akin to the "fight or flight" response, which negatively impacts a child's overall health and well-being.

MYELIN DEVELOPMENT

Myelin, which speeds up brain processing, can be damaged by the overstimulation from screen time. This disrupts the natural process of making brain tasks easier over time, similar to creating smooth sled tracks on a snowy hill.

CONTROL AND PERSEVERANCE

Screens offer a controlled environment where children can easily switch activities, preventing them from learning perseverance and coping skills needed for real-life situations beyond their control.

SOCIAL AND EMOTIONAL DEVELOPMENT

Excessive screen time can hinder the brain's ability to manage social interactions and emotional regulation, making it difficult for children to interact and control their emotions appropriately.

SOCIAL SKILLS AND EMPATHY

Face-to-face interactions are essential for developing social skills and empathy. Excessive screen time can impair children's ability to understand and respond to others' emotions, hindering relationship development.

Mental Health Resources

There are some amazing resources available to families in this area! Please reach out if you have any questions or are looking for a specific support!

- Brand New! Monroe County Behavioral Health Urgent Care!
Click here for more info.

<https://drive.google.com/file/d/1RmngZsSTrGZChHicVL5BESsbkw4tx3aR/view?usp=sharing>

- Family Resource Guide

<https://www.monroeisd.us/publications/childrens-yellow-pages/>

- Monroe County Mental Health Authority Crisis Line: 734-243-7340
- OK2SAY (School Bullying/Crisis/Violence): 855-565-2729
- National Suicide Prevention Lifeline: 800-273-TALK (8255)

Give
thanks