

Oriole Park School

School Counselor Newsletter



May 9, 2020

Hi Oriole Park Families! I hope everyone continues to stay safe and healthy at home. As your children continue to connect with their friends and classmates virtually, it is important that they are all communicating safely and respectfully. This week I am including some information regarding Cyberbullying and online safety. It is important for our younger students to understand what an online friend should say and how to get help from a grownup when a peer isn't being kind online. Please take the time to read through the materials provided under SEL activities this week.

As a reminder, if your child is having difficulties regulating their emotions, please take a look at the [Thriving at Home Resource Guide](#). There are many helpful activities in the workbook for understanding things they can control vs. things they cannot control, expressing & understanding feelings and how to calm down.

As always, please feel free to reach out to me with any questions or concerns. My office hours are Monday - Friday from 9:00 am - 4:00 pm. Please contact me via email to schedule an appointment at:

cmdowding@cps.edu

Stay safe,

Cara Howerter

School Counselor

Grade Bands:	Prek-2nd	3rd-5th	6th-8th
Movement Activities for Students	Go Noodle	Go Noodle	The Body Coach for kids Nike Training Club
SEL Activities for Students	Online Safety for Students Cyber Bullying - Who is my Online Friend?	Online Safety for Students Cyber Bullying - Who is my Online Friend?	Cyber Bullying Safety For Middle School
Mental Wellness Workbook	Thriving at Home Resource Guide	Thriving at Home Resource Guide	Thriving at Home Resource Guide