

Laurel Nokomis School

February 2024



Student Services Week is celebrated during the first week of February in Florida. Student Services Week is an opportunity to feature the exceptional services provided by ESE Liaisons, School Psychologists, School Social Workers, School Nurses, School Based Mental Health Providers, and School Counselors.

Mrs. Palmer
Mrs. Johnson
Mrs. Laine
Mrs. Odenweller
Miss Viktoriya
Miss Stephany
Miss Jackie Brown
Mrs. O'Berry
Mrs. Lazinski
Mrs. Falcone
Mr. Reichman

Word of the Month - Friendship

**A friend is
someone we
feel connected
to and who is
there for us in
some way.**

When children establish strong friendships, they have higher self-esteem and are better able to focus on doing well in school without feeling sad and lonely. We cannot understate the value of social and emotional support provided by friends either. Having someone to turn to who can help them deal with stress and transitions is absolutely essential to developing healthy coping mechanisms. So how can parents and caregivers help the children in their lives to establish strong friendships? While there's no one-size-fits-all solution formula for making friends, children can develop relationships skills that will cultivate deep, meaningful connections with others.

And remember, when it comes to friendship, it's all about quality, not quantity.

Parent's Corner: Friendship

Ask your child what they think a friend is. Listen to their answer and then share your definition of friendship.

You might say something like, "A friend is someone you like spending time with. They make you feel happy and special, and you can rely on them."

Once you've established a loose definition, talk about what friends do. Have your child brainstorm a list of things that friends do for each other, and write down what they say.

If your child is having trouble getting started, use prompts like, "Do friends share things?" or "Do friends help each other out?"

After you have a list compiled, read through it together. Discuss how certain behaviors make you feel and which are the most friendly. Then, encourage them to do those things when they're with their friends.



2/5 - 2/9 Student Services Appreciation Week
2/6 Choice Night for Incoming 6th Graders
5:30 - 7:30 PM in the Cafeteria
2/9 Run-A-Thon and Color Run Day
2/15 Kona Ice - Elementary
2/16 Kona Ice - Middle School
2/16 PTO Fun Friday - Kindness Day (Wear a shirt with a motivational saying!)
2/16 PTO Daddy/Daughter Dance
2/19 Presidents Day - No School
2/22 School Bus Driver Appreciation Day



"A day without a friend is like a pot without a single drop of honey left inside." — Winnie the Pooh

"Friendship is born at that moment when one person says to another, 'What! You too? I thought I was the only one.'" — C.S. Lewis

"A friend who understands your tears is much more valuable than many friends who only know your smile."
— Unknown

"Many people will walk in and out of your life, but only true friends leave footprints in your heart." — Eleanor Roosevelt

"Friendship is the only cement that will ever hold the world together." – Woodrow Wilson

How can I make and keep friends?

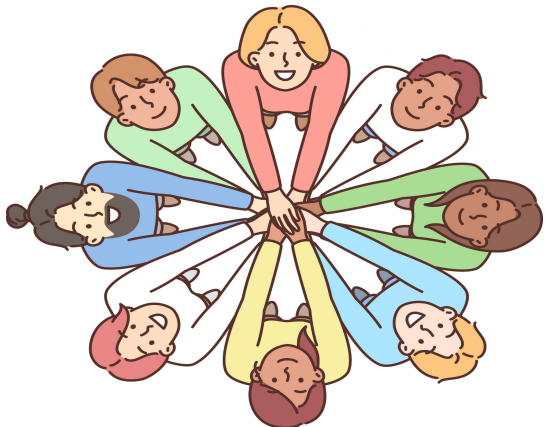
Meet new friends at school by participating in sports or after school clubs, going to Scout meetings, attending church, or by volunteering/helping others.

Be a great listener. Introduce yourself to new people, ask questions about them, really listen to their answers and look for common ground.

Make an effort. Don't wait for others to arrange something. Ask your new friends if they'd like to hang out!

Invite them to take part in activities with you. Be a good friend to your new friends. Be trustworthy, listen to them, be respectful and supportive.

Choose good friends. You deserve good friends. Surround yourself with people who make you feel good, and don't pursue friendships with people who don't.



Resiliency Tool of the Month Melting

Feeling frustrated, angry or just need to wind down, try this resiliency tool to help you cope.



Pretend you are a tightly bundled snowman. Wrap your arms tightly around yourself to try and stay warm.

Pretend you are frozen.



The sun is coming out and you are slowly starting to melt. Let your arms start to dangle and your legs get loose.

You are able to move your body a little.



The sun is getting warmer and you are turning into a blob of snow laying on the ground. Take a deep breath and do it again if you want.