



Riverside School
Princeton, NJ

Fall 2013
Volume 6, Issue 1

Riverside School Counseling Newsletter

What's New?

Welcome back for another exciting school year! I am thrilled about all the things we have in store for this year.

You may have noticed our "upstander" posters hanging around the school. They can be found in the hallway, on the bathroom doors, on the way out to the playground, in the cafeteria, and in every classroom school-wide. These posters serve as gentle reminders for our students and staff to do their best for one another each and every day here at Riverside.

At Riverside, an upstander is someone who respects the rights, feelings and property of others. Throughout the beginning of the school year, we've been encouraging students to think about what this means to them. I hope you will do the same at home.

I'm looking forward to meeting our new parents at Back to School Night and reconnecting with others. As always, if you have any questions or concerns about your child's academic, social or emotional progress at Riverside, please don't hesitate to reach out.

Sincerely,
Ben Samara
Riverside School Counselor

Remember the Acronym T.I.M.E.

Reprinted from Parenting.org

If your child tells you everything is fine but his or her behaviors suggest otherwise, here's what you can do. Remember the acronym TIME:

- **T** stands for talk. Be available to have conversations with your child or to just listen.
- **I** stands for instruction. Teach your child social skills or coping strategies to manage stress.
- **M** stands for monitor. Keep an eye on what your child does and who your child is around.
- **E** stands for encourage. Let your child know it's okay to seek help or advice from you or another trusted adult, such as a family member or teacher.



What is a 504 Plan?

As Riverside's school counselor, I am the coordinator of all 504 plans. These plans provide formalized accommodations, both in the classroom and during standardized testing, to students who have a disability or condition that impacts their learning. **504 plans are not the same as an IEP or classification and are not part of the Child Study Team process.**

Often, a student is tested with the Child Study Team for classification but does not qualify. If they have a disability or condition that significantly impacts their learning, they may be eligible for a 504 plan.

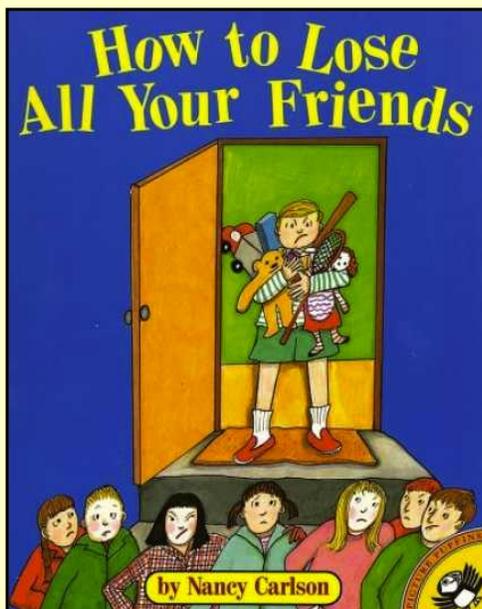
If you would like more information on the 504 process, please don't hesitate to contact me.

Book of the Month

How to Lose All Your Friends **by Nancy Carlson**

This book takes the reverse psychology approach, showing children what it could be like if they constantly complain, hog toys, never smile or get upset too easily.

This humorous look at what it takes to be a good friend really resonates with children from grades K-5



Helpful Websites

Spoonful

<http://www.spoonful.com>

Ideas for recipes, vacations, seasonal activities, parties, games, entertainment, ways to keep you and your kids healthy and fit.

PBS Parents

<http://www.pbs.org/parents>

A website with a wealth of articles and tips for parents and also a ton of games and fun stuff for the kids.

*Found a great website you'd like Mr. Samara to know about? Please e-mail me at: **ben_samara@princetonk12.org***

Important Dates

September 18

Back to School Night

October 20-24

School Violence Awareness Week

November 6-7

NJEA Convention Break

November 11-12 & 18-19

Riverside Parent Conferences

About Mr. Samara

Ben Samara is Riverside's School Counselor. He is available to answer any question you may have about your child's academic, emotional or social progress.

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