



Riverside School
Princeton, NJ

Spring 2015
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Riverside School Counseling Newsletter

What's New?

I'm always amazed at how quickly the year flies by. It's spring already, and there's still so much left to do!

Now that round one of PARCC testing has finished, counseling groups and individual sessions are running again for the month of April. I hope to see as many students as possible during this time, before the second round of testing comes around on April 27.

Classroom guidance lessons will be continuing throughout April as well. In January, I visited classrooms to talk about important conflict resolution skills such as cooling off, using I-Messages and taking responsibility. In my April lessons, I will continue to build on those themes, with added focus on cooperation, empathy and helping others. These skills have never been more important for our children to learn, no matter what the age.

As always, I am here to answer any questions you may have about your child's social, emotional or academic progress here at Riverside. Please don't hesitate to call, e-mail or stop by!

Sincerely,

Ben Samara
Riverside School Counselor

Five Parenting Tips for Managing Kids' Tech Use

Every June I wrap up the year with our fifth graders by doing a pair of internet and technology safety lessons. I've always felt it was important to prepare our students for the tech-related challenges they'll face as they transition to middle school

*Each year, however, it seems like kids are beginning to use technology at a younger age. With this in mind, I hope these five tips (reprinted from parenting.org) will be helpful for **all** of our parents:*

Need help establishing technology rules in your home? Let technology bring your family closer to each other, not make the family its servant and keep you apart.

- Remind kids that use of technology is a privilege, not a right.
- Set a family media policy—decide who can use which forms of technology, when and where it's acceptable, and how you will monitor usage to ensure kids are staying safe online.
- Establish consequences, both positive and negative, for appropriate or inappropriate technology usage.
- Establish "technology-free" zones and times in your home when you all "unplug" and concentrate on communicating with each other and enjoying each other's company.
- Help your children achieve balance in their lives by encouraging them to stay physically active, enjoy reading, and learn to relax and have fun without electronics.

Mr. Samara is on Twitter!

As part of an ongoing effort to provide parents with multiple sources of valuable information, you can now follow me on Twitter @BenSamaraRS.

From this account, I will post and retweet helpful articles and tips related to parenting and child social-emotional development.



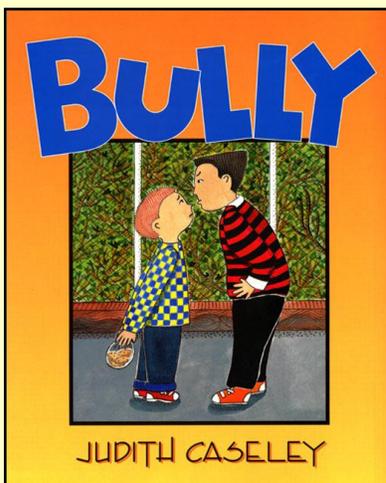
Book of the Month

Bully

by Judith Caseley

"When Mickey's best friend, Jack, changes from a friend to a bully, it makes life very uncomfortable for Mickey. Read and discover how Mickey and Jack resolve their differences and turn from bully-and-victim to best friends!"

This is a wonderful book about how quickly normal conflict can turn into something much uglier if not dealt with in the correct way.



Helpful & Fun Websites

Descriptions from TodaysParent.com

Lego Build

<http://www.buildwithchrome.com>

It's a virtual Lego set for the little Lego lover in your life. Lego and Google Chrome teamed up to create a site for master builders of all ages to build their own creations. And no clean up required!

Art Games

<http://kids.albrightknox.org>

This delightfully interactive and fun website is hosted by Buffalo, New York's Albright Knox Art Gallery. Kids from 4 to 12 will have a blast creating their own masterpieces and playing art-spirational games.

Important Dates

April 12

National Grilled Cheese Day!

April 27-May 8

PARCC EOY Testing (Grades 3-5)

May 25

Memorial Day

May 27-28

NJASK Science Testing (Grade 4)

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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