



SUMMER IS COMING!

Riverside School

Princeton, NJ

Spring 2011

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Riverside School Counseling Newsletter

What's New?

I hope everyone had a wonderful spring break! We're back for the stretch run of the school year and there is so much going on during these last few weeks!

It's hard to believe that the 5th grade moving on ceremony is less than a month away. As our 5th graders get ready to make the leap to the middle school, they will probably have many questions and concerns. On the opposite page, you'll find a handful of helpful tips.

Also in June, our 4th graders will take a trip to the Kidsbridge Tolerance Museum on the campus of The College of New Jersey. While at Kidsbridge, the students will learn important lessons about diversity appreciation and character education. You can find more information about the museum here: <http://www.kidsbridgemuseum.org>

There has also been a new addition to the Riverside Counseling Program that I would like to highlight. In March, I introduced a lesson on internet and cyber safety to our fourth and fifth grade students. I feel it's important that we take a proactive approach to this issue as technology continues to become more integrated into the daily lives of our children. The goal is always to help our students think about consequences before they make a decision, rather than dealing with them subsequently. The students had a very positive response to these lessons and I will continue them next year.

As always, feel free to contact me with any questions or concerns you may have about your child's social, emotional or academic progress in school.

Have a great end of the school year!

Sincerely,

Ben Samara
Riverside School Counselor

Website Alert!!

The PRS K-12 School Counseling Department is proud to announce the launch of a brand new website designed to educate parents, students and staff about bullying and bullying behavior:

Princeton Regional Schools United Against Bullying (PRS United). Bullying is an issue that has become more visible in recent years, and the legislature in New Jersey recently passed several new anti-bullying laws for schools.

Our hope for the "PRS United" website is that it will serve as an accessible, go-to source of information for both adults and children in need. Second, we hope to spark discussions about this important topic within the community, or bolster conversations already taking place. Finally, we would like to inform all members of the Princeton community about where to go and what to do if there is a bullying situation.

PRS United features distinct and detailed sections covering the bully, the bullied (or the victim) and the bystander. Each section contains strategies, resources and videos. There is also a mini-section dedicated to the ever-growing problem of cyberbullying.

Visit the site at:
<http://www.prusunited.com>

Princeton Regional Schools United Against Bullying

In 2010, the K-12 School Counseling Department of Princeton Regional Schools recognized the community's need for a go-to guide on bullying. In response to this need, the counselors created a comprehensive bullying-prevention and education website for parents, students, and educators. Titled "Princeton Regional Schools United Against Bullying (PRS United)," the website's name reflects the unity that is necessary when addressing and solving bullying issues. When educators, parents and students join together, we can help struggling all children: the bullies, the bullied, and the bystanders. We hope you will find this website helpful and informative. For information specifically related to cyberbullying, please [CLICK HERE](#)

Please choose from the options below...

The Bully **The Bullied** **The Bystander**





[About Our Site](#) [Contact Information](#) [Cyberbullying](#) [PRS United Home](#)

Transition to 6th Grade

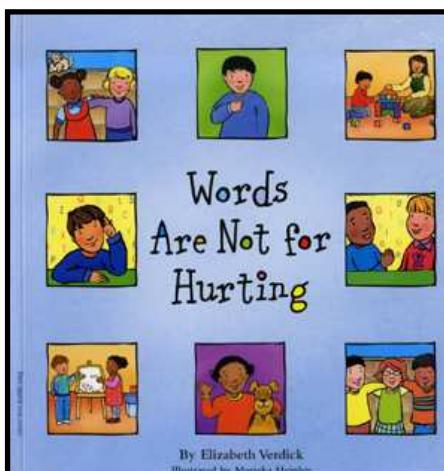
- Talk about the middle school experience in a positive way! Your child is capable of handling middle school. Empower him or her by letting them know this.
- Utilize resources. Explore the middle school website with your child as well as literature for activities and programs offered by the school.
- Practice using a combination lock over the summer.
- Help your child to be his or her own advocate. Encourage them to discuss problems and solutions with teachers on their own, but be ready to help as needed.

Book of the Month *Words Are Not For Hurting* by Elizabeth Verdick

This is part of a great series of books for young children that talks about how words and actions impact others.

The author does a great job of communicating to the reader. Instead of lecturing, she empowers children to make their own choices. My favorite line in this particular book reads: "Your words belong to you. You choose what to say and how to say it. Your words can hurt or your words can help." That's a powerful message in an accessible and kid-friendly package.

Another one of my favorite books in this series is "Hands Are Not for Hitting."



Helpful Websites

PRS United

<http://www.prsunited.com>
As stated on the previous page, this is the new anti-bullying website created by the K-12 School Counseling Department of Princeton Regional Schools. Please take a look and give feedback as to how we can improve it!!

Tikatok

<http://www.tikatok.com>
Tikatok allows you to produce a book out of uploaded images. If your child draws pictures in class or creates a storybook for an assignment, you can scan the pages in as images, upload them to Tikatok, and generate a genuine hardcover book created by your child!!

The Learning Community

<http://www.thelearningcommunity.us>
Another informative site for parents.

Important Dates

May 31

Memorial Day

June 8

4th Grade Trip to Kidsbridge Museum

June 15

5th Grade Moving On Ceremony

June 21

Last Day of School!

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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