

Week of April 20th, 2020

School Counselor Connection Newsletter

Loma Verde Elementary School

Greetings Loma Verde Family,

This is your School Counselor, Mr. Arias. I hope this communication finds you all in good health. For this second weekly newsletter, I wanted to communicate the importance of having your basic needs met. Everyone has their own circumstance and I truly hope you take advantage of available resources during these trying times. I will be updating the parent resource page on our school blog with a list of community resources for you to follow up with if needed.

With online distance learning at the forefront of your child's schooling, please take the necessary precautions with online safety. Please see the **9 Tips for Social Media Safety** below. In addition, I included the link to **Second Step lessons** on social-emotional learning grades K-5. Your students should be familiar with some as these are examples of lessons I conduct in the classroom.

Again, positive connections are key. Please let me know if you would like me to check-in with your child or if you prefer a referral to another specialist. Please do not hesitate to reach out to me or your child's teacher for help.

Best regards,
Diego Arias, M.S., PPS

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Quote of the Week:

"No one is perfect – that's why pencils have erasers." – Wolfgang Riebe

9 Tips for Social Media Safety

- 1 Set Rules:** Create social media ground rules your child must follow. Enforce consequences for breaking rules.
- 2 Have Limits:** Set age limits for social media sites and time limits for usage on them.
- 3 Know Passwords:** Get passwords for your child's phone and all email and social media accounts.
- 4 Monitor Use:** "Friend" or "follow" your child on social media and check in often. Also, look into software that tracks and limits your child's usage.
- 5 Talk Dangers:** Remind your child that everyone is a stranger online, and no one can be trusted.
- 6 Reputation Matters:** Explain that once something is posted or shared online or via text, your child cannot get it back. Future college administrators and employers may see or find it.
- 7 Social Media Central:** Keep smart devices in central locations and not in the privacy of a bedroom.
- 8 Protect Private Info:** Teach your child never to give out personal information, even for free samples or contests. Review photos your child wants to post to ensure they're harmless with no identifiable locations.
- 9 Lead by Example:** Limit your time on social media and keep your tone respectful, and your child will follow your example.

Social Media Safety - Seguridad en redes sociales

9 Consejos Prácticos de Seguridad en los Medios Sociales

- 1 Establezca normas:** Establezca normas fundamentales para medios de redes sociales que su hijo tiene que cumplir. Implemente consecuencias por infringir las normas.
- 2 Establezca límites:** Establezca límites de edad para los sitios de medios sociales y tiempos límite de uso en los mismos.
- 3 Conozca las contraseñas:** Obtenga las contraseñas de los teléfonos de su hijo y de todas sus cuentas de correo electrónico y medios sociales.
- 4 Monitoree el uso:** Hágase "amigo" o "siga" a su hijo en los medios sociales y visítelos frecuentemente. Además, esté atento a software que da seguimiento y limita el uso de medios por su hijo.
- 5 Hablen sobre los peligros:** Recuerde a su hijo que todas las personas en línea son extraños, y no se puede confiar en ninguno.
- 6 La reputación es importante:** Explique que una vez algo se publica o comparte en línea o por medio de texto, su hijo no lo puede volver atrás. Los futuros administradores de universidades y empleadores pueden verlo o encontrarlo.
- 7 Centro para medios de redes sociales:** Mantenga los dispositivos inteligentes en lugares centralizados que no sean en la privacidad de un dormitorio.
- 8 Proteja la información privada:** Enseñe a su hijo a nunca dar información personal, incluso para muestras gratis o concursos. Revise las fotografías que su hijo desea publicar para asegurarse que son inofensivas sin lugares identificables en el fondo.
- 9 Guíe mediante el ejemplo:** Limite su tiempo en medios sociales y mantenga su tono respetuoso, y su hijo aprenderá a seguir su ejemplo.

second step

Social-Emotional (SEL) Learning Video Lessons:

<https://www.secondstep.org/covid19support>

- Identifying Feelings
- Managing Worry
- Emotion Management
- Managing Anger
- + More!



Community Resources

- Family Resource Centers: Hours 9:00am-3:00pm (please call over the phone)

Open Door at Palomar High School – (619) 407-4840

Beacon at Vista Square Elementary (619) 422-9208

- Food Distribution: Jewish Family Services

<https://www.jfssd.org/our-services/food-meals/>