



# COUNSELOR CONNECTION



## DATES TO REMEMBER

GREAT AMERICAN  
SMOKE OUT-CANCER  
AWARENESS  
11/15-11/19

FALL TEACHER  
APPRECIATION WEEK  
11/15-11/19

THANKSGIVING  
BREAK  
\*NO SCHOOL\*  
11/22- 11/26

UPCOMING:  
WINTER BREAK  
DECEMBER 20  
-JANUARY 4

## NETFLIX PARENT GUIDE

# NETFLIX

A guide for parents to help their child safely navigate Netflix

With so much content available at our fingertips, it can seem impossible at times to know how to keep our children safe from harmful material. However, with a few quick tips, some protections can easily be put into place.

*(Click each subtitle for more details)*

### [Set up parental controls on your account](#)

In a few moments, you can set up an account specific for your kids, with kid-appropriate entertainment. You can also choose specific maturity ratings for your older kids if "Doc McStuffins" isn't their style.

### [Take a look at their viewer history](#)

You can log in and check out the viewer history on each account, and even have emails sent to you with a summary of recent views.

### [Talk to your kids about what they're watching](#)

Even if you aren't able to sit down and watch the shows with them, the summary emails mentioned above can give you insight into the shows your children are watching for you to follow up with them later. Conversations about characters, their decisions, and lessons learned can even be a tool to help your child understand valuable social and emotional lessons.

For information specific to the series *Squid Games* : [Click here](#)

*In need of food or utility assistance?*

*¿Necesita ayuda con alimentos o servicios públicos?*



Click [here](#) to read more about how to request assistance.

## Request a printed Copy of Course Guide

5th Grade Parents:

If you would like a paper copy of the 2022-2023 course guide please complete [this form](#).

## Skill of the month: **anger management**

Even the smallest child can experience big feelings of anger.

### Help your child identify their feelings

When a child can identify and understand their feelings, they can better manage them. You can begin by using statements such as "you look like you feel really angry right now"

### Create a calm-down plan

Create a plan with your child about steps that can be taken when they are feeling frustrated such as coloring, taking deep breaths, or going for a walk can help them feel calm.

### Avoid Violent Media

At times, kids learn aggressive behavior through media. If you notice your child is displaying anger witnessed in media, try to refocus them on books, shows or videos that portray healthy coping skills.