



Counselors' Corner



September 2019

Mrs. Gomes
4K, 1st, 3rd, 5th

Ms. Mann
K, 2nd, 4th

Welcome back to a new school year! We are excited about all of the initiatives planned for this year in the counseling department. We have been in the classrooms introducing ourselves to the new students, reminding everyone of our role, and what is to come for this year. We have been in the computer labs with our 2nd – 5th graders completing the student surveys. We are hoping to finish these by the end of this week. Our “Hurrication” set us back a week, but we will finish. We are excited to look at the results of our student, parent, and teacher surveys to see how we can best serve our school population this year.

Pre-Kindergarten: Our September lesson will help support the theme of the month in the classroom of Cooperation. We will use a story about cooperation and some activities to practice this important life skill.

Kindergarten: In August I introduced myself and students learned what a school counselor is. We will also be practicing a new coping skill every lesson. I have taught all of the “Candle Breath”. Ask them to show you how to do this. These breathing techniques can be found in the book, “Breath Like a Bear”, by Kira Willey. These techniques will teach our students how to calm themselves down when they are having big emotions. In September we will learn a new breathing technique and talk about feeling words, feeling faces, and how feelings feel in our minds and bodies.

First Grade: We plan to start the Energy Bus curriculum with our first graders this month. The Energy Bus is a curriculum that focuses on staying positive and overcoming challenges. We will begin with an overview of the Energy Bus and Rule #1, which teaches us how to create a positive vision.

Second Grade: This year we will be working on “The 7 Habits of Happy Kids”, by Sean Covey. These habits include: Habit #1: Be Proactive, Habit #2: Begin With The End in Mind, Habit #3: Put First Things First, Habit #4: Think Win-Win, Habit #5: Seek First to Understand, Then be Understood, Habit #6: Synergize, and Habit #7: Sharpen the Saw. We will work on a new habit each month.

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Third Grade: Our lesson for September will focus on creating a positive, happy classroom environment by discussing how to fill others' buckets. We will read the story "Have You Filled a Bucket Today"? and discuss what this means and how we can accomplish this. The students will complete an activity to keep as a reminder to fill others' buckets daily.

Fourth Grade: We will be working on growth mindset and mindfulness this year. These topics include:

Mindfulness

Identifying brain basics

Not yet is ok

Determination and grit

Self-talk

Everyone is unique

Teach others what you know.

Fifth Grade: Our lesson for September will focus on Multiple Intelligences. We will discuss that everyone has strengths and how to find those strengths. This will be done through a survey to assess which of the multiple intelligences are our strength areas. The goal is to help students understand where their strengths are and how they can work on strengthening other areas in their lives.

National Hispanic Heritage Month:

- During National Hispanic Heritage Month (September 15 to October 15) we recognize the contributions made and the important presence of Hispanic and Latino Americans to the United States and celebrate their heritage and culture.
- Share in this special annual tribute by learning and celebrating the generations of Hispanic and Latino Americans who have positively influenced and enriched our nation and society.

Character Trait of the Month:

- RESPONSIBILITY
- **Emotional Wellness for the Month:** Teaching our students how to cope effectively with life and creating satisfying relationships

Coming up this year:

- September 24th: Counselors' Community Night: Study Skills at 6:00 p.m.
- 10/23-10/31: Red Ribbon Week
- Bullying Prevention
- March 27th: Career Fair and Vehicle Day
- April: Personal Body Safety
- Microburst Program (4th & 5th grades)

Current Small Groups being offered:

New student lunch groups are in full swing.

Students are currently taking a survey to see what they believe are the best topics for SHES. They will also have the opportunity to sign up for small groups.

Please contact us if you would like your child to participate in a small group with your grade level counselor.