

# SCHOOL COUNSELING

newsletter-  
Elementary & Middle

August  
2024

## KINDNESS COMMITMENTS

The middle school students were asked to share one kind thing they could commit to doing for themselves or others in the next week. Here are some of their responses!

*"I could clean someone's car."*

*"I could help someone with their homework."*

*"I will hold the door open for my classmates."*

*"I could compliment someone I don't really know."*

*"Invite some of the 6th graders to play at recess."*

*"I want to help people feel valued, happy, excited, joyful, and loved."*

*"I CAN COMMIT TO LISTENING TO THOSE WHO ASK ME TO."*

*"I will help with chores at home."*

*"I will share my pencils."*

*"I will smile more and try to be more positive."*



In the elementary school, the counselor's bulletin board offers a daily reminder of different ways students can show kindness to one another.

### Connect with a Counselor

**Amanda Ancheta**

Middle School

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**Amber Vaudreuil**

Elementary & Middle School

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To refer a student for services, click [here](#).

Please note that Mrs. Ancheta is part-time and is at the middle school in the afternoons (M-Th) and all day on Friday.

"Therefore  
**ENCOURAGE**  
one another and  
**BUILD EACH OTHER UP.**  
just as in fact  
you are doing."

1 Thessalonians 5:11

### National Educational & Awareness Dates

September: Children's Good Manners Month, Hispanic Heritage Month (Sept. 15-Oct. 15), Self-Improvement Month, Suicide Prevention Awareness Month.

8-14 National Suicide Prevention Week

20: World Clean-Up Day

25: National Women's Health & Fitness Day

# PARENT RESOURCES & INFO.

## Things we model for our kids, whether we realize it or not...

@mombrain.therapist

The infographic consists of 12 icons arranged in a 3x4 grid, each with a corresponding text label below it:

- relationships with technology:** Icon of two people, one holding a smartphone.
- how we deal with frustration:** Icon of a person running with a frustrated expression and a lightning bolt.
- how we solve problems:** Icon of puzzle pieces.
- how we take care of ourselves:** Icon of a person hugging themselves.
- how we apologize & repair:** Icon of a person holding a sign that says "SORRY".
- how we ask for help:** Icon of a hand pointing to a sign that says "HELP".
- how we handle mistakes:** Icon of the word "OOPS" in large letters.
- how we navigate conflict:** Icon of two people talking with speech bubbles.
- how we approach differences:** Icon of a person in a wheelchair.
- how we care for animals:** Icon of a cat.
- how we care for our environment:** Icon of a globe with a tree and a recycling symbol.
- how we listen:** Icon of headphones.

## Upcoming Events

\*(Free) Mental Health and Mental Illness: What's the Difference? September 4 @ 1pm. To register, [click here](#).

\*(Free) The Children's Trust Parent Club Workshop: Childhood Stress. September 4 @ 9am. To register, [click here](#).

\*(Free) Helping Kids Cope with Divorce. September 9 @ 1pm. To register, [click here](#).

\*(Free) Understanding Children and Young People's Mental Health. September 18 @ 2. To register, [click here](#).

\*(Free) Youth Mental Health First Aid. September 19 @ 9am. To register, [click here](#).

\*(Free) Supporting Kids Through Challenging Divorce Situations. September 23 @ 1pm. To register, [click here](#).

\*(Free) The Children's Trust Parent Club Workshop: Let's Talk Tech! September 23 @ 9am. To register, [click here](#).

**\*Everyone who registers for a webinar will receive the recording via email 24 hours after the live event. [Click here](#) for more FREE webinars by Mindspring Mental Health Alliance.**

Resource: [Grief Resources for Kids](#)



This is a one minute video that explains neuroplasticity and how we can re-wire our brains. We have used this video in individual student check-ins and will also use this in classroom lessons to help students know they have the power to change their thoughts. [Click here](#) to see the video.

Elementary List



Middle School List



We are so grateful for your support of our program and all the ways your support CA. Some have asked if there's something you can do specifically for the counseling program. If you'd like to donate a book or resource from our Amazon wishlists please scan the QR codes above. Thank you again!

# ELEMENTARY

## EARLY CHILDHOOD

In ECEC, Ms. Vaudreuil (aka Ms. Amber) introduced the students to her puppet friend, Peter. The lesson focused on how to be welcoming and inviting to classmates.

Each student had the opportunity to introduce themselves to Peter and tell him something they liked to do at school.

## KINDERGARTEN & 1ST GRADE

Kindergarten and first grade started off the year with our unit on Skills for Learning. The first skill that we worked on was Listening. In order to be a good listener, you need to use your eyes, ears, and brain.



### Focus Attention

- Concentrate
- Use eyes, ears, and brain
- Ignore distractions

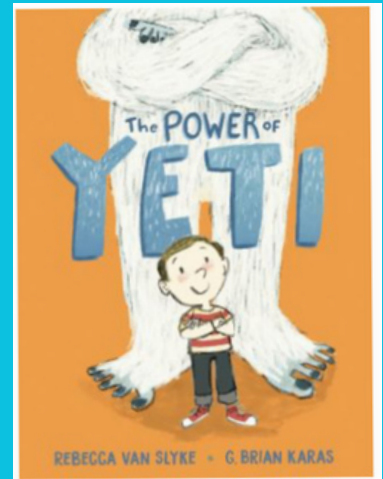


### Listen

- Focus on the speaker
- Wait your turn to speak
- Remember what you hear
- Think of questions

Skills for Learning that second and third grade are working on.

In K-5th grade, Ms. Vaudreuil read *The Power of Yeti* to each class during the first week of school. As students are beginning a new grade, they are encouraged to use the power of the yeti whenever they face a challenge.



## 2ND & 3RD GRADE

In second and third grade, the students have started the unit of Skills for Learning by focusing on what it means to be Respectful Learners. We discussed how focusing attention and listening is showing respect.



## 4TH & 5TH GRADE

Fourth and fifth grade started off the year with the unit of Empathy and Skills for Learning. We discussed how having empathy and respect helps you get along with others. Empathy is feeling or understanding what someone else is feeling.



# MIDDLE SCHOOL

## 6TH GRADE

Mrs. Ancheta & Ms. Vaudreuil went over what services are provided, how to request services, and played a jeopardy game with the class to review. [Click here](#) to view the presentation.

Ms. Vaudreuil also did another REACH Lesson with the 6th graders where they worked focused on working in a group, using active listening, and getting to know one another.



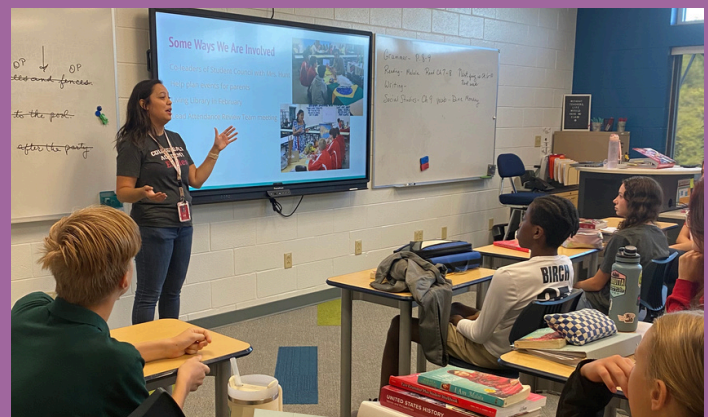
## 7TH GRADE

Mrs. Ancheta & Ms. Vaudreuil went over what services are provided, how to request services, and talked about the impact of kindness on us and others. [Click here](#) to view the presentation.



## 8TH GRADE

Mrs. Ancheta & Ms. Vaudreuil went over what services are provided, how to request services, and played a jeopardy game with the class to review. [Click here](#) to view the presentation.



## KINDNESS COMMITMENTS

Continued from first page...

**"Check if the Chromebooks are charging."**

**"Look for people to include."**

**"I could compliment someone because compliments raise your self-esteem."**

**"Help someone get better at basketball."**

**"Write someone a positive note each day."**

**"I can help someone with their Spanish."**

**"I can make sure to exercise each day so my body stays healthy."**

**"I'm going to encourage my sister."**

**"I'll invite someone to sit with us at lunch."**

