

Counselor's CORNER

NOVEMBER 2023

Mrs. Wentz and Mrs. Wilson Carr

Counseling Lessons Focus:

More information about each lesson gets sent home with students. Keep a lookout in your child's folder.

Kindergarten: Students learn what it means to be a good listener and demonstrated it using a 6 point body check.

First Grade: DEBUG – students learn and practice strategies they can use when other kids bother them.

Second Grade: The students learned about personal space along with reviewing DEBUG.

Third Grade: Simon's Hook – students learn and practice strategies they can use when other kids tease them.

Fourth Grade: The students learned about gossip and what can happen when rumors are spread.

Fifth Grade: Growth Mindset and Goal Setting – students learn how challenges help their brains to grow and set goals for success

Other Info:

- We will celebrate Kindness Week at VES from November 7 – 13.
Kindness Week Spirit Days:
- Tuesday, Nov. 7: Kindness Rocks
(Dress like someone you think "rocks" (is amazing!))
- Friday, Nov. 10: Veterans Day
(Wear red, white, and blue to show kindness to veterans.)
- Monday, Nov. 13: Wear something with a kind message on it.

Monthly Focus:

- Morning Transitions: Supporting kids in having a smooth morning transition is essential for both their well-being and your peace of mind. See [HERE](#) for tips to make mornings less stressful.
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Let's CONNECT!

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Happy, Healthy Kids TIP:

One of the best things a parent can do for their child is to read to them for 20 minutes each day. Reading together grows your bond, sparks their imagination, expands their vocabulary, improves their emotional intelligence, and more!

